

NORTHEAST VOICE

Serving the community leagues of Evansdale, Kilkenny, Londonderry, McLeod, Northmount, Steele Heights

July 2017



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Solar Energy, Fast Cars and So Much Fun!



Evansdale hosted its Family Solar Fun Day on June 3 and it was a huge success. An estimated 500 people came to see Evansdale announce themselves as being the first community league to be powered by 100 per cent solar energy! It was all part of the 26th annual Eco-Solar Home Tour that invites Edmontonians to come and see some of the most amazing solar-powered, super energy efficient homes in Edmonton each year.

Evansdale has undertaken two solar projects and officially unveiled its 26.3 kilowatt solar system at the event. The community league has 100 solar modules on the roof of its building and all of its electricity comes from solar power on a net annual basis. This means the community league is producing zero emissions electricity and will only pay distribution charges and transmission fees when we buy electricity back from the grid in the winter when our solar production is lower. Essentially our electricity bills are paid in advance for the next 30 years!

Evansdale also featured an electric vehicle show and shine and electric car owners came from as far away as Hinton to show off their electric vehicles, or EVs as they are known. About 12 EVs were onsite and were hugely popular with everyone who visited during the day. There were Smart E cars, Nissan Leafs (the popular affordable electric car), and Tesla S vehicles including one right from the neighbourhood, owned by Charlie from Belle Rive. There were even two Tesla X EVs with doors that open like falcon wings.

This year we added a jumpy castle, face painting, free food and a colouring contest for the kids and this turned out to be very popular as well.

MLA Chris Nielsen was on hand for the day. He donated some great prizes for the kids including a bicycle. Folks from other community leagues also came for the tour, some interested in putting solar on their own league buildings. Evansdale has embraced energy efficiency and renewable energy ever since the Edmonton Federation of Community Leagues ran a pilot program to provide solar systems and an energy efficiency audit to seven lucky leagues a number of years ago. The idea is so popular with community leagues that the EFCL now as an Energy Transition Officer to help leagues undertake energy efficiency and renewable energy projects thanks to the city's energy transition strategy.

Evansdale raised money for its solar system from the Community League Infrastructure Program (CLIP), the Alberta Community Facilities Enhancement Fund, Edmonton's EcoCity fund and the Municipal Climate Change Action center's solar program.

A big thanks to fellow event organizers Jeff Muiselaar, Gordon Howell, Hanna Tarabain, Brenda Reid, and all of the Evansdale parent volunteers who helped with the event.

(Continued on page 3)

Upcoming Events in Northeast

Jun:

24-25: Summer Festival at Londonderry Sports Fields
27: Scribble Me at EPL Londonderry at 11am

Jul:

1: Canada Day at the Kingsway Legion; Free
4: First Day for Green Shacks across the City
4: Blood Donor Clinic at NESA – change from usual schedule
5: Evansdale Park BBQ with Amity House; 6pm-8pm; Free
7-8: Kilkenny Garage Sale
8: McLeod Soccer Wind Up Party
8: Beats'n'Eats North Edmonton Music Festival hosted by Dave Loken; 10505 172 Ave
12: Scavenger Hunt at Eau Claire Park with Amity House; 6pm-8pm; 16003 95 St; Free
14: Steele Heights 50th Anniversary
15: Sweet Pancake Brunch with MLA Heather Sweet; 11am to 2pm; 14904 50 Street; Free
19: Secret Agent at MGen Griesbach Central Park with Amity House; 14300 102A St; Free
24: World Adventure Yoga Camp starts at McLeod; \$120
26: Exploring Fun at McLeod Park with Amity House; 6pm-8pm; Free
27: McLeod KDays Pancake Breakfast; 7am-9am; Free
28: NESA KDays Pancake Breakfast with 1986 Klondike Kate Sue Whalen; \$5; tix by 22 Jul

Aug:

2: Kiddie Olympics at Northmount Park with Amity House; 6pm-8pm; Free
9: Beach Fun at G. Edmund Kelly Spray Park with Amity House; 6pm-8pm; Free
14: NESA fall registration opens at 830am
14-18: McLeod hosts City of Edmonton Get Active Camp; 9am-4pm
16: Track and Field at Kildare Park with Amity House; 6pm-8pm; 14224 74 St; Free
23: Art Night at Poplar Park with Amity House; 6pm-8pm; 84 St and 164 Ave; Free

Upcoming Events in Northeast

Aug (continued):

28: McLeod Indoor Soccer Registration; 6pm to 9pm
30: McLeod Indoor Soccer Registration; 6pm to 9pm
30: Closing BBQ Night at Glengarry Spray Deck with Amity House; 6pm-8pm; 89 St and 133 Ave; Free

Sep:

6: McLeod Indoor Soccer Registration; 6pm to 9pm
7: NESA Welcome Back BBQ; \$10; 1130am-230pm
15: NESA Dance featuring Six Feet Up; \$10 in adv or \$12 at the door; doors at 530pm
16: McLeod Community League Day; 1pm to 3pm; Free
26-30: NESA Book & Puzzle Sale
29-30: NESA Flea Market

Note from Editor: My apologies for publishing the wrong date for Northmount Super Hero Day. Last issue, it was indicated that it would be Jul 4, when the event actually took place on Jun 4.

If you have an event upcoming that you would like to see on this list, please e-mail secretary@mcleodcommunityleague.ca

Location Addresses:

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

Kilkenny Community League Garage Sale



Do you find Garage Sales irresistible? Found a few extra items that need a new home during your spring cleaning? Kilkenny will hold a garage sale on Friday July 7th 12-8 and Saturday July 8th 10-6. Set up will be the Thursday night prior.

Call Anna (780-478-3269) or email President@Kilkenny.ab.ca to book your table (\$15).

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	president@evansdale.ca
<i>Vacant-volunteer today!</i>	Vice President		vicepresident@evansdale.ca
Shawna Walsh	Past President	780-237-2169	pastpresident@evansdale.ca
David Dodge	Director of Sustainability	780-478-6162	sustainability@evansdale.ca
Ray Costley	Soccer Director	780-660-4230	soccer@evansdale.ca
Shawna Walsh	Treasurer		treasurer@evansdale.ca
Sue Harris	Credits	780-473-8796	credits@evansdale.ca
<i>Vacant - volunteer today!</i>	Secretary	780-472-6559	secretary@evansdale.ca
Elaine Sarac	Membership Director	780-476-7442	membership@evansdale.ca
Todd Sharkey	Hockey Director	780-238-3910	hockey@evansdale.ca
Rhesa Palapay	Bingo Director		bingomanager@evansdale.ca
Hanna Tarrabin	Program Director	780-905-4554	programs@evansdale.ca
Jim Ragsdale	Director at large		
Mai-Linh Huynh	Newsletter & Social Media	780-680-9408	newsletter@evansdale.ca
Jeff Muiselaar	Area 17 Representative	780-478-1759	pastpresident@evansdale.ca
Nicole & Chris	Belle Rive Sign Volunteers		signs@evansdale.ca
Jim Young	Evansdale Sign Volunteer		signs@evansdale.ca
Sherri Bessette	Eaux Claires Playground	780-641-6171	ecbr@evansdale.ca
Terri	Hall Rentals	780-478-4444	hallrentals@evansdale.ca
	Skating Rink	780-478-2577	

Hall Rental Information

Evansdale Hall 9111 150 Ave.



Weekend rates:

Friday 12noon to Sunday 3pm
\$500 damage deposit
\$550 rental

Saturday/Sunday

\$400 damage deposit
\$425 rental

Monday – Friday

\$275 damage deposit
\$275 rental (\$150 members)
Use of dishes: \$100
Meetings: \$35/hour

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

Memberships

Get your membership anytime! Membership makes you part of an amazing community of people who care about and help look after our community!

- \$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 message with your name and phone number. You can also buy memberships at the Edmonton Federation of Community Leagues website: www.efcl.org

Benefits of Community League Membership

- Free community league swims:
 - o Londonderry Pool (14528 66 Street) Sundays 4:15-5:45 pm
 - o Grand Trunk Pool (13025 112 Street) Sundays 4:15-5:45 pm
 - o 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
- Receive emails of upcoming community events and programs

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

Facebook Page: www.facebook.com/evansdalecommunityleague

facebook

Hockey Registration Is Open

Eagles Hockey Registration for the 2017-2018 hockey season opened June 15th. The Eagles organization is working on final details which will then be posted on the Eagles website at www.nezeagles.ca. Check back to register online.

