

# NORTHEAST VOICE

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

July 2021



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## Homes for Heroes Construction Update

The Homes For Heroes Foundation (H4HF) would like to provide an update to the Evansdale Community League regarding our on-site construction activities. As you are likely aware, construction fencing went up around the site a number of weeks ago and our construction management team at PCL have begun posting signage to keep the community informed about the project.

Below please find details regarding a number of upcoming construction activities:

- Tree Preservation Plan and Removal – PCL is working with the City of Edmonton to put up the required tree protection fencing around the various trees that will be preserved and to arrange for several trees to be removed. The anticipated date for this work is between May 21st



through June 1st.

- Community Sign Relocation- PLC is working with the City of Edmonton on relocating the existing Evansdale Community League sign to the southwesterly corner of the intersection at 153rd Avenue and 94A Street.

The anticipated date for the commencement of this work is the first week in June.

- On Site Work – The construction team will begin moving soil on the H4HF property within the first two weeks of June.

- Tiny Home Installation – The tiny homes are tentatively scheduled to be craned into the site mid July.

- EPCOR Water Upgrade – EPCOR is completing a water line upgrade and will be adding a fire hydrant along 152A Avenue. This work is outside of H4HF responsibility and is being completed under a separate work program with the City of Edmonton. The City's construction management team is also PCL and they have advised that this work will commence in the coming weeks and as such a portion of 152A Avenue will be closed in the next day or two. Signage regarding the closure will be displayed along roadways.

We will endeavour to send another construction update to the Community League in early July to advise you of the progress and upcoming activities. If you have any questions for Homes For Heroes in the meantime, feel free to contact us via telephone at 403.452.0888 or via email at [info@h4hf.ca](mailto:info@h4hf.ca)

## Kick off your summer with Karate at McLeod!

Looking for something to do this summer? Want to get out, get active and try an exciting and challenging activity? Well, here are top five reasons to try karate:

5) Great for helping you set and achieve goals: how do you get a black belt? Practice! Lots of practice! Start by creating a measurable and attainable short-term goal, like improving your flexibility...or getting your yellow belt!

4) Great activity for all ages and skill levels: Why put it off - the best time to start karate is now. Whether you are a beginner or advanced student, come with a desire to learn and grow. No one is left behind.

3) Improved focus/ memory: it may seem repetitive, but the benefits of regular training include enhanced alertness, sharp thinking and a calmer, less anxious mind!

2) Proven health benefits: beyond increased flexibility, balance and coordination, regular training is also good for strength development and improving your cardiovascular capacity. Build a healthier, stronger you!



1) A sense of community: your fellow students become friends and you become a member of a community of over 100 million karate practitioners. With regular training opportunities with fellow karate students here and across Western Canada, you will also

have the opportunity to travel, meet and train with senior karateka in Okinawa, Japan

Bonus: our classes are outside this summer! Bring yourself or your family! For more information, visit [www.kaizendojo.ca](http://www.kaizendojo.ca) or call/ text 7806193136.

## Evansdale Community League Pickleball Court Opening to Serve Members

Pickleball, which is a hybrid of tennis, badminton, and ping-pong, is the fastest growing sports in America according to US Pickleball Organization.

Now the enthusiasts in the City can continue to play the sports with the opening of five new pickleball courts at Evansdale Community League.

The pickleball court at Evansdale Community League has quietly opened in June 2021 and the grand opening of new courts with official ribbon-cutting ceremony will take place on

August 1. The tireless efforts put in by Jeff, President of Evansdale to get the construction of the court up and running contribute greatly to where we are today. Evansdale Community League is expected to serve over 100 members in pickleball the first year! Pickleball courts are open for booking now!

For more information on how-to-play or how to become a member, visit Evansdale Community League on Facebook or call the booking number above.



