

NORTHEAST VOICE

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

March 2017



Published by Calder Publications. For advertising please call 780-434-9732 or email info@communityleagueneews.com

Upcoming Events in Northeast

Mar:

2: EPL Londonderry – Renting in Alberta 630pm
3: Indoor Soccer Wrap-up Party at Kilkenny noon
5: Steele Heights Soccer Registration 6pm-9pm
8: McLeod Sports Registration 6pm
9: EPL Londonderry – Laws for Landlords 630pm
10: Kilkenny Sports Registration 10am
10: Clareview Rec Centre, Working in your
Community Employment Information Fair 2pm-5pm;
workshops start at 9am
14: Steele Heights Soccer Registration 6pm-9pm
17: Kilkenny Movie Night 630pm
17: EPL McConachie – English Conversation Circle
1pm
18: McLeod Hall – Movie Night 5pm-10pm
19: Steele Heights Soccer Registration 6pm-9pm
26: Steele Heights Soccer Registration 6pm-9pm
26: EPL McConachie – Kaybridge Puppets 2pm
28: EPL Londonderry – Dinosaur Adventures 1015am
31: EPL Londonderry – Kompany Family Theatre
230pm

Apr:

1: EPL McConachie – Hour of Code 330pm
4: McLeod – Adult Yoga starts
21: Londonderry Hall – Blood Donor Clinic 330-
730pm
22: McLeod – Family Yoga starts

Upcoming Events in Northeast

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
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'n Seniors Asscn (NESA) – 7524 139 Ave
Northmount Hall – 9208 140 Ave
Ozerna Park – 7010 158 Ave
Steele Heights Hall – 5825 140 Ave

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

Sport Explorerz - the Power to Move Kids

The north Edmonton community leagues of Kilkenny, Horse Hill, McLeod, Northmount, Evansdale, and Lago Lindo have joined forces to run the Sport Explorerz program to help 3-5-year-old children acquire and practice basic movement and sports skills in a fun and engaging way. It's the perfect pre-sports program and you can take it within your community.



Let's face it... most 3-5-year-olds just want to have fun! Sport Explorerz is not a sport, but rather a fun way to get an active start in physical activity in ways that enhance coordination, foster new social skills and build confidence by engaging in fun physical activities.

Sport Explorerz is accessible to all types of children with the focus on fun! Children will learn fundamental skills that will serve them in multiple sports. Active Start and Fundamentals are the physical literacy stages of the Long Term Athlete Development (LTAD) model across all sports (canadiansportforlife.ca). In short, children will learn the skill fundamentals that will help them be successful in any sport and help encourage them to start today on an active lifestyle that will last a lifetime. Sport Explorerz is led by trained leaders in a way that will give all kids the "power to move" in sport and in life.

Programs run weekly for eight weeks. Fees are \$50. Volunteer service is required (bring a blank cheque). Parent attendance is required.
Spring 2017

May 1-June 29 (no program May 21-27)
Mondays 6:00-7:00pm or 7:15-8:15pm (McLeod location)
Tuesdays 6:00-7:00pm or 7:15-8:15pm (Evansdale location)
Wednesdays 6:00-7:00pm or 7:15-8:15pm (Kilkenny location)
Thursdays 6:00-7:00pm or 7:15-8:15pm (Lago Lindo location)

Parents will be asked to choose two preferred days/times and will be contacted prior to program start to confirm. We will make all attempts to place participants in their preferred time slot. Horse Hill and Northmount residents will access the program at the locations listed above. Sign up at the community league sports registration days at the following community leagues (check websites to confirm dates and times):

Lago Lindo (lagolindo.ca) – March 1, 6:00-9:00pm, Mar 4, 10:00am-3:00pm & Mar 15, 6:00-9:00pm
Horse Hill (horsehillcommunity.ca) – Feb 22, Mar 1 & 2, all 6:30-8:00pm
McLeod (mcleodcl.ca) – February 22 & 27, March 8, all 6:00-9:00pm
Kilkenny (kilkenny.ab.ca) – Feb 28, 6:30-9:00pm, Mar 4, 10:00am-1:00pm & Mar 9, 6:30-9:00pm
Northmount (northmount.ca) – TBC
Evansdale (evansdale.ca) – March 1, 6:00-9:00pm, Mar 4, 10:00am-3:00pm & Mar 15, 6:00-9:00pm



Ziad Aboultaif, MP

Edmonton Manning

Phone: 780-822-1540
Fax: 780-822-1544
Email: ziad.aboultaif.c1@parl.gc.ca

Suite 204A, 8119-160 Ave.
Edmonton, AB
T5Z 0G8

www.ziadaboultaif.ca



WORKING FOR YOU IN EDMONTON AND OTTAWA

If I can be of assistance to you on any federal matter, please do not hesitate to contact my office. We offer information on services provided by the Government of Canada, including:

