

NORTHEAST VOICE

Serving the community leagues of Evansdale, Kilkenny, McLeod, and Northmount

May 2020



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Outdoor Soccer 2020 Update

We hope everyone is staying safe and healthy. The current upcoming soccer season has NOT been cancelled and will be postponed. Depending on the direction of the health authorities and city facilities there is the potential for the season to run into the summer months or even be shortened. Although these remain very uncertain times, and we may not have all the answers right now, we continue to work on the upcoming season. We thank all our families for their understanding



in the matter. If you have any questions, please feel free to email soccer@kilkenny.ab.ca.

Amber
Kilkenny Soccer

McLeod Online Okinawan Karate Program



The COVID-19 pandemic has changed how we work, live and recreate. Our old routines are changed. But that does not mean we cannot develop new routines or stay active. So why not do both? And learn something new at the same time!

Three nights a week (T/W/Th) from 6-7 pm, you're invited to join Renshi Jamie Hanlon and learn Okinawan

Goju-ryu Karate. The program is free and ideal for beginners. Every class contains exercises you and your family can do to stay active and healthy at home.

Students can join by emailing the instructor (kaizen.dojo@shaw.ca) to be added to the Zoom invites or can join on Facebook Live at <https://bit.ly/mcleod-karate>

Yoga and Hapkido will be Back!



Both of our fitness programs are ready to start up again as soon as restrictions on gatherings are lifted, and it is safe to do so. Keep up to date by visiting our Facebook page. If you have any

questions about these programs, please email the instructors.

Hapkido - sidplamondon@outlook.com

Yoga-YogiDuo@outlook.com

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President's Message

With the state of emergency being announced in Alberta, it is crucial to step up and do our part to slow the spread of Covid-19. Northmount Community will continue to do so. Effective March 18th all programming, meetings and hall rentals have been cancelled or postponed to a future date. This includes all future board meetings and our AGM which was supposed to be in April. At this time, we will postpone the AGM and regular board meetings until September 15th, or once we can gather in larger groups again. Check Facebook for details.

For members registered in Hapkido please contact your instructor directly if you have any questions.

For members registered in Yoga, your year pass will reset to the beginning once we start back up.

Soccer Parents, we are waiting for EMSA North for direction on the season being postponed and arranging refunds. If soccer is cancelled, volunteer commitments will be cancelled, and cheques will be returned at a future date.

At this time, anyone with

a rental booked until the end of May has been contacted about arranging a refund or postponement. For bookings beyond June, we will watch and take guidance from the Government. If these events should be cancelled as well, we will contact you if you haven't already reached out to us. In order to protect our hall rental agent all in person showings will be cancelled until further notice.

I am asking community members to be patient as we work through these changes together.

We are also looking for volunteers to help us and Amity House with supporting people during this time. If you are interested please email Meagan. More details about this partnership will be announced on Facebook.

I wish everyone a safe time ahead of the unknown and please use our Facebook group as a place to reach out to each other during this time of uncertainty.

Thank you,
Meagan Plamondon (She/Her)

president@northmount.ca

Upcoming Events in the Northeast

April

Tue/Wed/Thu – 6pm to 7pm: McLeod Online Okinawan Karate program; free; kaizen.dojo@shaw.ca

May

Tue/Wed/Thu – 6pm to 7pm: McLeod Online Okinawan Karate program; free; kaizen.dojo@shaw.ca

June

27 – McLeod 50th Anniversary Events (tentative)

Location Addresses:

Centrepointhe Church – 5940 159 Avenue
Clareview Rec Centre – 3804 139 Avenue
Evansdale Hall – 14811 95A Street
G Edmund Kelly Spray Park – 15005 79 Street
Heritage Hall – 7406 139 Avenue
Kilkenny Hall – 14910 72 Street
Kingsway Legion – 14339 50 Street
Lago Lindo Hall – 17123 95 Street
Little Mountain Cemetery – 16025 54 Street
Londonderry EPL – in Londonderry Mall
Londonderry Hall – 14224 74 Street
McConachie EPL – 16607 50 Street
McLeod Hall – 14715 59 Street
North Edm Seniors Asscn (NESAs) – 7524 139 Avenue
Northmount Hall – 9208 140 Avenue
Ozerna Park – 7010 158 Avenue
Steele Heights Baptist Church – 5812 149 Avenue
Steele Heights Hall – 5825 140 Avenue

Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires

Evansdale Community League Board & Committees

Address: 9111 - 150 Avenue, Hall Phone 457-0948

Mailing address: Box 71023 Northwood Mall Post Office, Edmonton, Alberta T5E 6J8

E-mail address: www.evansdale.ca

Jeff Muiselaar	President	780-478-1759
Shawna Walsh	Past President	780-237-2169
David Dodge	Director of Sustainability	780-478-6162
Vacant	Soccer Director	
Arrey Tabot	Treasurer	780-604-7072
Sue Harris	Credits	780-473-8796
Jenilee Caterina	Secretary	780-984-3298 ☐
Elaine Sarac	Membership Director	780-476-7442
Todd Sharkey	Hockey Director	780-238-3910
Shawna Walsh	Bingo Director	
Jeff Muiselaar	Programs/Sport Explorerz Director	780-478-1759
Jim Ragsdale	Director at large	
Yi Louise Liu	Newsletter & Social Media	780-952-0580
Jeff Muiselaar	Area 17 Representative	780-478-1759
Shannon Moses	Belle Rive/Poplar Park Sign Volunteers	
Jim Young	Evansdale Sign Volunteer	
N/A	Eaux Claires Playground	780-641-6171
Terri	Hall Rentals	780-478-4444
N/A	Skating Rink	780-478-2577
Cassandra Rijavec	Club Coordinator, Boys & Girls Club/Big Brothers Big Sisters	Cassandra.Rijavec@bgcbigs.ca 780-822-2560

Can I sell my house during the COVID-19 pandemic?