<b>Location:</b>	<b>Evansdale Community League</b>
<b>Address:</b>	<b>9111 – 150 Ave</b>
<b>Time:</b>	<b>10:00 AM – 1:00 PM and 5:00 PM – 9:00 PM Monday to Saturday</b>
<b>Fee:</b>	<b>Drop-in at \$7.50/game Promotional (1<sup>st</sup> Year) Annual Membership: \$75/annual</b>
<b>Booking Phone Number:</b>	<b>780-478-2577 (primary) 780-478-1759 (alternative)</b>

## Northmount Community Needs you!

Do you want to live in a vibrant community? One with programs for our seniors and young families? With recreational programs for all ages? With fun and exciting events to attend (once we can)? Then reach out to our new president Kim Manzo at [president@northmount.ca](mailto:president@northmount.ca) You do not need to have experience, just an interest in making your community a better place to live!

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 – Our meetings are now virtual – you can attend from the comfort of your couch!

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

We desperately need a Treasurer, Secretary and Bingo Director. These positions are being held temporarily, but the volunteers can only commit a few more months. The Treasurer and Secretary are Executive positions, and the board cannot run properly without all Executive positions filled.

# 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](http://www.evansdale.ca)

Jeff Muiselaar	President	780-478-1759	<a href="mailto:president@evansdale.ca">president@evansdale.ca</a>
Shawna Walsh	Past President	780-237-2169	<a href="mailto:pastpresident@evansdale.ca">pastpresident@evansdale.ca</a>
David Dodge	Director of Sustainability	780-478-6162	<a href="mailto:sustainability@evansdale.ca">sustainability@evansdale.ca</a>
Vacant	Soccer Director		<a href="mailto:soccer@evansdale.ca">soccer@evansdale.ca</a>
Arrey Tabot	Treasurer	780-604-7072	<a href="mailto:treasurer@evansdale.ca">treasurer@evansdale.ca</a>
Sue Harris	Credits	780-473-8796	<a href="mailto:credits@evansdale.ca">credits@evansdale.ca</a>
Jenilee Caterina	Secretary	780-984-3298	<a href="mailto:secretary@evansdale.ca">secretary@evansdale.ca</a>
Elaine Sarac	Membership Director	780-476-7442	<a href="mailto:membership@evansdale.ca">membership@evansdale.ca</a>
Shawna Walsh	Bingo Director		<a href="mailto:bingomanager@evansdale.ca">bingomanager@evansdale.ca</a>
Jeff Muiselaar	Programs/Sport Explorers Director	780-478-1759	<a href="mailto:programs@evansdale.ca">programs@evansdale.ca</a>
Jim Ragsdale	Director at large		
Yi Louise Liu	Newsletter & Social Media	780-952-0580	<a href="mailto:newsletter@evansdale.ca">newsletter@evansdale.ca</a>
Jeff Muiselaar	Area 17 Representative	780-478-1759	<a href="mailto:pastpresident@evansdale.ca">pastpresident@evansdale.ca</a>
Shannon Moses	Belle Rive/Poplar Park Sign Volunteers		<a href="mailto:signs@evansdale.ca">signs@evansdale.ca</a>
Jim Young	Evansdale Sign Volunteer		<a href="mailto:signs@evansdale.ca">signs@evansdale.ca</a>
N/A	Eaux Claires Playground	780-641-6171	<a href="mailto:ecbr@evansdale.ca">ecbr@evansdale.ca</a>
Terri	Hall Rentals	780-478-4444	<a href="mailto:hallrentals@evansdale.ca">hallrentals@evansdale.ca</a>
Cassandra Rijavec	Club Coordinator, Boys & Girls Club/Big Brothers Big Sisters	780-822-2560	<a href="mailto:Cassandra.Rijavec@bgcbigs.ca">Cassandra.Rijavec@bgcbigs.ca</a>

## Recognizing An Act of Kindness

Have you ever lost your wallet, searched your entire house, and retraced every step? It is a terrible feeling, not knowing where it is, who might have it, what was in it, having to cancel all your cards, etc. On Saturday May 29, my



husband lost his wallet. On May 30, our doorbell rang, and a Good Samaritan had his wallet in hand. He found it in the North Towne Mall parking lot. We are so grateful for this gesture, and we want Mr. K to know we are SO thankful.

## 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](mailto: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](http://www.efcl.org)

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Evansdale Hall Rental Information

Hall capacity follows Gathering Restrictions from Stage 2 of Alberta's Relaunch Strategy published by Government of Alberta

\$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 follows Gathering Restrictions from Stage 2 of Alberta's Relaunch Strategy published by Government of Alberta

\$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 hall-rentals@evansdale.ca.