- | | |
|--|---|
| <input checked="" type="checkbox"/> The Canada Pension Plan / Old Age Security | <input checked="" type="checkbox"/> Citizenship Inquiries |
| <input checked="" type="checkbox"/> Guaranteed Income Supplement | <input checked="" type="checkbox"/> Canadian Passport / Consular Affairs |
| <input checked="" type="checkbox"/> Immigration Matters | <input checked="" type="checkbox"/> Business Opportunities / Grants & Funding |
| <input checked="" type="checkbox"/> Student Loans | <input checked="" type="checkbox"/> Taxation Issues |

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

Secretary Wanted

We are still looking for a secretary to take notes at our executive meetings. If anyone is interested, please contact Jeff Muiselaar at 780-478-1759.

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

Best of Luck in the Playoffs

Playoffs are fast approaching for everyone. On behalf of Evansdale Community League, I would like to wish all Evansdale players and coaches playing on Eagles and NEZ Teams all the best in the playoff drive. I would also like to acknowledge the following teams for an excellent performance in the 2017 Minor Hockey Week Tournament:

Gold Winner: NE208 Atom 2 Eagles
Silver Winners: NE214 PeeWee 2, NE216 PeeWee 4

Congratulations to the players and coaches on these teams and all Eagles and NEZ teams for your excellent performance and sportsmanship in the 2017 Quickcard Minor Hockey Week Tournament.

Todd Sharkey
Hockey Director



Why Practice Yoga? Attend our class and find out!

There is still time to join the yoga class at Evansdale Hall!

Thursdays

7:30-8:30pm

\$13/class for drop-in, cash only

Please bring a mat, water and a large towel or blanket

For more info please email evansdaleyoga@gmail.com

It's never too late to enjoy a challenging yet relaxing and rewarding evening, taking time to care for yourself with the practice of yoga. All levels welcome, no previous experience required.

For more information please email evansdaleyoga@gmail.com.



I AM HERE TO SERVE YOU

Councillor Dave Loken, Ward 3

2nd Floor, 1 Sir Winston Churchill Sq.
Edmonton, Alberta, Canada T5J 2R7

Tel: 780 496 8128 Fax: 780 496 8113

Email: dave.loken@edmonton.ca

Twitter: [@daveloken](https://twitter.com/daveloken)

Web: www.daveloken.com



Healthy brains linked to healthy lives

As we get older, our minds can stall and lapse. You might wonder if this is a “senior moment” or the early signs of dementia. While dementia is more common as we age, it is not part of normal aging.

MyHealth Alberta describes dementia as a loss of mental skills—such as memory, problem-solving, and learning—that's bad enough to interfere with your daily life. It usually gets worse over time.

According to the Alzheimer's Society of Canada, there are some changes in a person you may witness as Alzheimer's progresses such as:

Cognitive and functional abilities: a person's ability to understand, think, remember and communicate;

Emotions and moods: a person may appear apathetic and lose interest in favourite hobbies or become withdrawn;

Behaviour: reactions seem out of character. Some common reactions include repeating the same action or words, hiding possessions, physical outbursts and restlessness;

Physical abilities: the disease can affect a person's coordination and mobility, to the point of affecting their ability to perform day-to-day tasks such as eating, bathing and getting dressed.

The brain's development begins well before you are born and never stops. Healthy brain development while you are younger can reduce the risk of dementia later in life. A strong foundation increases the chances of living a longer, happier and more independent life; whereas a weak foundation increases the risks of developing dementia.

Some factors that can reduce risk include controlling the use of drugs and alcohol, protecting your head from injury when doing activities such as cycling and skiing by wearing a helmet and continuing to strengthen your brain through education opportunities.

What is good for your heart is also good for your brain. Whether it be walking, jogging, swimming or yoga, if it gets your heart pumping and your blood moving, it can help your brain stay healthy. One theory is that the increased blood flow to the brain due to exercise helps increase thinking and memory skills, and could protect against dementia, stroke and Alzheimer's disease.

Coping with stress and maintaining good mental health are also important as are keeping in touch with friends and family and doing activities you like. Remembering and thinking, whether through board or card games or attending lectures or courses, preserve brain function.

Remember, it's never too late to start to improve your brain's health.

Spring Program Registration in Early March

President's Column

As I'm writing this report the weather has turned from bitterly cold to sunny and above 8°C! With this spring-like weather, we're starting to think about our spring soccer and Sports Explorerz program registrations that are soon approaching.