Many aspects of real estate transactions like meetings, property viewings, and open houses require interacting with numerous people. As we are facing a global health issue, knowing your risks and options is essential.

Real estate related services have been deemed essential by the Government of Alberta, so there is a chance that your real estate professional will still be hard at work.

Visit the COVID-19 page on the Government of Alberta website for daily updates and the most current information to help you assess your personal risk. Then, discuss your concerns with your real estate professionals, so you can work cooperatively on any precautions or adjustments needed to keep yourself and others healthy.

With physical distancing, it is important to minimize visits to your home in order to minimize the risk of infection for you and others. Options for you and your real estate professional to

consider:

- using video to create a virtual viewing opportunity in lieu of having an open house, or to limit viewings to serious buyers
- screening potential buyers before scheduling viewings—ask about their health and recent status to determine the risk they pose to you
- placing conditions on viewings, such as the need wear masks and gloves.
- creating a plan for disinfecting your home after each viewing

If the risk to you and your family is significant, you may consider suspending or ending your listing agreement, or postponing it to a time when there is less health risk. If you choose to pull your property from the market, make sure all amendments, including agreements to relist at a later date, are put in writing.

Remember real estate transactions involve interacting with multiple regulated professionals. It is important to discuss

any concerns, options, and preventative safety measures with every professional.

Make sure any waivers or contract clauses related to COVID-19 are reviewed by your real estate lawyer before agreeing to them and signing off.

RECA's COVID-19 consumer portal—COVID-19 for Real Estate Consumers—provides detailed information, including information for real estate buyers. This information will continue to be updated as the COVID-19 situation in Alberta evolves.

You've got questions. He's got answers.

Charles Stevenson is the Registrar at the Real Estate Council of Alberta. Charles knows that buying and selling a home can be confusing, but it doesn't have to be. "Ask Charles" is a question and answer column for consumers about buying and selling property in Alberta.

If you have a new question for Charles, please email askcharles@reca.ca.

Outdoor Soccer Registration Update

If you would like to register your children for outdoor soccer this season, you can register them with McLeod Community League or Steele Heights Community League. You will need to show proof of

Evansdale Community League membership in order to register your children with either McLeod or Steele Heights. For McLeod Community League registration process, please visit their website

<https://mcleodcl.ca/> for more information.

For Steele Heights registration process, please visit their website <https://www.steeleheightscommunity.com/outdoor-soccer/>

Call for Volunteers: Program Committee

Evansdale Community League relies tremendously on the involvement and dedication of our community member volunteers. That is why we need your help!

Commitment:

- Event planning and organizing; event-day setup and wrap-up
- Planning 1-2 main events per year
- Time commitment of 1-2 hours a year

Candidates:

We are seeking 5-6 dedicated and enthusiastic individuals from our community. If you or someone else you know is interested, please contact Shawna at programs@evansdale.ca

Edmonton Public School Announcement

For several years, the attendance area boundaries for Florence Hallock School have been closed in order to ensure our school can welcome students from the communities of Belle Rive, Eaux Claire and Ozerna.

For the 2020-2021 school

year, we are excited to share that we have opened our boundaries to students outside of Florence Hallock's attendance area. This means that we will have room for students in Kindergarten, Grades 1, 2, 3 and 5. However, for Grades 4, 6, 7, 8 and

9, we do not expect to be able to accommodate many additional students from outside of the attendance area as the classes are currently full.

If you have specific questions, don't hesitate to reach out to our school at 780-478-1410.

Community League Memberships

Get your membership anytime! Membership makes you part of an amazing community of people who care about and help look after our community. Get free community swims, discounts on community programs, discounts on Edmonton City wellness programs and hall

rentals, and enjoy skating in the winter!

- \$25 family
- \$10 single
- \$10 seniors
- \$15 single parent
- \$15 couple with no children

Contact Elaine Sarac at membership@evansdale.ca

or 780-476-7442 to get your Evansdale Community League membership. Please leave a voice message if you cannot reach Elaine by phone.

If you are in a rush, you can buy memberships at the Edmonton Federation of Community Leagues website: www.efcl.org

Evansdale Hall Rental Information

Hall capacity 230
\$50/hr meeting
\$350/day Mon-Thur, \$350 damage deposit

\$450/day Fri/Sat/Sun, \$400 damage deposit

All weekend \$650, \$600 damage deposit

Dishes \$100
BBQ \$75

Sports Building capacity 50
\$25/hr meeting
\$35/hr function
\$125/day, \$100 damage
Weekend \$350, \$300 damage deposit

References may be requested. Discounts available for community members of one year or more. Contact Terri at 780-478-4444 or hallrentals@evansdale.ca.