Visit Our Website and Facebook Page

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](http://www.evansdale.ca)  
Facebook Page: [www.facebook.com/evansdalecommunityleague](https://www.facebook.com/evansdalecommunityleague)

Zumba with Marksman and Courtney at Evansdale Community Hall

Have you ever tried Zumba? It is a heart-pumping, fun, International and Latin music-infused dance workout. No dance experience necessary - all you need bring is your energy, towel, water bottle and a big smile.

Date: July 7 to August 4  
Time: 7:00 PM – 8:00 PM (Wednesday evenings)  
Cost: \$50 for 5 classes or \$10/drop-in  
Registration Contact: [namskram@yahoo.com](mailto:namskram@yahoo.com)  
To ensure the safety of ev-



everyone participating in Zumba classes at the Hall, we will follow the Guidance for Sports, Physical Activity and Recreation – by Government of Alberta. We will take appropriate measures to reduce risk of exposure and transmission. We will ensure a minimum distance of 3 metres is maintained in all directions of each participant.

Are you facing bullying or stigma after COVID-19?



Some people might experience bullying or feel stigma going back to work or school after COVID-19. This is when others treat you badly or blame you for getting sick. If this happens to you, get help. Your workplace or school needs to support you in your recovery.

This virus has spread around the world because of our global economy. No one person, group, or country is to blame.

It's important to know the facts so that we don't hurt people by stigmatizing them. Stigma can lead to social rejection, trouble getting health-care, job loss, and even physical violence.

If the spread of COVID-19 has shown us anything, it's how connected our world is. We are all in this together. We can find ways to support each other and push back against stigma.

Speak up. Don't be silent

if you hear people repeating negative stereotypes. Challenge social media posts that blame people or groups.

Provide good information. People who are blaming others may be getting their ideas from unreliable sources and social media. Point them to trustworthy sources like Alberta Health Services, the Government of Canada, the U.S. Centers for Disease Control and Prevention (CDC), and the World Health Organization (WHO).

Be careful what you share online. Be sure that images and posts don't fuel negative thinking about countries or groups of people.

Be kind. Reach out to people who have been stigmatized. Let them know they are not alone. Tell doctors, nurses, and emergency responders that you appreciate how hard they are working to keep us all safe.

THERE'S  
THE WAY  
IT'S ALWAYS  
BEEN DONE.

THEN  
THERE'S  
THE WAY  
FORWARD.



WATSON  
FOR MAYOR

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# McLeod Community League News

## Safety Message from McLeod Safety Director

### Fire Safety

Smoke alarms are your first line of defense if there is a fire in your home. Most fire fatalities occur as a result of breathing in smoke and toxic gases, not from the fire itself.

Smoke alarms should be installed on every level of your home and within 5m (16') of all bedrooms, mounted as per manufacturer's recommendations. Smoke Alarms should be tested monthly and replaced every ten years or sooner if the manufacturer recommends it. Batteries should be replaced at least once a year.

### Cooking Safely

Cooking is the one of the leading cause of fires in homes. If you have a cooking fire in a pot or pan, slowly slide a lid over top to cover the fire and then turn off the source of heat. If you do not have a pot lid, use a baking sheet or other noncombustible item that completely covers the pot/pan.

Grease Fires: Use the lid or cookie sheet like a shield, slide over pot away from body. Turn off element and leave the pot to cool off. DO NOT USE WATER. If the fire does not stop, get out and call 911. Fires can happen quickly and without warning.

Always remember to never leave anything that is cooking unattended, use back burners when possible, turn pot or pan handles inwards, keep oven mitts off of the stove and keep children away from the stove and oven.

If a fire occurs and you cannot put it out, call 911 immediately and evacuate your home.

### Smoking

Recently there has been some devastating home fires in the city caused by improperly disposed of smoker's materials. Here are some tips.

Extinguish smoking materials in deep, non-combustible ashtrays.

Make sure that matches and cigarette butts in ashtrays are wet before you put them in a garbage container.

Never extinguish smoking materials in plant pots.