I would also like to take the opportunity to wish the Evansdale hockey community a very happy and safe summer.

*Todd Sharkey
Evansdale Hockey Director*

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Dennis is a Master Licensed Red Seal Technician with over 25 years experience. He travels to where your vehicle is located. If your vehicle does not pass inspection you do not pay.

email: DFautoinspections@gmail.com

call or text Dennis at 780 242 2243



DF Auto Mobile Inspections and Repair



Solar Energy Event Continued From Page 1

Thanks to the Electric Vehicle Association of Alberta for bringing their members, the City of Edmonton who was their with their Green Home Guide, Pedal Head who set up an obstacle course for kids, Generate Energy (energy auditors), Westgate Chevrolet (for bringing a Volt EV), MLA Chris Nielsen, Evergreen and Gold Renewable Energy, and the EcoCar Team from the University of Alberta who brought their hydrogen powered car to the event.

Evansdale was site eight on the Eco-Home Tour (see ecosolar.ca) and one of the sites with the best attendance!

David Dodge
Director of Sustainability, Evansdale



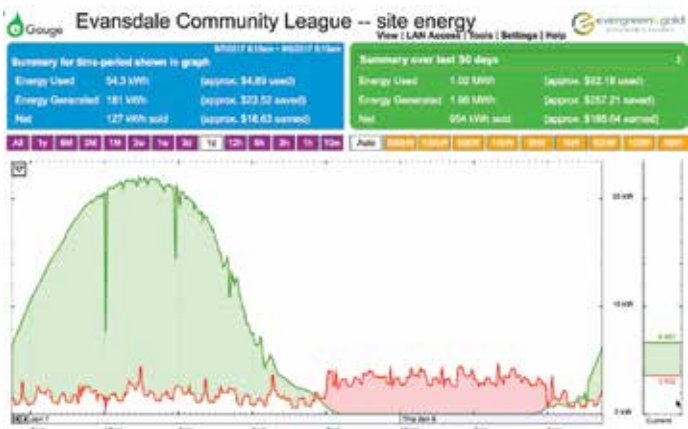
Charlie and his Tesla S from Belle Rive with MLA Chris Nielsen



Robyn Webb of the City of Edmonton handing out their Green Home Guide at the event



MLA Chris Nielsen with one of the lucky prize winners in our solar colouring contest



Solar energy production for one day in June at Evansdale Community League

Splash Out at Poplar Park Playground

The Poplar Park Playground Committee (under the Friends of Florence Hallock Society) is excited to announce the development of our Spray Park! We received a cheque from the Government of Alberta, Community Facility Enhancement Program (CFEP) on June 2 that will help us build a Spray Park beside our playground. Watch for concept drawings and more details in the Fall. If you have any questions, please email the committee at poplarparkplayground@evansdale.ca

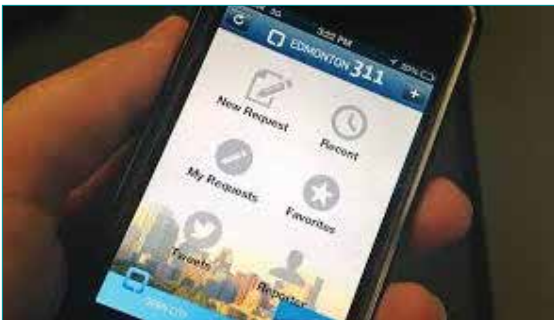


Edmonton 311 App

The City of Edmonton has provided an app for smartphones.

With the 311 app Edmonton residents are able to report: potholes, damaged sidewalks, damaged trees, litter and graffiti.

This user-friendly app lets you upload photos of the structure or property you are concerned with, as well as add an exact location with its GPS map.



An officer will investigate your complaint within 4 business days.

ATVs: Be as Safe as Possible



Alberta Health Services (AHS) is reminding all Albertans, and particularly parents of children less than 16 years of age, to make ATV safety a priority.

There are significant risks associated with the use of ATVs. Children less than 16 years of age have not yet developed to the point of having the strength, skills or judgment needed to operate an ATV, and this includes ATVs marketed as ‘child-sized’.

Parents of children less than 16 years of age are advised to ensure they do not drive or ride in an ATV. Albertans 16 years of age and older are urged to take the following precautions to ensure their ATV excursions are as safe as possible:

- Get Trained**
Before you hit the trails, get formal hands-on training from a recognized/trained ATV instructor. Don’t be shy about refreshing your training seasonally.
- Wear the Gear**
A helmet can save your life: from 2002 – 2013, 41 per cent of ATV-rider deaths in Alberta were due to head injuries. In 77 per cent of these head injury deaths, the ATV riders were not wearing a helmet. In addition to a helmet, always wear a jacket, long pants, goggles, boots and gloves.
- Look First**
Be sure you’re aware of the weather forecast, fire outlook/potential, and any hazards (geographical, animal or human) that the trail(s) you’re on could pose.
- Buckle Up**
Be sure that you’re fastened in properly, and that all gear and equipment (including your ATV restraints) are in proper working condition before you hit the trails.
- Drive Sober**
Don’t drink or do drugs before or while operating an ATV. 55 per cent of those who died in ATV crashes between 2002 and 2013 tested positive for alcohol.
- Seek Help**
Before you head out on the trail, let others know where you’re going and when they should expect you back. Take a cell phone or working radio with you, as well as a first aid kit. Never hesitate to call for help if you’re stuck, have damaged your ATV, or are injured.

Kilkenny Community League News

Hall Rental

Rates (Subject to change without notice, please email for more information.)
Rental deposit is also required which is equal to rental amount.

Times	Auditorium	Meeting Room	Both
Weekdays/Weeknights	\$150	\$75	\$225
Fridays (after 5 pm)	\$400	\$100	\$500
Saturdays	\$550	\$100	\$650
Sundays	\$400	\$100	\$500
Two Day Wedding/Gift Opening			
Full Weekend	\$750	\$100	\$850
(Fri @ 5pm – Sun @ 6pm)	N/A	N/A	\$1000
Hourly Rate (3 hours or less)	\$35	\$20	N/A

Discounts available for those who hold a consecutive membership for a minimum two years with Kilkenny Community League.
For all Auditorium & Meeting Room rentals, please check our sidebar Calendar for availability and email President@Kilkenny.ab.ca

Talents to Share

Are you interested in starting a bridge club, a fitness group, a new parents group? Do you have an idea for a social event? Are you willing to organize a block party or special event? We are open to your ideas, your passions, and your skills and would love for you to join us and bring more ideas, activities and events to our community. Please contact us to share!

Kilkenny Community League Is Now On Facebook And Twitter

Please follow us on Facebook and Twitter to get up to date information on what's happening in our Community.
Facebook – Kilkenny Community Hall
Twitter - @KilkennyComLeag

Do you have a special celebration that you would like to announce??

You or someone you know celebrating an anniversary, birthday big or small, engagement, special achievement?? Team achievements, staff challenges, 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 Sean, Kilkenny Publicity Director at publicity@kilkenny.ab.ca. Next month's deadline is June 15th.

President's Message:

I would like to thank all the volunteers that helped out with the Sports Wrap-Up Party. If it was not for your assistance events like this could not happen. The Kilkenny Executive always welcomes new volunteers. We are open to ideas and suggestions, if you would like to attend one of our meetings or simply assist with one event, our doors are always open.

Summer is here! The Green shack program will be open in three locations within Kilkenny over the summer months.
Kilkenny Park; 14840-72street (at the hall, beside John Barnette school) open 10am-1:30p.m.
Mayliewan; 160 ave-74 street (beside St. John Bosco school) 2:30-6:00p.m.
Ozerna, 158 ave & Ozerna road; 10am-1:30 p.m.
We also have a green shack program and spray park at 15004-72street (J.A. Fife School)

In July we will be having a Garage Sale, Friday July 7 from 12-8 and Saturday July 8 from 10-6. Tables are available for \$15 please call Anna 780 478 3269.

Hockey Registration will be Wednesday August 23rd and 30th. Indoor Soccer Registration will be Thursday Sept 7 and 14, 6:30-9p.m. Saturday Sept 9, 10am to 1 pm.

Community Day will be held on Sept 16th 12-3p.m. Kilkenny will also be celebrating our 41st birthday!!! We plan to celebrate with lots of entertainment and games. Everyone from the community is welcome come out and help us celebrate!!

We hope everyone has a safe and fun summer.
Kilkenny Executive

Green Shack is Back!!!!