Visit Our Website and Facebook



Get the latest information, our most recent newsletter, contact information and lots of other great stuff! Also get involved, join us on Facebook!

Website: www.evansdale.ca

Facebook Page: www.facebook.com/evansdalecommunity-league

Benefits of Community League Membership

Free community league swims:
Londonderry Pool (14528 66 Street) Sundays 4:15-5:45 pm
Grand Trunk Pool (13025 112 Street) Sundays 4:15-5:45 pm
O'leary Pool (8804 132 Avenue) Saturdays 4 – 6 pm
Discount on City of Edmonton annual wellness passes
Hall rental discount
Discounts for community league events and programs
Play community sports such as soccer

www.communityleagueneews.com

Kilkenny Community League News

Times	Auditorium	Meeting Room	Both
Weekdays / Weeknights	\$200	\$100	N/A
Fridays (after 5 pm)	\$400	\$100	\$500
Saturdays	\$550	\$100	\$650
Sundays	\$400	\$100	\$500
Two Day Wedding & Gift Opening (Sat – Sun)	\$750	\$100	\$850
Full Weekend (Fri @ 5pm – Sun @ 6pm)	N/A	N/A	\$1000
Hourly Rate (4 hour min.)	\$50	\$25	N/A

Hall Rentals

The Kilkenny Hall is available for rental!! It is the perfect space for your special event, meetings, weddings and any other social event. Please go to <http://www.kilkenny.ab.ca/facilities/view> to have a look and click on "Book Facility" to...you guessed it... book the facility!

The website will also show you when the hall is available. Feel free to call 780-478-2481 to leave a message for bookings as well.

Discounts available for those who hold a consecutive membership for a minimum two years with Kilkenny Community League.

Do you have a special content you would like to see??

Do you or someone you have content that you would like in the North East Voice? We would like to hear from you!!

Feel free to send in a pic-

ture and the appropriate information and we will include it in the next newsletter!! Please send it to Lindsay, Kilkenny Publicity Director at publicity@kilkenny.ab.ca.

Kilkenny Community League Memberships

Memberships are sold in person during the spring (March) and fall (September) sports registration dates (please bring proof of address [utility bill or drivers license]). However memberships are sold year round through the Edmonton Federation of Community Leagues (EFCL) website. Membership types and rates are listed there.

Benefits of membership include:

Free community league swim at:

Londonderry Fitness & Leisure Centre, located at 14528-66 Street NW, every Sunday from 4:15 pm – 5:45 pm.

Grand Trunk Fitness & Leisure Centre, located at 13025-112 Street NW, every Sunday from 4:15 pm – 5:45 pm and Fridays 7:15 pm – 9:15 pm.

10% discounted Annual, Multi Admission, or Continu-

ous Monthly passes to ANY City of Edmonton Recreation Centre.

Free outdoor skating at ANY Community League rink (ensure you have current skate tags).

Free indoor skating at Londonderry Fitness & Leisure Centre, located at 14528-66 Street NW, every Sunday from 4:00 pm – 5:00 pm.

Voting rights at the Kilkenny Annual General Meeting (AGM) held in November.

Please come out and support your community!

If you have any other questions, please email Membership@Kilkenny.ab.ca



E	L	I	M	S	J	B	V	C	X	W	R	T	Y	U	G	F	A	S	D
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H	I	D	S	X	Y	I	C	E	L	E	B	R	A	T	I	O	N	S	W

Words go in all directions including backwards, and diagonal.

- 1) COMMUNITY
- 2) NEIGHBORHOOD
- 3) TOGETHER
- 4) JAFIFE
- 5) JOHNBARNET
- 6) LONDONDERRY
- 7) SWIMMING
- 8) SOCCER
- 9) VOLUNTEER
- 10) CELEBRATIONS
- 11) FRIENDS
- 12) PLAY
- 13) SMILE
- 14) SCHOOL
- 15) KILKENNY

Kilkenny Community League General Meetings



Become a part of your community and get involved! Board meetings are held the second Tuesday every month (excluding July & August) from 7:00pm – 9:00pm in the Meeting Room of Kilkenny Hall.

Challenge for the Month of May

A challenge to Kilkenny Residents and all the North Voice recipients is going out for the month of May. I am requesting, challenging, suggesting, urging you to decorate your largest front window of your apartment or home. Decorate it anyway you like! You could use stuffed animals, paper

crafts, halloween decorations (why not???) something fun and pretty that might bring a smile to someone's face as they walk by. It's these small gestures that help us feel the humanity around us during a time of being so physically disconnected. I look forward to seeing what you can do!

The New Normal

When I first started thinking about this article I had intended to come out with “guns a blazin’ “ with a rant about my rejection of “the new normal”. I thought; what is wrong with everyone? What is normal about this? As I’m sure you’ve determined- the answer is: nothing. There is nothing normal about this. I refused to call it my new normal as I struggled to maintain a proper bedtime and eating habits while spending my whole day inside the house. I continued to tell myself; this is just for now. The days turned into weeks and the weeks started to add up. My resolve to reject this terminology only lasted into the 3rd week, I can say that it was an arduous time hoping that everyday would somehow be different.