Never discard smoking materials on the ground.

Keep lighters, matches and

cigarettes out of the reach of children. Cigarettes and other smoking materials that are not properly put out can smolder undetected for extended periods of time before igniting a fire.

### Fire Pits

If you are using a fire pit, it must meet the standards outlined in the City of Edmonton Community Standard's Bylaw #14600.

According to this bylaw, your fire pit must:

Be at least 3 meters (10 feet) from buildings, property lines, overhead power lines and any other combustibles (trees, etc.)

Not exceed 0.6 meters (2 feet) in height

Not exceed 1 meter (3 feet) in width or diameter

Have enclosed sides made from bricks, concrete blocks or heavy-gauge metal

Have a spark-arrest mesh screen with openings no larger than 1.25 cm (1/8 inch)

Please only burn clean fuel, dry wood, or charcoal, when using a fire pit. It is illegal to burn rubber, plastic, or any material that generates unacceptable amounts of dense smoke which can be noxious, offensive, or toxic, and harmful to the environment.

When putting out your campfire:

First, drown the campfire with water!

Next, mix the ashes and embers with soil. Scrape all partially burned sticks and logs to make sure all the hot embers are off them.

Stir the embers after they are covered with water and make sure that everything is wet.

Feel the coals, embers, and any partially burned wood with your hands. Everything (including the rock fire ring) should be cool to the touch.

When you think you are done, take an extra minute and add more water.

### Escape Plan

Families should create and practice an escape plan in case of fire.

First, gather your family and walk through each room in your house. Discuss the pos-

sible exits and escapes. Your plan should include at least two ways to escape from every room. If you have young children, make a map with them of your home and indicate the possible escape routes.

Once you have established the exits, show your children how to get out of the house. Before opening a door, it is important to touch it first. If the door is hot, keep it closed and find another way out. Show them how to exit a smokey building by dropping to their bellies and shimmying out under the smoke.

Secondly choose a meet place where family members can meet once they get out of the home safely. According to Housman, the location of this meeting spot will depend on where you live. Make sure the spot you choose is easy to get to and far enough away from the burning home. Once you pick a location, make sure everyone in your family knows exactly where to meet.

Thirdly practice your plan until each and every member of your household can escape in less than two minutes. Practice yelling fire several times and leaving through different rooms in different scenarios. Practice crawling under smoke and testing door handles.

Make sure everyone knows that if there is fire to get out, call for help and never go back inside.

Once you have it down, practice at least twice a year.

### Carbon Monoxide

What is carbon monoxide? Carbon monoxide (CO) is an invisible, silent, odorless toxic gas. In an enclosed space, such as a home or garage, CO exposure can lead to serious illness or death.

Where does CO come from? Improperly operating natural gas appliances such as furnace, hot water heaters, dryers, ranges, fireplaces or exhaust from gas and diesel vehicles, gas-powered machines, and wood-burning fireplaces.

What are the signs of CO exposure? Headache and dizziness, Fatigue and weakness,

watering and burning eyes, nausea and vomiting and loss of muscle control.

If you experience any of these symptoms get into fresh air immediately and call 911.

### Water Safety with Children

Kids must be watched whenever they are around water. This is true whether the water is in a bathtub, a wading pool, an ornamental fishpond, a swimming pool, a spa, an ocean, or a lake.

Young children are especially at risk. They can drown in less than 2 inches (6 centimeters) of water. That means drowning can happen in a sink, toilet bowl, fountains, buckets, inflatable pools, or small bodies of standing water around your home, such as ditches filled with rainwater.

Always watch children closely when they are in or near any water, no matter what their swimming skills. Even kids who know how to swim can be at risk for drowning. For instance, a child could slip and fall on the pool deck, lose consciousness, and fall into the pool and possibly drown.

Young kids and weak swimmers should have an adult swimmer within arm's reach to provide "touch supervision."

I highly recommend swimming lessons as well. If children are on a boat or any floating device, they should always be wearing a life jacket.

If you find a child in the water, get the child out while calling loudly for help. If someone else is nearby, have them call 911.

Check to make sure the child's air passages are clear. If the child is not breathing, start CPR if you are trained to do so. Follow the instructions the 911 emergency operator gives.