Drop-in Green Shack programs are provided free of charge by the City of Edmonton for children aged 6-12. This summer, our programs begin on July 4 and end on August 25. During this time, our programs run Tuesday-Friday, 12:30pm - 8pm, and Mondays from 2:30pm - 8pm. Sites are also closed from 4:30-5pm each day for staff lunch break and on all civic holidays (July 1 and August 1).

- **Kilkenny Park:** 147 Avenue & 72 Street
Opening: July 4th
Monday – Friday: 10-6
- **Mayliewan:** 75 Street & 161A Avenue
Opening: July 4th
Monday – Friday: 2:30-6:30
- **Ozerna Park:** Ozerna Road & 158 Avenue
Opening: July 4th
Monday – Friday: 10:00-1:30

The Flying Eagles program in Kilkenny is being run July 31- Aug 4, 2016 at Green Shack locations. Flying Eagle visits various Green Shack playground program sites each week of the summer. This program uses the medicine wheel as a guiding principle and teaches children and families about the first peoples of this land and Treaty 6. Activities may include storytelling, bead crafts, dream catchers, double ball, lacrosse, bannock making, smudging and talking circles. Incorporating Indigenous teachings into community recreation helps to build a relationship of understanding and respect among the program participants. It also encourages discussions about the history of the land and celebrates the relationship among all Edmontonians today. The program leader helps create a safe space for these conversations and teachings to be shared.



Spray Park Fun is Back!!

The Waterpark at G. Edmund Kelly Park is now open and runs through to September 17th. It will be operating 9 am to 9 pm on Saturdays and Sundays and 3 pm to 9 pm during school hours, then 9 am to 9 pm July and August every day.

Don't forget your sunscreen and smiles (Both to be re-applied frequently!)

Kilkenny Playschool

Ready, Set, Grow!

Kilkenny Playschool has made some exciting new changes to our program! Parent involvement is still required there will be no parent roster days. Have your child learn kindergarten readiness skills while having fun and making friends all under the care of a well experienced teacher!

- 4 year old class; Monday, Wednesday, Friday – 9:30am – 12:00pm
This class focuses on kindergarten readiness, letter and number recognition, printing, a variety of social skills and having fun!
 - 3 and 4 year old class; Tuesday and Thursday – 9:30am – 12:00pm
This class focuses on following a classroom routine, various social skills, as well as some pre-printing skills, number and letter recognition and of course free play and having fun! Classes are subject to enrolment.
- If you have any questions please call 587-590-6204 or visit the website– www.kilkennyplayschool.wix.com/kilkennyplayschool (A \$50 non-refundable registration fee will be required)

Summer Daycamps

Girls on the Go \$151

Monday – Friday, July 24-28, 2017 @ 9:00am-4:00pm @ Kilkenny Community League

It is exciting, active, fun and only for girls. Come out to enjoy a variety of activities including games, sports, arts and crafts, drama and much more. Get on the go with an awesome field trip.

https://www.edmonton.ca/activities_parks_recreation/girls-on-the-go.aspx

Cooking Up a Story \$68

Tuesday – Friday, August 8-11, 2017 @ 9:00-11:30am @ Kilkenny Community League

Find yourself in the delicious world of storytelling! Our daily recipes will be inspired by the stories we read. In addition to cooking, participants will enjoy a cup of games, a tablespoon of songs and a sprinkle of crafts. It's a recipe for fun. Every day is a new adventure!

https://www.edmonton.ca/activities_parks_recreation/cooking-up-a-story.aspx
To register please do so via <https://ereg.edmonton.ca>.

A Thank you to our Coaches

We salute our community coaches for all the little things people may, very innocently, forget that you do.

The first and most important is to thank you for all your time you have shared with your players during our games.

Many of you live and breathe the sport for these two months.

Rainy day games, weekend practices, taking team pictures in the freezing cold are all a part of what you do. You are a teacher, too. Not only teaching the fundamentals of the game, but also teaching the kids life lessons. You instill a strong work ethic, reminding them the number on the scoreboard at the end of the game is secondary and that holding your head high after every game is a most noble thing.

You watch it all; the highs, the lows, and everything in between. Those players become your own kids for these two months. You watch in pride as your players keep getting better as the season progresses. You go home after games and slowly rewind the highlights from that night.

It's a lot to ask of a volunteer-absolutely! There must be times when you ask yourself: do I really have time to coach, am I even making a difference? We want you to know that you ARE making a difference in these children lives.

Without Coaches like you we wouldn't have a program. Without your involvement, practices and games would never happen, never mind the life lessons that these young kids learn.

We tell the kids it is all about fun, we sincerely hope you have as much fun as your players do.

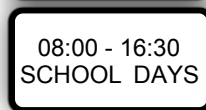
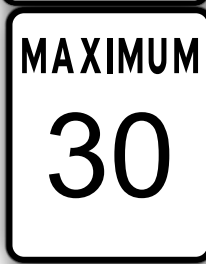
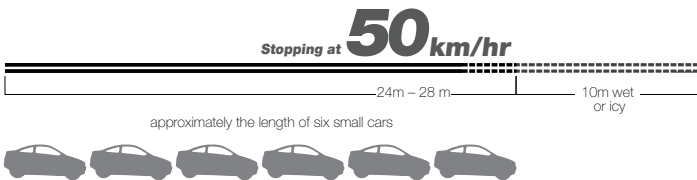
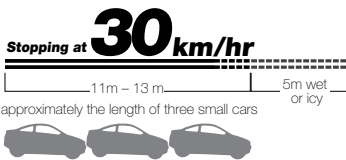
Thank you for all you do :)

WHY 30 AT JUNIOR HIGH SCHOOLS?

As of September 5, 2017, school zones are in effect around **elementary** and **junior high schools** throughout Edmonton. Motorists are required to slow down to 30 km/h between 8 a.m. and 4:30 p.m. (08:00 – 16:30) on school days where school zone signs are posted.

WHY IS IT IMPORTANT TO SLOW DOWN?

The lower speed limit protects our most vulnerable road users: our **children**.



edmonton.ca/visionzero

VISION ZERO EDMONTON: zero traffic fatalities and serious injuries

LRT North

June 6th's Executive Committee left me dumb-founded. I have been pushing to get the LRT extended north, and a few months ago it seemed like we were ready to begin planning this exciting next phase. The plan for the LRT has been to extend it west and then northwest once the valley line was complete. The long-term plan to extend the LRT from NAIT to Blatchford, and then on to Grand Trunk, Griesbach, and Castle Downs communities would benefit all of north Edmonton.

There was the suggestion that because the province has plans to build a new hospital on the south side that the LRT extension south should be the next phase of construction, before the northward line. This motion left me aghast, and is not something that I will agree to.

At City Council on June 13, my colleague Bev Esslinger and I, with the help of Mayor Iveson and administration, brought a notice of motion that will be put forward at the next council meeting. The motion asks that administration include a study on a scenario where an express bus service would run from Blatchford on a bridge over the Yellowhead and CN Calder Rail Yard to provide express service in the interim before the LRT is developed. The bridge would be future-proofed with the purpose of upgrading it for a rail for the LRT. Including this study would provide more information, and bring rapid transit to the north while the LRT is in the planning and building stages. This report is to come back in March 2018. My hope is that this will bring faster, more efficient transit options to the north quickly while the LRT is unavailable.

Nothing has been decided, yet. But I will fight as hard as I can to make sure that the north side gets the LRT soon. This has been one of my priorities throughout my time in council, and it continues to be a top priority for me. The north side has been without the LRT for too long, and it is time that is rectified.



Message from
Dave Loken
City Councillor Ward 3
City of Edmonton
780-496-8128
dave.loken@edmonton.ca
Twitter: @daveloken



ELECT City Council
Ward 4

Alison
POSTE

Moving Ward 4 Forward!

Have your say —
contact me with your questions,
community concerns, and ideas:
alison@alisonposte.ca

alisonposte.ca
f/alisonposte @alisonposte

Londonderry Community League

14224 74 Street NW, Edmonton, AB T5C 0Y3
780-705-8201

Mailing Address: P.O.Box 70111, RPO Londonderry,
Edmonton, AB, Canada T5C 3R6

VOLUNTEERS NEEDED

Londonderry 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 monthly meeting, held every 3rd Wednesday of the month at the community hall, or contact our Secretary Beth, at secretary@londonderry.online or our President Angie, at president@londonderry.online

Londonderry Community League can only keep the doors open by relying on dedicated volunteers.
We need your help!