It will not last forever, we know this. But it will go on long enough to establish new routines, to find a new way of doing things in your daily life. This is what is meant by the “new normal”. As many

people have already discussed, routine is important and how you set that time is up to you. You have the advantage of being able to adjust your sleep schedule (if you are not required to clock in electronically or if you are not an essential worker). You may eat when you are ready, not when you get your break. You may also be worried, fretting about job loss, rent and the health of those you love. Ensure that you have someone to talk to. Establish one “critical friend”. A person that you check in with, especially when worries may be dragging you down. Whether you are deep in worry, deep-cleaning or simply deeply relaxing, how you spend this time is up to you and what works best for you. Keep checking in with yourself and make sure that your new daily program is working in a healthy and sustainable way.

I also think it’s nice to reserve a few special tasks for “every once and awhile” to change things up and try

to have a bit of variation. One suggestion that I would highly recommend is reaching out to a senior citizen in a care facility. Here are the addresses of the two closest to the Kilkenny neighborhood:

Senior Housing- Londonderry Village Apartments
13805-75 street, Edmonton Alberta, T5C 3H8, office 780-476-9585

St. Micheal’s Long term care
7404-139 avenue, Edmonton Alberta, T5C 3H7, office 780-473-5621

This can be a handwritten letter (by kids or adults), a drawn picture or a card. These are gestures that say “someone is thinking of you” and a little can go a long way! Just before writing this article I was able to drop off letters in the front entrance and the lady in the office at Londonderry Village retrieved them right after I had left. Please call ahead and check if this is still acceptable.

Anjoli Usman

SHOUT OUTS!!



In this time of social distancing we are continuously looking for ways to connect. Why not get your friend, or grandpa or mom’s name in the community paper! Submit shoutouts to Lindsay at publicity@kilkenny.ab.ca

Shout out to all kids from J.A.Fife Elementary, I miss seeing you and your parents in the morning and I hope you are all safe and healthy! Madame Usman

Chris Nielsen
MLA for Edmonton-Decore

Due to the ongoing COVID-19 pandemic, our office is closed to the public. We are still here to help with any provincial government services and programs by phone or email.

Unit 203, 8119-160 Avenue NW
edmonton.decore@assembly.ab.ca
780-414-1328

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A TIME OF REFLECTION

Ramadan Mubarak!

May Allah grant you peace during this month of fasting.

Nicole Goehring
MLA FOR EDMONTON-CASTLE DOWNS



McLeod News

McLeodCL
@McLeodCommunity
14715 59 Street
www.mcleodcommunityleague.ca

McLeod Dance



The McLeod Dance Program is taking pre-registration for our 2020/2021 program! Don't miss your chance to join this amazing dance family! We offer classes in Ballet, Hip-Hop, Jazz, Lyrical, Mini-Movers, Modern, Tap, Stretch/Technique, Adult Hip-Hop, Adult Jazz, Adult Lyrical & Adult Tap! We would love to have you join our expanding dance

program! We run our classes on Monday's, Wednesday's and Thursday's once a week depending on the style of dance you choose. We offer competitive classes as well as recreational classes to fit all levels of dancers! If you'd like more information, or to save your spot, please e-mail dance@mcleodcommunityleague.ca or call Amy at 780-893-5151.

COVID-19 Support for Individuals and Business owners

By CN Tax & Accounting

Government of Canada is providing support COVID-19 Economic Response Plan for individuals and business and to extend tax filing deadline, extra time to pay balance owes.

COVID-19: Important updates information can be available Canada.ca

Tax filing and payment deadlines for 2019: The deadline for individuals to file has been extended to June 1, 2020, and the deadline to pay any amounts owed has been extended to September 1, 2020.

Canada Emergency Response Benefit (CERB) for individuals: Eligible individual can apply for the CERB in CRA My Account or over the

phone. Supporting individuals and families: Temporary salary top-up for low-income essential workers, Increasing the Canada Child Benefit, Special Goods and Services Tax credit payment, Extra time to file income tax returns, and Mortgage support.

To qualify, these organizations will need to demonstrate they paid between \$20,000 to \$1.5 million in total payroll in 2019.

Business owners can apply for support from the Canada Emergency Business Account through their banks and credit unions.

CN Tax & Accounting provides supports for individuals and business owners for Tax & Accounting need, and can be reached at 780-289-3870.

Keeping our McLeod toddlers busy

Isolating at home during this pandemic is a challenge for most of us. I know many parents in the neighbourhood are in the same boat as my husband and myself, also challenged with keeping an active toddler entertained while practicing social distancing.

Our daughter is two and a half years old and I'm due with our second in June. Shockingly, I can't always keep up with her level of energy. I have found myself searching for new and exciting things to hold her attention, especially on the days I work from home. After all, there are only so many Mega Blocs robots you can build and Paw Patrol puzzles you can assemble.