### Traffic FYIs

If an emergency vehicle is behind, with its lights and or siren activated, you must slow down and move over to the right and stop.

Valid driver's license, registration and insurance must be produced on demand of an officer immediately. There is no

time grace period. Insurance cards are the only document that can be shown electronically (photo, email or on an app).

License plate covers are illegal.

Any tint on front door windows or tinted brows added to windshield are illegal.

Posted speed maximums are just what they say. You cannot exceed the speed limit to pass another vehicle.

Tinted tail lamps and headlamps are illegal.

Enlarge exhaust outlets are illegal.

Excessive muffler noise is illegal. Vehicle exhaust must remain consistent from factory.

Chevrolet or GM spare tire access covers that are open blocking the license plate are illegal.

Hitches sticking out from the receiver on vehicles is not illegal. Watch your shins.

Auxiliary lights including light bars cannot be mounted above the center of the headlamps. That means light mounted on hoods or roofs are illegal.

Colored lights other than white or amber on the front of the vehicle are illegal.

Truck or SUVs are required to have mudguards if the body of the vehicle does not come down to the center of the axle. In addition, the body or mudguard must cover the full width of the tires.

Class 7 GDL Driver's cannot be supervised with a Class 5 GDL Driver

All cargo on utility trailers or trucks must be secured to prevent it from blowing or falling off.

License plate covers are illegal.

Radar Detectors are not illegal in Alberta, but if you have one chances of getting a warning instead of a ticket are slim to none.

Vehicle motion must cease when stopping at a stop sign. The three second rule is a myth but is good practice to ensure you are looking both ways while fully stopped to safely proceed.

Vehicle motion must cease

as well when turning right at a red light.

It is legal to change lanes in an intersection if safe to do so.

Daytime running lights must be working and on during daytime period.

Before you drive at night ensure your tail lamps are on

Range road and township road speed limits are 80 Km/Hr. unless otherwise posted.

If an emergency vehicle has its lights activated, the lane adjacent to the emergency vehicle speed limit is 60 Km/Hr. If you are caught speeding past an emergency vehicle in the adjacent lane the fine amounts double.

If you choose to drive while your license is suspended and you are stopped, you will receive a violation ticket summons which is automatic court appearance, and your vehicle will be impounded for 30 Days on first offense and 60 Days on second offense. If your license was suspended for a period of time you have to re-apply for your license through Alberta Transportation. Your license remains suspended until it is reinstated by Alberta Transportation.

If you change any information on your driver's license you have 14 days to apply for a new license with the updated changed.

When you renew your license or registration, ensure registries has your most current phone number on file. This assists us if we need to contact you in regard to an incident or may save your vehicle from being towed.

Holding, viewing or manipulating your cell phone at red lights is the same charge as caught driving.

Dogs cannot ride on your lap while driving. Fine is \$162.00.

Alcohol and cannabis must not be in reach of the driver or any passenger in the vehicle. EPS did a great media campaign advising motorists to put their skunk in the trunk.

Hope this information provided helps you and your family stay safe.

Ryan, McLeod Safety Director

FREE DROP-IN

SUMMER

GREEN SHACK



LOCATION	DATES	DAYS	TIMES
Matt Berry 15950 – 59A St	July 5 – August 27	Monday – Friday	2:30 PM - 5:30 PM

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play!

The City of Edmonton would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.

This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.

For more information, please visit:  
edmonton.ca/Greenshacks or call 311

The City of Edmonton is following Alberta Health Services guidelines, and start dates may be subject to change.

GET IN TOUCH WITH US!

 @GreenShacks

 greenshack@edmonton.ca





FREE DROP-IN

SUMMER

GREEN SHACK



LOCATION	DATES	DAYS	TIMES
McLeod 14715 – 59 St	July 5 – August 27	Monday – Friday	10:30 AM - 1:30 PM

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play!

The City of Edmonton would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.

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GET IN TOUCH WITH US!

 @GreenShacks

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FREE DROP-IN

SUMMER

GREEN SHACK



LOCATION	DATES	DAYS	TIMES
Hollick Kenyon 15716 54 St	July 5 – August 27	Monday – Friday	10:30 AM - 1:30 PM

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play!