BINGO



Monday, July 10th

The Londonderry Community League is volunteering at Kensington Bingo where we have a bingo once a month.

Upcoming Bingo Dates:
Friday, August 11th

**If you are interested in volunteering,
please contact us at:**

www.londonderry.online/bingo

We'd love to see you!

FREE Drop-In SUMMER GREEN SHACK

Location: Kildare 14224 74 St NW

Monday - Friday, July 4th to August 24th

10:00 am - 1:30 pm

Our *Green Shack Program* is now running in neighbourhoods all over Edmonton. Come and join us for games, crafts, sports, outdoor cooking and more!

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/dropincommunityprograms
or call 311

BOARD OF DIRECTORS

Angie Ewanchuk President
Dwight Hunter Vice President
Stephanie Walters Vice President
Leo Bandara Treasurer
Beth van den Elst Secretary/
Membership Director
Margaret Day Bingo Director

LEAGUE MEMBERSHIP

- \$20/family
- \$15/singles
- Seniors are free or by donation

Benefits of a Membership

- Access to league activities & programs
- Voting rights at all league meetings
- Discounts on annual or multi-visit passes to several City of Edmonton Leisure Centres
- 25% off regular priced tickets at Jubilations Dinner Theatre
- Free swimming at three City of Edmonton facilities: Londonderry Pool, Grand Trunk Pool & O'Leary Pool

Contact us to get your membership!

Present your current (2016 - 2017)
Londonderry Community Membership
at the following indoor pools
at the stated times and receive

FREE ADMISSION:



Londonderry Pool

Sundays 4:15 pm to 5:45 pm

Grand Trunk Pool

Fridays 7:00 pm to 9:00 pm

Sundays 4:15 pm to 5:45 pm

O'Leary Pool

Saturdays 3:45 pm to 5:45 pm

Members please note these community swim times are paid for by the Londonderry Community League. Please use the times as often as you can, as LCL's continued participation from year to year is dependent upon usage.

COMMUNITY GARDEN

In collaboration with the Edmonton Multicultural Coalition, the Londonderry Community League is hosting a community garden!

The Friendship Community Garden, located at Londonderry Community Hall, was initiated in 2015 as part of the Coalition's Food Security Program and is going into its 3rd gardening season.



We are forming a Community Garden Committee to expand and enhance the garden site.

The goals of the Friendship Garden are:

- To provide families an opportunity to grow their own food
- To have a community garden that is culturally friendly
- To have organic and chemical free community garden
- To build friendship and community among community gardeners
- To teach our children how to garden
- To connect with nature and the environment
- To make our community vibrant

**COME TO A COMMUNITY GARDEN
BAR-B-QUE**
LONDONDERRY COMMUNITY CENTRE
JULY 8 FREE hotdogs & hamburgers
Noon-4PM Kids' Activities!
14224 74 St. **GARDEN TOURS**
Everyone Welcome!

MORNING COFFEE GROUP



Tuesdays July 11th & July 25th
10:00 AM - 12:00 PM

Londonderry Community Hall
Upstairs Social Room

Have you made connections in your neighbourhood?
Would you like to get to know your neighbours
and create a more close-knit community?

Join us for free coffee or tea on the 2nd & 4th Tuesday of
each month for an opportunity to meet new friends!
(No commitments, no sign-ups, no sales pitches!)

Contact Helen at 780-475-6728

For Hall Rental Please Contact Teri at 780-222-0474

Community Garage Sale

June 23rd 5 pm - 9 pm
June 24th 9 am - 6 pm

Londonderry Community League
14224 - 74 Street

Interested in renting a table?

League Members:\$10
Non-members:\$15
Home-based business:\$20

Includes one 8' table and two chairs
Set up time begins noon Friday, June 23rd

To book a table
or for more information contact:

Angie

@ 780-819-1214



Make a Difference in Your Mental Wellbeing

Alberta Health Services wants to remind you resources are available to help your emotional and mental health. AHS is hoping to inspire you to learn more about how you can increase your positive emotional and mental health including ways to help you de-stress through online resources such as:

- Ways to Wellness, an online mental health challenge, provides seven different tips and ideas to encourage you to engage in physical activity, eat healthy foods, practice gratitude and have fun as some small steps to improve your mental health and help to reduce stress. Learn more about the simple steps you can take through the video: Ways to Wellness (YouTube).

- Help in Tough Times, has resources and services available to help you or someone you know who may be struggling. It has information, resources, tools and important contact information to help you, including self-help tips to ease some of the stress you may be feeling.

AHS wants Albertans to remember, if you are struggling, whether it's day to day stresses, a loss of a loved one, home or job, or family crisis, you are not alone. There are supports in place to help you cope. Help can come in many forms and for some of us we may need more support than others.

For more information on addiction and or mental health services near you, call Health Link at 811 or visit: <http://www.ahs.ca/amh/amh.aspx>.

City of Edmonton Programs

A great tool for finding programs with the City of Edmonton is a Build Your Custom Program Guide with City of Edmonton programs, check it out here: <http://www.myrecguide.ca/guide/program-guide.php>

Don't want to commit to 8-12 weeks of a program? Why not find out more about Community Drop-In Programs check out: http://www.edmonton.ca/activities_parks_recreation/drop-in-community-programs.aspx

There are also many summer camps available through the City of Edmonton including camps at various recreation centres, the zoo, arts centre, museums, Fort Edmonton, river valley, Muttart Conservatory and more!

Please see the City of Edmonton Summer Day Camp Guide for information.

http://www.edmonton.ca/activities_parks_recreation/documents/PDF/SummerDaycampsGuide.pdf



14715 59 Street
www.mcleodcommunityleague.ca

McLeod News

www.mcleodcl.ca 780-475-5712 Rink: 780-473-8993	
President	president@mcleodcommunityleague.ca
Vice President	vp@mcleodcommunityleague.ca
Communications Director	communications@mcleodcommunityleague.ca
Membership Director	memberships@mcleodcommunityleague.ca
Treasurer	treasurer@mcleodcommunityleague.ca
Secretary	secretary@mcleodcommunityleague.ca
Sports Director	VACANT
Past President	pastpresident@mcleodcommunityleague.ca
Grants Director	grants@mcleodcommunityleague.ca
Facilities Director	president@mcleodcommunityleague.ca
Casino Director	vp@mcleodcommunityleague.ca
Soccer Director	soccer@mcleodcommunityleague.ca
Baseball Director	baseball@mcleodcommunityleague.ca
Softball Director	softball@mcleodcommunityleague.ca
Hockey Director	hockey@mcleodcommunityleague.ca
Area 17 Representative	area17@mcleodcommunityleague.ca
Social Director	social@mcleodcommunityleague.ca
Programs Director	programs@mcleodcommunityleague.ca
Community Safety Director	safety@mcleodcommunityleague.ca
Volunteer Director	volunteer@mcleodcommunityleague.ca
Youth Director	youth@mcleodcommunityleague.ca
Civics Director	mattberryrep@gmail.com
Miller Community Director	miller@mcleodcommunityleague.ca
Casselman Community Director	VACANT
Matt Berry Community Director	mattberryrep@gmail.com
Hollick-Kenyon Community Director	hkchair@gmail.com
McLeod Community Director	mcleod@mcleodcommunityleague.ca
Bingo Coordinator	bingo@mcleodcommunityleague.ca
Hall Rental Coordinator	hallrental@mcleodcommunityleague.ca
Rink Volunteer	rink@mcleodcommunityleague.ca

Election Forum at McLeod

Councillor Ed Gibbons announced on April 26 that he won't be seeking re-election as the Ward 4 representative. His major projects were the 118 Avenue and Fort Road revitalizations. Thank you for serving our community for the past 16 years.

Announced candidates at time of publishing are below. You can follow them on facebook or twitter to see their bios, activities and platform ideas.

Rocco Caterina
Justin Draper
Beatrice Ghattuba
Sam Hachem
Hassan Haymour
Aaron Paquette
Alison Poste
Tricia Velthuisen

McLeod is hosting a Ward 4 Candidates forum on October 11 at the McLeod Hall. (6 pm doors open, 7 pm start).

Municipal Election Day (for city councillors and school board officials) is Monday, October 16. Please vote, every voice counts!

McLeod President's Message

In case you didn't know, Canada is celebrating its 150th anniversary of Confederation this year. The City of Edmonton and the Province of Alberta are putting on events July 1, please go here for information: https://www.edmonton.ca/attractions_events/canada-150-celebrations.aspx. McLeod will be celebrating on Community League Day which takes place Saturday, September 16, 2017 from 1:00-3:00pm at McLeod Centre. Mark your calendars – more details will follow.