I'd like to share some helpful online resources I've turned to and some of the activities I've been doing or intend to do while I continue to work from home or for those days when the weather continues to keep us inside. Some things I've tried have been complete flops with my little one but hopefully some of these will suit your little one's personality.

Indoor activities with a toddler:

Sensory Time

There are loads of ideas out there for creating sensory bins and activities and I have only touched the surface with the ones I've created for my daughter. I've made her pom-pom soup with water, pom-poms and containers; a toy car wash with water, soap and scrub brushes; a dried bean



mix with kitchen utensils and a rainbow rice and plastic Easter egg bin. Rainbow rice was easy to make with lemon juice and food colouring and I let it dry overnight so the colours wouldn't transfer. Learn from my mistakes and lay down a big blanket under this one because that rice gets everywhere once it hits laminate flooring.

There are many more sensory bin ideas I haven't had a chance to try out yet: frozen shaving cream with sea creatures hidden inside; coloured, cooked spaghetti with small animals hidden throughout; a pom-pom drop using the tubes from that coveted toilet paper and a bin of shaving cream food colouring and plastic Easter eggs.

Getting Crafty

As far as crafts go, I had to quickly come to terms with the fact that my daughter's craft was not going to turn out looking like the Pinterest post that inspired it.

Some new crafty things we've tried to pass the time: painting with cotton balls attached to clothes pins; canvas painting with painter's tape to make a cool design; window

painting using acrylic paint mixed with dish soap to make removal easier and just sticking her in a cardboard box with some crayons.

A few others on my list to attempt include: rock painting; popped bubble art by adding food colouring to the bubble mix and blowing them onto paper; a salt dough memory piece by pressing and painting all of our hands into the dough and making our own glittery play dough.

Weird Science

We've only tried one science experiment so far using muffin cups, food colouring, baking soda and vinegar but it was a huge hit so we'll be attempting a paper-mache volcano next. There are some other simple experiments like the walking rainbow that uses cups of water and food colouring and paper towel draped between the cups to create a rainbow and another using shaving cream and food colouring to emulate a rain cloud in a jar.

Let's Get Physical

Until this warmer weather started to show up, we kept our physical activities pretty simple with a lot of dancing in the living room, Zumba

for kids videos on Youtube and kicking a ball around. I've seen some people post indoor obstacle courses they've created, set up a bicycle inside with the wheels set in a pair of shoes to keep it stationary and even set a crib mattress against the couch with a sleeping bag on it to make it slippery to slide down.

If I haven't felt like recreating something I found online, there have been the days of the classic blanket forts or just having her help me in the kitchen with some baking.

There is an abundance of blogs, Facebook groups, Instagram and Pinterest posts and websites out there to find fresh ideas to keep that toddler of yours from boredom. A few I have been turning to include, the Instagram account, Busy Toddler, and the Facebook pages: My Bored Toddler – Activities for Toddlers and The Imagination Tree.

It's still unclear on when this social distancing will lift and I hope at least some of these ideas may help other parents out there in the neighbourhood who've run out of ideas in keeping their little ones amused.

Building Community in McLeod during COVID-19

I've received so many phone calls and emails from McLeod residents asking how we can help during the COVID-19 pandemic. While there are formal efforts we can volunteer or donate to, there are so many great ways we can help out just in our neighbourhood.

I think it's especially important we help our seniors. They have supported our

community, paid their way, and now it's our turn to care for them.

I have put together a list of ways we can support our family, friends, and elderly neighbours as we all self-isolate. Let me know if you try any of these out!

1. Why don't you drop off a warm meal at a senior's doorstep? Make sure to stay socially distant and clean

all the surfaces you touch. There are also programs like Meals on Wheels and Fresh Routes who will deliver meals or groceries right to a senior's door.

2. If you can't leave a meal, what about a note outside an elderly neighbour's door with your phone number? You can invite them to call you if they need groceries, prescriptions refills, or just talk.

3. What about leaving a message in your window for folks walking by? Or put a note in the window of a loved one? I have seen videos of friends and neighbours playing Xs and Os on either side of a window.

4. If your loved one lives in an apartment building and you cannot reach their window, write them a letter and enclose photos or drawings.

5. If you are writing a letter to a loved one who has home care staff, write a Thank You letter to their staff, too. Our essential workers deserve all the thanks in the world.

If you are a senior who needs access to supports, please call 211. And of course, you can call and leave a voicemail with me at 780-496-8138. We will call you back right away.

I am working so hard for the residents of Ward 4 because I know we are all feeling pain, whether it's financial, social, or physical. The pandemic will not last forever; let's band together to get through this.

Aaron Paquette, City Councillor
aaron.paquette@edmonton.ca
780-496-8138

McLeod Community Safety Director Messages

Spring looks like it is finally here! We all definitely need something to be excited about during this pandemic. First off, I want to thank all of you that are trying your best to stay at home, following social distancing guidelines and self isolating if you have symptoms. This has saved who knows how many countless people from getting sick or dying from this terrible virus. I know this has taken a toll on all of us but together we will all get through this.