The City of Edmonton would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.

This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.

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GET IN TOUCH WITH US!

 @GreenShacks

 greenshack@edmonton.ca





FREE DROP-IN

SUMMER

GREEN SHACK



LOCATION	DATES	DAYS	TIMES
Miller 14903 – 50 St	July 5 – August 27	Monday – Friday	2:30 PM - 5:30 PM

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play!

The City of Edmonton would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.

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GET IN TOUCH WITH US!

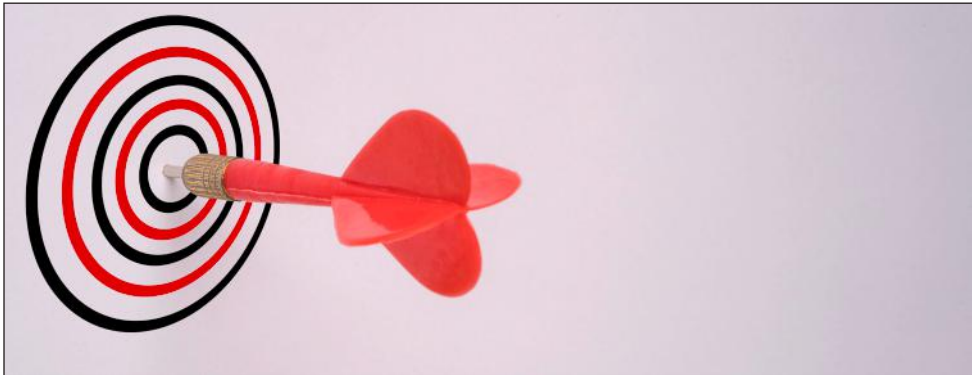
 @GreenShacks

 greenshack@edmonton.ca





Financial Controls on the McLeod Board



The McLeod Board takes the management of funds entrusted to us seriously. To reduce the likelihood of financial harm, we have implemented several financial controls. All expenditures must be approved by the Board prior to incurring the expenditure. When an approved expenditure must be paid for, it is processed by our treasurer. Our treasurer, who does not have financial signing authority, enters the required payment in our online banking system.

The treasurer then notifies the three Board members who have signing authority and two of them must provide our financial institution with permission before the payment is released. The treasurer includes the documentation supporting the payment with this request. Wherever possible, payments are handled by e-transfer. For payees where e-transfer is not possible, a cheque is used. Cheques are prepared by the treasurer and signed by

two of the three Board members with signing authority. No Board member is permitted to perform remunerative work for the League. Our financial statements are audited annually by two League members. No League member with signing authority is permitted to sit on the Audit Committee. These robust financial controls reduce the opportunity for funds to go missing. This also reduces the personal liability of the Board members.

New beginnings and new opportunities in Ward 72

**Edmonton Catholic Schools Trustee Sandra Palazzo Congratulations Class of 2021 Graduates**

As the 2020-2021 school year draws to a close, we at ECSD have so much to celebrate!

To our graduates, we support and honour you as you reach this amazing milestone. The pandemic has been life changing for each of us and by completing high school, despite the challenges imposed by it, you have shown the ability to overcome fears and worries, adapt to constant change, and push past any barriers placed in your path. We are so impressed with how you and your teachers have supported and cared for one another and persevered to arrive at this moment. We urge you to embrace the opportunities that God will place before you and to live your life to the fullest. Wishing you all the best as you embrace a new and exciting chapter in your life!

To our amazing retirees, we thank you for your years of dedicated service to ECSD. Each and everyone of you has brought a unique set of skills and tal-

ents to your roles that have impacted many children's lives. Congratulations and best wishes as you pursue new adventures. Wherever the road may take you, we hope you enjoy the next stage of your life!

To our incredible parents, guardians, students, teachers, administrators and staff, thank you for your flexibility, resiliency, generosity and patience. To our Chief Superintendent and the Senior Leadership Team, thank you for prioritizing the needs of students, families, and staff in your decision making. As a result of the collective efforts of all, ECSD is not just surviving the pandemic, we are thriving and growing and cultivating an excellent Catholic learning environment for our students.