The City of Edmonton has advised us that the First Place Home Ownership Program homes in Casselman have sold out. "The City's First Place program teams with banks and builders to develop attractive townhouses on land declared surplus by school boards in conjunction with an extensive public information and engagement process.

The homes are market priced, with a five-year deferral on the land portion of the mortgage, making them more accessible to first time buyers. Families ben-

efit from the opportunity to call a place their own and get ahead financially, but the community at large benefits too.

Owning a home keeps families rooted in neighbourhoods, something that's needed for communities to flourish over time" (City of Edmonton).

We welcome our new residents and look forward to seeing you at our events. For more information about this program, please go here: https://www.edmonton.ca/programs_services/housing/first-place.aspx.

As you know, the surplus school site in Miller has been approved for seniors' housing. There have not been any developments with respect to the public offering and we will keep you posted once we receive any news.

Have a great summer!
Leanne Rosinski

Matt Berry Facilities Committee Kicks Off in McLeod

The Steering Committee met on June 2nd with representatives of Colliers Project Management to officially kick off the project management phase of the project. Colliers brought a princess along with them, who led community children in games and arts & crafts.

Our next public consultation will update residents on the project, and we continue to seek input, ideas and new volunteers. Children welcome at the consultation, activities provided. Further information or ideas to mattberryrep@gmail.com

Of particular interest to residents is that we will be conducting a door-to-door campaign in June and July. If you live adjacent to the Matt Berry Park (facing 162 ave; in the cul-de-sacs on 162 ave; on 62 street or 63 street backing on to the park; on 159 ave backing on to or across the street from the park; or on 59a street backing onto the park) then watch for our team of door-knockers! They will want to hear your opinions about the facility. Make sure to have your voice heard!

Matt Berry Facility
Public Consultation
September 26
7 pm – 9 pm
CentrepoinTE Church
5940-159 Ave



McLeod Thanks Northmount for Another Fun Tournament

For the second year in a row, Northmount Community League hosted a softball tournament on their ball diamonds. Teams from Balwin, Northmount, and McLeod participated in a 3-day tournament with lots of games, and lots of laughs. Tournament organizer Terry Kitching and the crew from Northmount were always on hand with a hot dog or hamburger, or the occasional beer.

The McLeod team, for the second year in a row, took home first place. The Northmount senior team was second, and Northmount's junior team was third. The McLeod team comprised, in the attached photo, from left to right:

- Back row: Jeff Muir, Justin Tovey, Chad Wasuita, Dentin Chambers, Joe Tovey
- Middle row: Jason Watt, Sabina Muir, Tyson Johnson, Dylan Chambers, Amanda Wilcox, Donna Brenneis, Denaye Chambers
- Front row: Brayden Burgardt, Donna Prochnau, Derrien Chambers

McLeod is planning to enter two teams in next year's tournament, which is tentatively planned for the June 2-3 weekend. If you're interested, email Joe at rink@mcleodcommunityleague.ca and he'll add you to his roster.



McLeod Coach Joe Tovey and tournament organizer Terry Kitching pose with the tournament plaque



Summer Daycamp

“Want to learn fun and exciting ways to keep active? Come join us for a week of meeting new friends, playing team sports and trying new activities. We will go rock climbing, swimming at a local pool and play some active games.” Participants will also have the opportunity to take a fitness class lead by a special guest instructor.

Register by calling 311 or online at ereg.edmonton.ca or in person at any city rec centre.

“Get Active!”
August 14-18
9 am – 4 pm
age 9-12 years
course code 596963
cost \$193



A Place You Can Truly Call Home

Over 84 Communities to choose from



Fitness Kickboxing

Tuesdays and Thursdays – throughout the year
Times: 7:00 PM-8:00 PM
10 Sessions
Cost: \$75 for non community league members. \$50 for community league Members
\$10 drop-in fee

Kickboxing has its roots in martial arts and was originally limited to being a full contact sport, but in this new millennium, 98% of participants join strictly for the fitness. Like boxing classes, fitness kickboxing offers the opportunity to train like a real kickboxer, reaping all the benefits without having to get in the ring. Studies show that a 45-60 minute kickboxing class can burn off 600-800 calories!

In addition to the weight loss, you build lean muscle which raises your metabolism burning calories at rest and toning the whole body. The kicking exercises concentrate on the thighs, hips, and buttocks unlike any other workout.

McLeod Community Safety Director

Traffic Safety:

As of late, I have observed a concerning number of drivers putting themselves and other users of the road at risk by not following the rules of the road. If you are tempted to hold or use your phone while operating a motor vehicle – and that includes while stopped at a red light – I suggest you turn it off or put it somewhere out of reach. The fine, if caught, is \$287.00 plus 3 demerit points.-Traffic Safety Act

Seat belts are required by law to be worn. If you tuck the shoulder belt under your arm that is illegal. Seat belts are for your safety and should be properly worn at all times. Violation Ticket that can be issued is a fine of \$155.00-Vehicle Equipment Regulations

Signal lights are required to be used when starting, turning, or changing the course or direction of a vehicle or stopping a vehicle on a highway as well as changing lanes. Violation Ticket that can be issued is a fine of \$155.00-Use of Highway Rules of the Road Regulations

Pet Safety:

Another reminder with the warm temperature we have this time of year – please do not leave your pet unattended in a vehicle. Leave your pet at home where it is safe. Leaving your pet in a locked vehicle that causes your pet to be in distress due to heat can cost you. A veterinarian bill and damage to your vehicle can add up. On a more serious note you could be charged under the Animal Protection Act with fines up to \$20,000 and or can be charged under the Criminal Code that could result in having to serve time in a Correctional Facility.

If an animal is showing signs of distress I suggest you first call the EHS Animal Pro-

McLeod in Bloom

We are again celebrating our neighbours who put extra effort in beautifying their front yards.

Volunteer canvassers will be walking through Miller, Hollick-Kenyon, Matt Berry, McLeod and Casselman to nominate people for the award.

Everyone nominated will be invited to our Community League Day celebrations on September 16.

Communities in Bloom is a volunteer group “committed to fostering civic pride, environmental responsibility, beautification and to improving quality of life through community participation.”
(www.communitiesinbloom.ca)

If you’d like to nominate your neighbour, please submit their address to www.edmonton.ca, searching “Front Yards in Bloom”. Nominations open on Saturday, May 20.

tection Department at 780-491-3517 and leave a message with details including your name and contact information, location, make, and color of vehicle including license plate number. If you observe the animal's condition getting worse or you have not gotten a call back with 10 to 15 minutes I would then suggest calling 911.

Here are some signs to watch for of an animal in danger:
-The animal is extremely lethargic or trying to get out of the vehicle. Example- Digging under the seat
· Excessive panting and thick drool or lack of drool
· Dark pink or purple tongue
· Loss of bowels

I ask that you do not smash or damage the vehicle to try to get the dog out. You could face charges for damaging someone else's property and the animal could attack you or run out into traffic where it could get injured, cause a collision, or attack another pet or person. I recommend that if you speak to the owner and the situation starts to become heated to go somewhere safe and wait until Peace or Police Officers arrive. Even if the owner leaves, the officers can follow up if you provide an accurate vehicle description including the license plate number.

Walking alone at night:

Some tips to help keep you safe.

- Wear reflective clothing
- Be aware of your surroundings, Shoulder check, Stay on well groomed trails
- Let someone know the route you are going and time you will be back
- Carry a cell phone
- Walk with a friend
- Trust your instincts if something doesn't feel right.

McLeod Outdoor Soccer

Hard to believe, but the outdoor season is quickly coming to a close. Mother nature was unkind the first two weeks of May which resulting in a compressed schedule and teams playing on non-standard nights.

Thankfully the weather has cooperated since, which has allowed everyone to settle into a routine.

This year McLeod soccer has 497 players participating on 32 teams ranging from U6 to U18. We have an enthusiastic U6 program where the players show up excited to play and sad when they realize how quickly their hour has gone by. We have quite a few rising stars in the U6 and U8 programs. It's great to see the players making new friendships and enjoying the soccer experience. It's what community soccer is all about.

Our 10's to U18's are old pros and we welcome the players who have winter commitments and can only play spring soccer.