If you are struggling, try reaching out to a friend or family member by phone, text, Facebook messaging, Facetime or Skype. I encourage all of you to stay in contact with your friends and family to ensure they don't feel alone during this time. If that is not helping, you can call the Mental Health Helpline at 1-877-303-2642. This is open 24 hours a day, 7 days a week.

Some tips on staying safe during this pandemic:

- Wash your hands frequently.
- Do not touch your face.
- Stay home if you have symptoms. If you must go out, please wear a mask as recommended by public health authorities.
- Maintain social distancing at stores or if your out and about on sidewalks, pathways, etc.
- Parents of teens; know where they are and do not allow them to hang out with groups of friends.
- Preorder your groceries online and pickup outside of store.
- Preorder items from stores that have curbside pickup.
- Preorder items that will deliver to your door.

Here is important information from the Alberta government website as of April 14, 2020 (some things may have changed since then and I suggest you check the Alberta government website for the

most up to date information):

As of March 25, Albertans are legally required under law to isolate for:

- 14 days if they recently returned from international travel or are a close contact of someone with COVID-19.
- 10 days if they have a COVID-19 symptom (cough, fever, shortness of breath, runny nose, or sore throat) that is not related to a pre-existing illness or health condition.

● If you have symptoms, take the online assessment to arrange testing (<https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>).

Mandatory Isolation: Travellers and close contacts of confirmed cases are legally required to isolate for 14 days if you:

- Returned from travel outside of Canada after March 12; or
- Are a close contact of a person who tested positive for COVID-19 (provides care, lives with or has close physical contact without appropriate use of personal protective equipment, or comes into direct contact with infectious body fluids); or
- Become sick with cough, fever, shortness of breath, runny nose or sore throat during this time, you must isolate for an additional 10 days from the beginning of symptoms or until you are feeling well, whichever takes longer.

Albertans with symptoms:

- You are legally required to isolate for a minimum of 10 days if you have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition.
- The mandatory isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

Albertans with symptoms who test negative for Covid-19:

- If you have tested nega-

tive for COVID-19 and have no known exposure to the virus, you are not legally required to isolate. However, it is important to stay home until your symptoms resolve so that you do not infect others.

- If you have tested negative for COVID-19 and have known exposure to the virus, you are still legally required to isolate.

Albertans who test positive for Covid-19:

- You are legally required to self-isolate for a minimum of 10 days if you have tested positive for COVID-19.
- Self-isolation period is for 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

How to isolate if you are in mandatory isolation:

- Stay home – do not leave your home or attend work, school, social events or any other public gatherings.
- Avoid close contact with people in your household, especially seniors and people with chronic conditions or compromised immune systems.
- You are prohibited from taking public transportation like buses, taxis or ride-sharing.
- Do not go outside for a walk through your neighbourhood or park. This includes children in mandatory isolation.
- You can get fresh air in your backyard, if you have one, but you must remain on private property not accessible by others.
- If you live in an apartment building or high-rise, you must stay inside and cannot use the elevators or stairwells to go outside. If your balcony is private and at least 2 metres away from your closest neighbour's, you may go outside on the balcony.
- This directive is consistent with the new federal requirements under the Quarantine Act.

Exemption for testing and emergency care:

- If you are in mandatory isolation and need COVID-19 testing, critical care for pre-existing medical conditions or emergency care, carefully follow the rules in this exemption order.

- Pre-arrange your appointment and leaving your isolation area only on the date and time of your appointment.

- Follow all instructions provided by 811 or health-care providers.

- Use private transportation where practical. Maintain physical distance from others when shared transportation is necessary – travel directly to your appointment with no stops.

- Follow instructions provided by 911 if you require emergency care.

- If you know someone or a business violating the Alberta public health order you can submit a complaint at the Alberta Government Website or by calling 1-833-415-9179.

I wanted to say a big thank you to our health-care workers that are working so hard to take care of us. In addition, thanks to EMS, Fire, EPS, RCMP, Community Peace Officers, Alberta Sheriff's, Alberta Commercial Vehicle Peace Officers, Fish and Wildlife Officers, Conversation Officers, lab testing staff, grocery and drug store staff and the very long list of essential businesses that are keeping us safe and our world turning.

Here are a few positive examples of stories I have witnessed or heard during these tough times:

- EMS, Fire, EPS, RCMP, Alberta Sheriff's, and Community Peace Officers parading around hospitals to show support for front line Alberta Health Services Staff and doing parades around houses where there is a child that has a birthday.

- Edmontonians dropping off toilet paper and cleaning

products to seniors in need.

- Random acts of kindness at drive-thrus with more people buying people's orders behind them.

- I have to say how impressed I was with the extra cleaning put in by grocery stores in the area. Hats off to you!

- I encourage you, if you are still fortunate to have a job, to spend some extra time cleaning counters, door handles/knobs, and other common touch areas.

Traffic Safety

- I have witnessed and heard way too many people driving at high speeds. Officers are still out there and will stop you. Some of the speeds recorded have resulted in automatic court appearance with the fine amount that can go up to \$2000.00 and licence suspension. Please as always follow all traffic laws.

Playground Zones:

- In 2018, school zones in Edmonton all became playground zones. Playground zone speed limits are 30 km/hr between the hours of 07:30-21:00, 7 days a week and are still in effect even with playgrounds and schools closed in Edmonton.