At the May 26th Public Meeting of the Board of Trustees, the Board passed the Division Budget for the upcoming year. Edmonton Catholic Schools has worked diligently to increase funding to the classroom to achieve improvements in the delivery of administration, operations and maintenance.

Edmonton Catholic



Schools serves over 43,000 students and provides a high-quality faith-based education that inspires our students to learn and prepares them to live fully and succeed to the best of their ability. ECSD is committed to working with our local and provincial partners to ensure we are delivering world-class Catholic education to our students. I look forward to continuing to work collaboratively with you and to serving the community of Edmonton Catholic Schools and Ward 72.

Best wishes for a safe, enjoyable and rejuvenating summer break!

*Sponsored by Sandra Palazzo*

Kilkenny News

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 and Fridays 7:15 pm – 9:15 pm.
- 10% discounted Annual, Multi Admission, or Continuous 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

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 picture 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 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.

**WEISS-JOHNSON**  
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**Get a good night's sleep, no matter how hot it gets this summer, with Daikin Air Conditioning**

**Don't pay for 1 full year or finance it for as low as \$35/month\***

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\*conditions may apply

**Neighbourfest 2021**

**SURFS UP**  
August 4  
6:30pm-8:30pm  
Get ready for an epic beach day event filled with radical activities, a bubble cannon and snow cones!

**King's Quest**  
August 11  
6:30pm-8:30pm  
Join us as we go back in time to a fantastical era filled with royals, quests, and treats!

**Love Your NEIGHBOUR**  
August 21  
12:00pm-4:00pm  
Hello neighbour! Come out for an afternoon of fun activities, food, entertainment, a clothing drive, and so much more!

**ALL EVENTS HAPPENING AT STEELE HEIGHTS BAPTIST CHURCH 5812-149 AVE NW, EDMONTON**

Due to the ongoing COVID-19 pandemic, our office is closed to the public. Please call or email us and we can assist you remotely.

**Chris Nielsen**  
MLA for Edmonton-Decore

My office is here to help address your questions and concerns with Government of Alberta programs and services, including Alberta Works, AISH and WCB.

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

## The City of Edmonton is looking for the most Awesome Blocks in the city!

Are your neighbours kind, helpful and friendly?  
Do you take care of each other in tough times?  
Do you celebrate together and make sure everyone is included?  
If so, consider nominating your neighbours for an Awesome Block Award!



**Nominations are open until noon on August 22, 2021**  
For more information, visit [edmonton.ca/awesomeblockawards](https://edmonton.ca/awesomeblockawards)

# AWESOME BLOCK AWARDS

**Edmonton**



# Northmount Community League News

## Northmount Board of Directors as of April 20, 2021

POSITION	NAME	Contact
President	Kim Manzo	president@northmount.ca
Vice President Operations	James Crocker	Vp-operations@northmount.ca
Vice President Programs	Robin Wheatley	Vp-programs@northmount.ca
Treasurer	VACANT	
Acting Treasurer	Margaret Warwick	treasurer@northmount.ca
Secretary	VACANT	
Area 17 Council Rep.	Terry Kitching	
Adult Programs Director	Robin Wheatley	
Bingo Director	VACANT	
Acting Bingo Coordinator	James Crocker	bingo@northmount.ca
Casino Director	VACANT	casino@northmount.ca
Children's Program Director	VACANT	
Civics Director	VACANT	
Communications Director	VACANT	
Acting Newsletter Editor	Michele Crocker	newsletter@northmount.ca
Facilities Director	Sid Plamondon	facilities@northmount.ca
Family Programs Director	VACANT	
Memberships	Robin Wheatley	memberships@northmount.ca
Past-President	Terry Kitching	
Seniors Programs Director	VACANT	
Soccer Director	VACANT	
Adult Wellness Director	Sid Plamondon	

## 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!

## Help is available for Albertans with Long COVID

Most people who have tested positive for the virus fully recover. However, as many as one-in-four individuals are left with lingering physical, psychological, social and cognitive effects that can include chronic fatigue, muscle weakness, "brain fog," anxiety/depression and shortness of breath, known as 'Long COVID'. The majority of these individuals can manage their own symptoms, with the appropriate resources and supports.