For U10's and U12's, a Tournament of Champions will be held June 19-25 to determine who will represent the north zone in various tiers in Cities. Cities for U10 – U18 will be July 3-9 with successful teams advancing to Inter-Cities or Provincials July 21-23. More information can be found at www.emsacityfinals.com. Inter-Cities and Provincials for boys will be played in Calgary and girls will be played in Edmonton.

In order to expedite the return of soccer equipment at the end of the outdoor season, please ensure jerseys for U10 and up teams are promptly returned to coaches.

Please consider bringing t-shirts for your children to change into after the last game so you can promptly return the jersey. Thank you for your assistance.

Finally, thank you to all the coaches who've volunteered their time to teach, mentor, and inspire our community members. They are the shining lights that make everything possible.

*Todd
McLeod Soccer Director*

Indoor Soccer in McLeod

I'm pleased to announce McLeod's indoor soccer registration dates are August 28, August 30 and September 6, 6-9pm and McLeod hall.

Fees have not been determined, but will range approximately from \$180 for U6 to \$245 for U18.

More information will be posted on the McLeod website in early August.

For those currently playing on a McLeod team this outdoor season, you should also receive an email from your coach containing indoor registration information.

*Todd
McLeod Soccer Director*



McLeod Organizes its First Annual Soccer Wind Up Party

On July 8th 2017, McLeod Community League will organize its first annual soccer wind up party and tournament. The main goal of the tournament focuses on the kids and bringing fun back to the game of soccer.

The tournament is open and free for McLeod teams and age groups U6, U8, U10 and U12.

All teams will play friendly games and will be rewarded participation medals and gifts at the end of the tournament.

The party will be held at McLeod Community League with tons of fun activities for the kids to enjoy such as, bouncy castles, face painting, first responders demonstrations and a lot more.

Free hamburgers, drinks, and a chance to socialize and recognize everyone who was part of a successful McLeod Soccer season. Don't miss out!!

Fit for Life!

The following free access times are available if you show your McLeod CL membership card:

Clareview Recreation Centre
Saturdays, 6pm-8pm
Full facility access
Pool, fitness centre, open gym, ballpit

Londonderry Pool

Sunday
4:15 pm – 5:45 pm

O'Leary Pool

Saturday
3:45 pm – 5:45 pm

Grand Trunk

Sunday 4:15pm-5:45pm
Friday 7pm-9pm

Fred Broadstock Outdoor Pool

15720-105 Avenue
May 20-Sept 5
Sun, Mon, Tue, Wed
5pm-7pm

Oliver Outdoor Pool

10315-119 Street
June 10 – Sept 8
Sun, Mon, Tue, Wed
6pm – 8 pm

Queen Elizabeth Outdoor Pool & Kinsmen Spray Park

9170 Walterdale Hill
June 1 – Sept 1
Sun & Tue 5pm-7pm
Mon & Wed 6pm-8pm

Millcreek Outdoor Pool

9555-84 Avenue
May 20 – Sept 5
Su/M/T/W/Th/Fr/Sa
7pm-9pm

For the outdoor pools: July 1, Aug 7 and Sept 4 are EXCLUDED from the free access program.

We have purchased the free access for the outdoor pools for the past few years, but very few people are attending. If McLeod's free admissions are not up this year, we will probably not purchase access next summer.



McLeod's Green Shacks

Green shack programs at local playgrounds offer games, crafts, sports, outdoor cooking and more. The program is targeted for children aged 6-12 years, but younger children accompanied by an adult are welcome to attend. Monday thru Friday from July 4 – August 24. edmonton.ca/dropincommunityproms or call 311.

Although community volunteers raise money and build playgrounds, the city looks after maintenance. Inspections occur once every 14 days from April through October, including emptying trash cans. If equipment is broken, or the playground is dirty, please call 311 or use the Edmonton 311 app.

Hollick-Kenyon

5315- 159 Ave
2:30 pm-6 pm

Brintnell (in Horse Hill CL)

210 Brintnell Blvd
10:00 am – 1:30 pm

Matt Berry

15950-59A St
2:30 pm-6 pm

McLeod

14715-59 St
10 am-1:30 pm

Miller

14903-50 St
2:30 pm-6pm

Spray Sites Near McLeod

The best way to stay cool on a hot summer day is to head to a free, drop-in water play site. Bring snacks, towels, hats, sunscreen and wear your bathing suit. Babies must wear water play diapers while using City water play features.

These district water play sites are usually staffed from 11 am – 6 pm. The city employees provide general supervision and offer games and activities on quieter days.

Castle Downs Spray Park

153 Ave & 117 Street

G. Edmund Kelly Spray Park

150 Avenue & 79 Street

Glengarry Spray Deck

113 Avenue & 89 Street

Edmonton City Hall

1 Sir Winston Churchill Square
Wading pool

St Michael's Community Garden

Have you always wanted to meet new people who enjoy gardening as much as you do and who come from the same neighborhood as you do? Have you always wanted to give your green thumb a try but don't have a garden for? Look no further and join the new community garden at St. Michael and All Angels Anglican Church in Casselman (5003 146 Ave)!

This garden will be open to everyone from the community, no matter their faith, background, or experience in gardening. For this year, we're planning to have community planters and a harvest that will be shared at the end of the season. We will build those planters in the next few weeks to get the season going! Starting next year, we're planning to have individual plots for those that are more ambitious as well as community planters for everyone to share. You can be part of this great experience: from mentally supporting us with good advice and warm words, over pulling some weeds from our flower planters, to actually building the garden and planting some veggies – everyone is welcome! We're currently meeting every Wednesday from 7-9 pm at the church to plan the garden. Please stay tuned for upcoming events on our Facebook page: Community Garden – Sunshine Vines. You can also get in touch with our garden coordinator Colleen Sanderson: 2017communitygarden@gmail.com

World Adventure Yoga Camp in McLeod

Join Nicole from Blue Mango Children's Yoga for a week of yoga movement, mindfulness, art experiences, cooperative games, journaling and more. Our yoga adventures will take us to the 7 continents, where we'll explore animals, cultures and geography. Bring your friends, because yoga is better when we do it together.

Nicole is passionate about teaching yoga to children/teens and cultivating community within her classes. She has been working with young children in various capacities for ten years. With her extensive knowledge in childhood development and her passion for yoga, her classes are educational, active, fun and creative.

July 24- July 28, 9:00 am- 12:00 pm, ages 6-12

Location: McLeod community league
Rain or shine- dress for the weather.
\$120.00, additional siblings are \$95.00
* Participants must show or purchase a community league membership for \$25
Space is limited. Register at <https://goo.gl/forms/9Ac77uBwK93FLAqql>

Kingsway Legion Hosts Canada Day Party in McLeod

All day on July 1st, the Kingsway Legion will be hosting a variety of free events. This will include a pancake breakfast, history displays, karaoke, ethno-cultural dancing, kids' games and activities, birthday cake, adult activities, evening dance, community displays, and a hot dog lunch. All this will take place between 8am and midnight at 14339 50th Street. All are welcome to this fun, free event!

Parent & Tot at McLeod Hall?

Some members of the McLeod CL and Horse Hill CL are testing the waters to see if there is interest in a parent & tot program.

It would be a gym-like space for indoor play, and time to meet other parents in the neighbourhood.

If you live anywhere north of 144 Ave to the Henday, between 66 St & Manning Freeway, please fill in the survey. <https://www.surveymonkey.com/r/WFZC-ZDP>

Mark Your Calendars for Upcoming McLeod Events

NOTE: Subject to change, please check current details on our website www.mcleodcl.ca or Facebook page: McLeod Community League.

Thursday, July 27, 7:00-9:00am – K-Days Pancake Breakfast

Stop by for a free breakfast. Please bring a monetary donation or non-perishable food for the Food Bank.
August 14-18, 2017, 9:00am-4:00pm –

City of Edmonton Get Active! Camp Are you 9-12 years old and want to learn fun and exciting ways to keep active?

Come join us for a week of meeting new friends, playing team sports, and trying new activities. We will go rock climbing, swimming at a local pool, and play some active games. Call 311 to register.

August 28 & 30 and September 6, 2017, 6:00-9:00pm – Indoor Sports Registration

More information will be forthcoming.