Registration: (as per the Alberta government website)

The Government of Alberta has enacted a Registrar's Exemption to extend the expiry date of select motor vehicle documents from March 17, 2020 until midnight on May 15, 2020.

This exemption applies to the following documents:

- Operator's licences.
- Certificates of registration, including registrations obtained through International Registration Plan.
- Licence plates.
- Operating Authority Certificates.
- Safety Fitness Certificates.
- Permits.
- Validation tabs for licence plates.

Animal Control

Please do not let your dog off leash in our fields, pathways or neighborhoods. The fine amount which can be issued is \$100.00. In addition, please clean up after your pet. Failure to do so can result in a fine of \$100.00. All dogs and cats also need to be licensed in the City of Edmonton and most other municipalities. The fine for failing to licence your animal is \$250.00. If you find a stray dog or cat, or want to report a dog at large, you can call 311.

Bicycle Safety

I have already seen kids back on their bikes, which is great; however I am still seeing many not wearing helmets. This concerns me as it is not only the law but it can prevent serious injury to your child. Please ensure they have a helmet on and it is properly adjusted. Tips for proper helmet use:

- Make sure the helmet is level from front to back when put on.

- Check that the front edge of the helmet sits 1 to 2 finger-widths above the eyebrows.

- Adjust the straps to form a "V" just below and in front of the earlobes.

- Do up the chinstrap, adjust the chinstrap so that there's only 1 finger-width between the chin and the chinstrap.
- Adjust the helmet tighter if it moves when your child nods or shakes their head.

Please treat your helmets with care. It is recommended to replace the helmet if it dropped even one time onto a hard surface.

- Replace helmet when expired.

It is the law in Alberta that everyone under 18 years must wear a helmet. The law applies to both riders and passengers, including children in bicycle trailers or carriers.

Additionally a bike must have a bell or horn and have a brake.

Stay safe everyone!

Softball to return in 2021 for McLeod

Considering the current COVID-19 conditions and requirements for social distancing, the board of directors of the Edmonton Youth Softball Association (EYSA) faced a difficult decision at their April 5th virtual meeting.

A lengthy discussion occurred, that considered many alternatives for some organized softball to occur this season. In the end, it was determined that a viable option to protect the safety of players, umpires coaches

and parents is unfortunately not available this year. The EYSA board voted in favour of cancelling the 2020 softball season.

The 3rd annual Gord Matlock Softball Tournament hosted by McLeod Communi-

ty League has also been cancelled this year and will return next season.

We hope everyone in the softball community stays safe and we look forward to seeing you all back on the diamond in 2021.





Northmount Community League News

Follow us on Social Media

Do you want to keep up to date on happenings in Northmount?

Join our Facebook page at

<https://www.facebook.com/groups/NorthmountCommunityLeague/> Join in the conversations, RSVP to Events

we are hosting, and connect with fellow community members. We'd love to see you there!

AGM Notice! - POSTPONED

At this time our AGM has been postponed with a tentative date of September 15th. Please take the summer to think about how you can help in your community, we would love to have you join us, when it is again safe to do so. With that in mind, below you will find the job descriptions of various board positions that are currently up for election. Read through them to see if something suits your interests!

WE WANT YOU!!

Northmount Community League is looking for dedicated and enthusiastic volunteers to fill various board, committee and volunteer positions. If you or someone you know is interested, please attend our meeting or contact a current board member for more details! Northmount Community League can only keep the doors open by relying on dedicated volunteers. That is why we need your help!

Board Members meet every third Tuesday of the month, except for July and August.

Each position will require a different level of commitment depending on tasks required.

If you want to get involved but do not want to hold a board position, Chair and Committee positions are available and can be created as needed to run specific programs.

Don't see a position or role you are interested in? Contact Meagan to discuss what you want to see at Northmount

Every Year Northmount Community League needs to fill various Board Positions, at this years AGM the following positions are up for nomination. Currently we only have 13 board positions filled by 9 people from just 6 different families. This is a very small group and many of these volunteers have been on the board for a decade or more. We really need more commu-

nity engagement to keep the league running, we need new directors and volunteers. Are you willing to help? Please see the volunteer job descriptions below for more information and reach out to Meagan at president@northmount.ca if you have any questions.

Vice-President Programs

The Vice-President Programs will:

- assume any duties from the President as required
- may have signing authority
- is a member of the Executive Committee

In the absence of the Vice President Programs, the Board or the President may appoint another officer to discharge these duties; and

Responsible for overseeing and supporting community-based programs, functions, and sport programs

Bingo Director

The Bingo Director will:

- be responsible for the organization, timing and completion of the assigned bingo dates

• keep an updated record of and maintain status of volunteer membership lists and other records pertaining to Bingos

- ensure compliance with the Gaming regulations
- applies for licenses and permits to run Bingos
- help recruit volunteer workers

• review and prepare policy and procedures with respect to Bingos

- report monthly to the Board of Directors; and
- attend Bingo Association general meetings.