For these individuals, online resources and supports are available at [ahs.ca/healthyaftercovid](https://ahs.ca/healthyaftercovid).

They include:

A symptom self-management guide on MyHealth Alberta.ca to help patients recover after COVID-19.

General information related

to COVID-19 and seniors/continuing care; mental and spiritual health; cancer; and expectant and new parents.

Information on COVID-19 Recovery Clinics (accessible only with a referral from a family physician) – in Edmonton at the Kaye Edmonton Clinic and Edmonton North PCN; and in Calgary at the Peter Lougheed Centre and Rockyview General Hospital.

"Finding My Way Back" video story about one Albertan's experience of Long COVID syndrome.

Supports for healthcare providers are also available and include care pathways and toolkits; and a Post-COVID-19 Rehabilitation and Functional Screening and Assessment Tool to help providers determine what rehabilitation supports may be

required moving forward.

Albertans can also access supports by phone through Health Link (811), the Rehabilitation Advice Line (1-833-379-0563); and the Mental Health Help Line (211).

AHS is focused on coordinating resources and supports for Albertans after a COVID-19 diagnosis by:

Appropriately screening patients experiencing Long COVID symptoms for rehabilitation needs.

Delivering targeted Long COVID supports and care instructions for those experiencing symptoms such as fatigue and breathlessness.

Providing transition plans between care settings for patients who have COVID-19 (including discharge back to community/home).

**When should I call my**

## President's Message

Hello Northmount,  
My name is Kim Manzo and I am the new president of the community league. I moved to Northmount 16 years ago and have loved this community ever since. I would like to say a quick thank you to our past president, Meaghan Plamondon for her dedication over the years and wish her the best.

I know it has been a tough year and a half due to the pandemic, but we will bounce back as a community and are

looking forward to the day we are able to open our hall and welcome everyone in. Our board is working diligently to come up with new programs for our community once we have reopened. If you have any ideas on a program that would be welcomed by our neighbours, please contact me at [president@northmount.ca](mailto:president@northmount.ca). Make sure you visit us on our Facebook page and website for updated information on programs and hall open-

ings.

The board is also looking for new members to join. It may sometimes feel daunting but the sense you get from helping the Northmount community is uplifting and fulfilling. Please do not hesitate in reaching out if you are interested in joining the board, let's chat.

I look forward to the day we can all come together.

Kim Manzo  
President

## Northmount, Beyond COVID

At this time, we are asking members to seriously consider volunteering for board positions.

The community league can only be run with YOUR help.

All programs and functions have been on hiatus because of provincial health restrictions, but when COVID restrictions change, and social gatherings and sports start to

resume, we will need to have plans for programming and events in place.

We desperately need help from community members for this!

## Become a Community League Member!!

Community League Memberships are now on sale. Purchasing a membership helps supports the programs that you see being run in your neighbourhood.

Community League's are special to Edmonton. It is a place where community members are understood and valued, and where we can build a great neighbourhood together and advocate for the

city we want.

We are inviting you to explore and become involved in your community!

Discover what community can offer to you and your family.

Create supportive networks and friendships with people who live in your Neighbourhood.

Ensure that everyone living in Northmount feels welcome

and a chance to feel that they belong to a community.

Increase safety and security in our Neighbourhood.

Belonging to a community can improve your health.

Discover a place to socialize.

To purchase a membership please contact Robin at 780-473-8634 or purchase online at <http://efcl.org/membership>



### healthcare provider?

Recovering from COVID-19 is different for everyone. It's important to contact your healthcare provider if

you:

Are worried about your recovery

Feel short of breath and it's not getting better, no

matter what you try

Feel very short of breath doing things that are normally easy for you

Find that your attention, memory, thinking, or energy levels are not getting better

Have symptoms that make it very hard or that stop you from doing your regular daily activities (like caring for yourself or going back to work or school)

Feel depressed, anxious, or stressed and this feeling isn't getting better

If it's a medical emergency, call 911 right away. This includes:

Serious trouble breathing (struggling for each breath, only able to say one word at a time)

Very bad chest pain.

Having a hard time waking up.