Northmount Community League News

POSITION	NAME	Contact	Contact
President	Meagan Plamondon	780-270-1212	president@northmount.ca
Vice President	VACANT		
Treasurer	Angela Purves	587-336-7699	treasurer@northmount.ca
Secretary	Michele Crocker		newsletter@northmount.ca
Grants	VACANT		
Social	Suzanne Ramdass		social@northmount.ca
Facilities	James Crocker	780-717-5885	webmaster@northmount.ca
Area 17	Karen Plamondon	780-478-2010	
Newsletter	Michele Crocker		newsletter@northmount.ca
Memberships	Robin Wheatley	780-473-8634	
Adult Programs	Robin Wheatley	780-473-8634	
Senior's Programs	Suzanne Ramdass		social@northmount.ca
Children's Programs	VACANT		
Hockey	TBA		
Soccer	Joanne Cheetham		soccer@northmount.ca
Softball/Baseball	VACANT		
Sports	VACANT		
Bingo	Angela Purves	587-336-7699	treasurer@northmount.ca
Casino	Sid Plamondon	780-478-2010	
Co-Sport Explorerz	Karen Plamondon	780-478-2010	
Co-Sport Explorerz	Sid Plamondon	780-478-2010	

Adult Programming Notes

Northmount's weekly walking group is up and running! Come join Robin and crew at the hall every Monday evening at 7 PM, weather permitting (excluding statutory holidays). There are many benefits to joining a walking group, you can lose weight, improve your mood, make friends, and get to know your neighbourhood. Joining a walking group also keeps you motivated! Well-behaved dogs are welcome on the walk, please remember to bring baggies to clean up after them! Water may be provided, but you are encouraged to bring your own water bottle.

We have a few people interested in an adult only Northmount BYOC (Bring Your Own Craft) Night. Would YOU be interested in joining a group at the hall to work on projects? Spread out your scrapbooking on some tables, set up your spinning wheel, sit and stitch on your needlework project and socialize with other crafters. See what your friends and neighbours are working on! We will provide the space, tables and refreshments. Please call Robin for details 780 473-8634



Northmount Hall Rentals

We have a seating capacity for 250 guests.

We offer a large kitchen with industrial stove, dishwasher, double door cooler, and bar area.



Fridays & Saturdays all functions:
\$450 for Non-members
\$350.00 for Members
Wedding Special \$700.00 - Hall is yours to setup & use from Friday morning to Sunday at 5:00

Interesting in renting? Call Linda at 780-399-9022.



Memberships

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 neighborhood.

Community Leagues are special to Edmonton.

It is a place where community members are understood and valued, and where we can build a great neighborhood together and advocate for the city we want.

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

Why?

- Discover what community can offer to you and your family

- Create supportive networks and friendships with people who live in your neighborhood

- 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 neighborhood

- 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>

Get Fit with Hapkido

Northmount is hosting a low-cost martial arts class for anyone over the age of 16 with a community league membership.

Your first month is free!

If you trained before in Karate, Boxing, Judo, Wrestling or Taekwondo you will enjoy this class.

Advance at your own pace No experience is necessary.

Come learn kicks, hand-to-hand techniques, throws, cane, and knife defense skills.

Classes run every Monday and Wednesday evenings from 8 pm until 9:30 pm.

For more information, please contact: sidplamondon@outlook.com



Getting Social with Northmount

Spaghetti Supper Night! – October 21, 2017 from 4 PM until 10 PM

Join us for a night of fun, dancing and SPAGHETTI!! Everyone is welcome to attend a special evening to celebrate our community. Tickets will go on sale shortly, please watch our Facebook Group for more information or check out the next issue of the Northeast Voice! If you have any questions please email Suzanne at social@northmount.ca



President's Message

Thank you to everyone who came out the 1st Annual Superhero Day, this fun, family friendly event was a huge success. We had many people dressed up as their favorite Hero's enjoying the day's festivities. Some activities included a Superhero photo booth, a Superhero Obstacle course; make your own comic book, face painting and a whole lot more! Thank you to our Co-Sponsors (Dickensfield Amity House, Edmonton Public Library Londonderry Branch, City Councillor Tony Caterina and MLA Chris Nielsen) that made this event a huge success, looking forward to doing it again next year on June 3, 2018.

Congratulations to all of the school graduates this year! I hope everyone enjoys their summer break. Please make sure that we watch out for children playing this summer, school will be out soon and with the beautiful weather, we will have more children out playing during the day. Our green shack will also be back this summer, Northmount Green Shack runs from 10am-1:30pm, July 4 - August 24. As well, our Community will be hosting Treasure Hunters, a City of Edmonton Day Camp, check out www.edmonton.ca for more details.

Northmount also got some new volunteers this year who are excited to get new programming running, please stay tuned to the next issue of the Northeast Voice or check out our Facebook page for upcoming events and programs.

I also want to say thank you to all of the volunteers that we have had over the past year, it would not be possible to offer everything we have running at Northmount without you! Please enjoy your summer, you deserve a restful break!

Hope to see everyone around the neighbourhood!

Meagan

Volunteers Needed!!

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 next meeting or contact Meagan by text at 780-270-1212 or email president@northmount.ca for more details!

Northmount Community League can only keep the doors open by relying on dedicated volunteers. That is why we need your help!

On March 21, 2017, we had our AGM and a new board has been elected but we are still need to for new members to join and take on some positions.

- 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, we also have various Chair and Committee positions 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

Northmount is looking for help with the following positions:

1. Co-Casino Director
We are looking for a dedicated member to help with our largest fundraising opportunity, Co-Casino Director. As the Co-Casino Director you will need to attend our monthly meetings as well as communicate with the Alberta Gaming and Liquor Commission. We have a Casino event every 18 months and it requires a dedicated amount of time near and during our event. As the Co-Casino Director you will be responsible for organizing and coordinating the volunteers needed to run the casino. If you take on this position you will get a mentorship opportunity with our current Casino director.

2. Children's Program's
We are looking for someone to take on Children's Programs; this position offers unique opportunities to provide entertainment, a sense of belonging, and community involvement to members of Northmount and its neighbour's. Enjoy dances? Themed parties? Crafts? Easter Egg Hunts? The choices are endless. The board will support any programming that you think will benefit the community. All we need are the volunteers! If you are interested in helping out, or have ideas for programs we could offer, please contact Meagan at 780-270-1212.

3. Co- Bingo
We are looking for a dedicated volunteer who loves working with a team and building relationships with our fellow neighbours. We are in need of a Co-Bingo Director to coordinate our Bingo volunteers. As a Co-Bingo Director, you are a key member of the team. Fundraising the finances that we need to keep our lights on, and programs running at Northmount. The commitment varies each month, which includes:
attending 1 board meeting per month, attend 2 Bingo meeting a year in May and November, Attend sport registrations to sign up volunteers for their commitments, chair some of the Bingo's to support the other volunteers working the Bingo dates.

4. Co- Soccer
Northmount is need of a Co-Soccer Director, this position requires someone with great organizational skills and leadership. As one of the largest roles on this board, it would be easier to share this position with a co-director. Our current director has put in many hours to make soccer available in this community and if she does not get extra support soon, Northmount will need to take a break from offering this program. If you do not want to see soccer ending in Northmount, please contact Meagan at 780-270-1212 to learn how you can lend a hand.

Free Family Fun Night at Northmount!

Northmount and Dickensfield Amity House are co-hosting a free Family BBQ!

Wednesday, August 2nd from 6-8 PM at Northmount Park, 9802 – 140 Ave.

Our theme is Kiddy Olympics! Come play some fun Olympic Games like Soccer, Running, Badminton and more! Hope to see you there!

Northmount's Summer Green Shack is BACK!

Running from July 4 – August 24, every Monday to Friday, the hours are 10:00 AM – 1:30 PM

Come and join us for games, crafts, sports, outdoor cooking and more!

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

For more information visit: Edmonton.ca/dropincommunityprograms or call 311

FREE!

Sweet Pancake Brunch

JULY 15, 2017 FROM 11 AM TO 2 PM

Courtesy of Heather Sweet, MLA for Edmonton-Manning

The flyer features a stack of four golden-brown pancakes on a white plate, topped with a pat of melting butter. To the right of the pancakes is a portrait of Heather Sweet, a woman with long brown hair, wearing a pink top and a dark jacket, smiling.



Before and After School Care Summer Fun Program




Keep your kids busy this summer!

- Interactive Programming
- Numerous Field Trips
- Taekwondo fun classes
- And much, much more.

Childcare Subsidy Accepted.

Now accepting Registrations for 2017-18 School Year.

Upper Level, Northgate Centre
 (Next to the Food Court)
780-474-KICK ext. 4
osc@sungleetkd.com



North Central Early Years Coalition

Did you know?