Facilities Director

The Facilities Director will:

- be responsible for the supervision of hall rentals, ensuring League access takes priority

• be responsible for the development and maintenance of the community center, rinks, parking lot, and other League facilities

• prepare an annual budget for the facilities and submit it to the Treasurer

• review and prepare policy and procedures with respect to the facilities

• supervise any persons and/or contractor hired for work for the facility or the grounds; and

• report monthly to the Board of Directors.

Communications Director

The Communications Director will:

- be responsible for the publication of the League's newsletter

• oversee the delivery of the newsletter

• be responsible to oversee the maintenance of the League Internet web site and social media

• arrange for publicity for League events

• prepare an annual budget for communications and submit it to the Treasurer

• review and prepare policy and procedures with respect to publicity; and

• report monthly to the Board of Directors.

Soccer/Hockey/Softball/Baseball Director

The Director will:

• be responsible for the organization, timing and completion of the required registrations

• keep an updated record of and maintain status of volunteer membership lists and other records pertaining to the sport

• ensure compliance with the Gaming regulations

• help recruit volunteer workers for the sport teams

• maintain and organize sport equipment

• review and prepare policy and procedures with respect to the Sport

• report monthly to the Board of Directors; and

• attend required sport Association general meetings.

Civics Director

The Civics Director will:

Northmount Board of Directors as of June 18, 2019

POSITION	NAME	Contact
President	Meagan Plamondon	780-270-1212 president@northmount.ca
Vice President Operations	James Crocker	780-717-5885 Vp-operations@northmount.ca
Vice President Programs	Robin Wheatley	780-473-8634 Vp-programs@northmount.ca
Treasurer	Margaret Warwick	780 914-5119 treasurer@northmount.ca
Secretary	Margaret Warwick	780 914-5119 secretary@northmount.ca
Area 17 Council Rep.	Karen Plamondon	780-478-2010
Adult Programs Director	Robin Wheatley	780-473-8634
Bingo Director	VACANT	bingo@northmount.ca
Casino Director	Sid Plamondon	780-478-2010 casino@northmount.ca
Children's Program Director	VACANT	
Civics Director	VACANT	
Communications Director	Michele Crocker	newsletter@northmount.ca
Facilities Director	VACANT	
Family Programs Director	VACANT	
Memberships	Robin Wheatley	780-473-8634 memberships@northmount.ca
Past-President	Terry Kitching	780-478-4147
Seniors Programs Director	VACANT	
Soccer Director	Joanne Cheetham	780-477-6010 soccer@northmount.ca
Sports Explorerz	Karen Plamondon	780-478-2010

• be responsible for the organization and communication between the league and the city re: citizen engagement and feedback for city development notices, etc.

• review and prepare policy and procedures with respect to the civics director

• report monthly to the Board of Directors.

Seniors Director

The Seniors Director will:

• be responsible for the organization, timing and completion of Senior programming

• keep an updated record of senior programs

• ensure compliance with the Gaming regulations

• help recruit volunteers and engage with the community

• review and prepare policy and procedures with respect to Senior Director; and

• report monthly to the Board of Directors.

Adult Programs Director

The Adult Programs Director will:

• be responsible for the organization, timing and completion of Adult programming

• keep an updated record of Adult programs

• ensure compliance with the Gaming regulations

• help recruit volunteers and engage with the community

• review and prepare policy and procedures with respect to Adult Director; and

• report monthly to the Board of Directors.

Children's Program Director

The Children's Program Director will:

• be responsible for the organization, timing and completion of Children's programming

• keep an updated record of children's programs

• ensure compliance with the Gaming regulations

• help recruit volunteers and engage with the community

• review and prepare policy and procedures with respect

to Children's Director; and

• report monthly to the Board of Directors.

Family Program Director

The Family Program's Director will:

• be responsible for the organization, timing and completion of Family programming

• keep an updated record of family programs

• ensure compliance with the Gaming regulations

• help recruit volunteers and engage with the community

• review and prepare policy and procedures with respect to Family Program Director; and

• report monthly to the Board of Directors.

Past-President

The Past President will:

• assume all ad hoc duties at the discretion of the Board

• is a supportive role to the board

• provide mentorship to the current president

• was previously a president of the board.

Ward 3 Councillor Jon Dziadyk

Stay Strong

As your City Councillor, I am working to keep the city running but your support in keeping the community going is amazing. Edmontonians have always been strong and this is no exception. Please keep it up.

(780) 496-8128
jon.dziadyk@edmonton.ca

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1 Sir Winston Churchill Square
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www.facebook.com/EdmontonElection



Ward 3 Councillor
Jon Dziadyk



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*Rebate requires purchase of qualifying items between February 24, 2020 to June 12, 2020. Qualifying items must be installed by June 19, 2020. Rebate claims (with proof of purchase) must be submitted to www.lennoxconsumerrebates.ca no later than July 3, 2020. Rebate is paid in the form of a Lennox Visa® Prepaid card. Card is subject to terms and conditions found or referenced on card and expires 12 months after issuance. Conditions apply. See www.lennox.com/terms-and-conditions for complete terms and conditions. Requires purchase of qualifying system. See your Lennox dealer or www.lennox.com for details. Lennox dealers are independently owned and operated businesses. ©2020 Lennox Industries, Inc.