A child's brain is hard wired for back and forth, serve and return interactions... Interactions which encourage further brain development, including language, social skills, emotional regulation and compassion.


Encourage this skill by being sensitive to your child's interactions and signals by responding to their signals and providing meaningful interactions!

To learn more about the Coalition or to get involved please contact us at:

www.earlychildhoodedmonton.ca/northcentral/
ncearlyyears@gmail.com

<https://www.facebook.com/ncearlyyears/>
 780-478-5022 ext. 903

Like us on





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If I can be of assistance to you on any federal matter, please do not hesitate to contact my office.

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- Canadian Passport/Consular Affairs
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- Student Loans
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It's never too late to start exercising

Myth-busting

When it comes to excuses for not exercising, personal trainers have heard them all: I don't have the time, I'm too old, I'm not athletic, I'm recovering from illness and I'm so out of shape it's not going to make a difference.

In fact, starting where you are has the potential to make a world of difference, according to Lisa Best, an Alberta Health Service staff wellness consultant at the Glenrose Rehabilitation Hospital in Edmonton.

"No matter how old you are – and even if you've never exercised before – it's never too late to start," she says. "With a little effort, beginners can expect to see improvements in energy levels, cardiovascular health, posture, muscle mass, bone density, and, most importantly, overall physical and mental well-being."

Even if you're recovering from illness or you have limited mobility, exercise can help improve strength and range of motion for daily activities and recreational pursuits.

Best understands first-hand the importance of maintaining good health. In 2007, at age 38 and in the prime of a competitive running career, she began to have back pain. It turned out to be third-stage Hodgkin's lymphoma. She was cleared after three months of chemotherapy, a relatively quick turnaround she credits to her high fitness level. "Life can change on a dime and you never know when you might have to rely on the strength of your body to carry you back to good health," she says. The hardest step on the road to better fitness is the first one.

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Ask how you may receive your dentures AT NO COST TO YOU*

*Some conditions and restrictions apply.

www.londonderrydentureclinic.com 13594 Fort Rd. Northeast Edmonton

As always, check with your health-care provider before undertaking any program of increased physical activity. Other tips:

- Choose an exercise that you enjoy to keep you motivated
- Figure out when your

energy level is highest and whether you'd be happier exercising with a group or on your own

- Start easy, with as little as 10 minutes a day at an easy to moderate intensity level.

• Gradually increase your duration, intensity, and the type of exercises that you are doing as your body adapts to your new exercise regime.

Steele Heights News

Steele Heights Community League

www.steeleheightscommunity.com

We have approximately 4000 residents within our boundaries which are 66 Street on the West, 144 Avenue on the North, 50 Street on the East, and 137 Avenue on the South. We encompass all of York Neighbourhood and portions of Clareview Towne Centre.

Email us at
steeleheightscommunity@gmail.com
Twitter: Follow @SteeleHeightsCL
Facebook:
www.facebook.com/steeleheightscommunity

The League is a volunteer organization with Executive Board members and Directors elected annually. Our current board:

Jeff – President, Sports Director & Changeable Copy Sign
(contact him directly at jsgokie@hotmail.com)

Heather – Past President & Spray Park Committee Chair

Jon - Vice President

Dinah - Secretary

Cecil G - Treasurer & Civics Director

Denise - Membership Director & Neighbourhood Watch

Gwenna – Facilities Director

Marcus – Communication Director

Vacant – Program & Event Director

Vacant – Social Director & Newsletter Editor

Robin - Director at Large

Cecil P – Director at Large

Jennifer – Director at Large

Please e-mail steeleheightscommunity@gmail.com or call (780) 475-3553 with any questions for any of the members of the Steele Heights Community League executive board.

• **Monthly Meeting at the Hall** – Third Monday at 6:30pm
(except Holiday Mondays where it is held the week before)

• **Hall Address**

5825 140 Avenue NW

Edmonton, AB

• **Mailing Address**

Steele Heights Community League

PO Box 70005 RPO Londonderry

Edmonton, AB T5C 3R6

• **Membership & Associate Membership Information**

Family (immediate family members) - \$25

Individuals / Single Parent Family (0-64 years) - \$20

Senior (65 years+) - \$15

Call 780-475-4188 to purchase a League membership.

Visit our website for details on benefits.

Hall Rentals

Do you have friends, families or co-workers that are in need of a space to hold their next function?

Steele Heights Community League is happy to accommodate renters. We have a fully equipped commercial kitchen with two microwaves, cooler and deep freeze.

Our recent renovations and upgrades enable us to offer you great rates for a size of space that works for you. We have the rink-side multipurpose room with a smaller seating capacity and the ability to also rent the enclosed, outdoor fenced area. Equipped with barbques and with our main hall, there's room for over 200 people.

Main Hall Rental Fees :

Sunday thru Thursday a full day rental will be \$300 per day
- starting at 10am and ending at 5pm

Friday and or Saturday a full rental day will be \$400 per day
- starting at 4pm until 9am the next day

Friday and Saturday rental together will be \$500 for both days
- starting at 4pm Friday and ending Sunday at 9am

Friday and Saturday and Sunday rental together will be \$650 for all three days
- starting at 2pm Friday and ending Sunday at 5pm

Media or Boardroom Rental fees :

Monday thru Thursday rental per hour of \$40 per hour up to 5 Hours .
- other days of the week and length of rental are available

Multi-Purpose Room and Outside Rink Area Rental Fee :

Monday thru Sunday rental per hour of \$35 per hour up to 8 hours

- this includes use of the multi-purpose room and the outside rink area as well as the mini kitchenette

- there are also bbq's for rent at \$35 for 1 and \$50 for use of 2 during your rental time frame

If you have any questions or concerns please contact the Facility Rental Director.

STEELE HEIGHTS COMMUNITY
LEAGUE IS CELEBRATING

50 Years of
Community
1967-2017

July 14- Adult Dinner and Dance

Cost: \$10/person

5pm Cocktails; 6pm Catered Dinner

Dance to Follow * Semi-Formal * Cash Bar

RSVP by July 8th to

Heather*780-990-1060 or Dinah*780-476-4622

July 15- FREE Family Funfest

11am-4pm * 5825 140 Ave

Free: BBQ, Facepaint, Glitter Tattoo,
Photo Booth, Inflatables, Thistle Hill Petting Farm,
RCW Wrestling Exhibitions and More!

City of Edmonton Development Permit Compliance

The City of Edmonton does not do routine checks to ensure that new developments follow regulations.

To a great extent, the city relies on leagues and nearby neighbours to report building developments which are not in compliance with regulations in the zoning bylaw and the development permit.

Call 311 with your inquiry if you suspect abnormalities.

Perhaps a building appears abnormally large or too close to the property line, or you are concerned about other problematic irregularities.



ST. PHILIP
Catholic Elementary School
8720 - 144 Avenue • 780 475-3566

DO YOU WANT TO GIVE YOUR CHILD AN OPPORTUNITY TO...

- **Learn** Italian through fun and engaging activities?
- **Experience** the richness of Italian literature and culture?
- **Enjoy** the presence of Italian culture throughout the school?
- **Engage** in Edmonton's vibrant Italian community?
- **Celebrate** our faith and culture with an annual Carnevale?
- Be **immersed** in authentic learning in a unique Italian classroom?
- **Strengthen** communication skills in English and Italian?
- **Increase fluency** in additional languages?
- **Develop** deeper understanding of your own and other cultures?

...THEN ENROL YOUR CHILD IN THE ITALIAN LANGUAGE AND CULTURE PROGRAM AT ST. PHILIP SCHOOL! (est. 1999)

- Yellow Bus transportation available through most of Northeast Edmonton for Italian Program
- Out of school care available

Your child may enrol in the Italian Language and Culture Program or our non-Italian regular program

ABOUT ST. PHILIP SCHOOL

- A welcoming and inclusive faith community
- Out of school care available onsite (new!)
- Literacy intervention program in primary grades
- Emphasis on ESL education
- Enriching music program
- A variety of sports teams
- Yellow bus service
- Opens doors to an exciting future in Canada and abroad
- Home to the CPU Scuola Italiana for children from 3 years old

NEW! Italian Program Yellow Bus transportation for Northeast Edmonton
www.stphilip.ecsd.net
Offering Italian or non-Italian regular programming.

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ST. PHILIP
www.stphilip.ecsd.net

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	10Lb New Red or White Potatoes \$3.99	Compliments Canola Oil \$6.99 3L bottle	

Lebanese fresh baked meat pies.
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