Soccer registration starts at the Evansdale sports building on:

- Wednesday, March 1, 6 PM
- Saturday, March 4, 10 AM and
- Wednesday, March 15 at 6 PM.

Sports Explorerz for your 3 to 5-year-olds are at the same times and at the same place. Memberships for Sports Explorerz cannot be purchased online and are available at registration.

If you purchase a membership from Evansdale directly, they are less expensive than online! You can purchase them at the regular skating rink hours and use them for the winter skating season and all of the summer sport activities.

Our next big project is updating the interior of our hall, particularly the kitchen bathrooms and the electrical system in our hall. According to a consulting report that evaluated the state of disrepair for all community halls in Edmonton, interior renovations to our hall was highly recommended. We are going to apply for a cost-share grant from the city, which will also include sports equipment for the newly renovated asphalt space by our sports building.

We are still looking for a secretary to take notes at our meetings please if you want to volunteer or if you know of someone that would like to volunteer, give me (Jeff) a call 780-478-1759.

Nothing to update on the surplus school site at 150 ave. and 87 street.

Jeff Muiselaar
Evansdale president
president@evansdale.ca

Outdoor Soccer Registration : March 1, 4 & 15, 2017

Registration for outdoor soccer will be starting very soon! You will be able to do the on-line registration on the EMSA portal when it opens shortly. Please ensure you complete this registration before you attend the community registration on March 1, 4, and 15th at the Evansdale rink shack.

Registration dates and times are:

- Wednesday, March 1, 6 PM
- Saturday, March 4, 10 AM and
- Wednesday, March 15 at 6 PM.

Just a reminder that you are allowed to play in any community you want but you must first register on-line via your community and attend your community's registration session before you can be transferred to the community of your choice.

I will be at the hall on Wednesday January 25 from 7-9pm to help anyone having problems with the on-line registration only. We will not be as lenient with late registrations as last year so please get your registrations on time and tell all your friends!

Registration Process

1. Register online in the EMSA Soccer Portal. If you have played in the past year and a half, you will have an account. New players must create an account.

2. Print two copies of the player summary confirmation and bring them to registration. If you can't print the player summary, then ensure the player summary confirmation email is in your inbox on your mobile device.

3. Attend your home community's registration session to purchase a community membership (if necessary), sign up for a volunteer commitment, and pay your soccer registration fees.

4. Please bring government ID to verify the player's date of birth.

5. Proof of address is required - driver's ID or a piece of mail with your Evansdale address on it.

6. A signed but undated cheque is required to secure each volunteer service such as bingos, casinos, community events, and ENZSA.

Please complete the on-line registration as soon as possible so we can get a general idea of the number of players we have. If you have any problems registering on the soccer portal there is an instructional video or e-mail me at soccer@evansdale.ca and I will walk you through it. Furthermore, if you are wanting to transfer to another community, it is advisable to register as early as possible.

WANTED : Coaches with Community Spirit!

Our biggest challenge each year has been to find coaches - and the bottom line is - if we have no coach, we can't have a team! It's especially hard in the younger age groups where both players and parents are new to the program and parents are reluctant to get involved as they've never done it before.

Evansdale will pay for coaching clinics available from EMSA to teach you the basics. It takes a tremendous amount of time to phone all the parents on each team and try to talk a parent into coaching.

If we don't have a coach in place by the end of the last registration then we will not be creating a team. We had some success last year with parents getting a relative or friend that was knowledgeable about the game to step up and take on the coaching duties for them so that is an option as well.

Let me tell you from personal experience that it is easier to start at the younger ages than to start at the older levels with no experience. For those players that have quit playing, a good enjoyable way to stay in the game is to get into coaching and mentoring a team just as someone had done for you when you were playing.

I will meet anyone interested in coaching at anytime to discuss what is involved and what supports are available. I will also be at the hall from 7 - 9pm on February 8th to meet with anyone interested in coaching.

Also Seeking Female Soccer Players and Coaches

We are, like most other North End communities, seeing a large decline in female soccer players. If you know of any girls that would like to play, please encourage them to register.

We also need females to coach and mentor them as well. We would like to have our U8 girls have a girls team rather than be forced to play with the boys on a mixed team. We also require female coaches, especially on these all -girl teams that wouldn't require a male coach (mixed teams require a male and female coach)

If you have any questions, please e-mail me at soccer@evansdale.ca.

Ray Costley
Evansdale Soccer Director

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	\$750
\$100	\$850
Full Weekend	
(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

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

Current City Surveys

Help the City of Edmonton build an even better city by becoming a member of the Edmonton Insight Community. Complete online surveys on City policies, initiatives and community issues. Open to all Edmontonians, over the age of 15. Registration is quick and easy at www.edmontoninsight-community.ca

In addition to the Edmonton Insight Community surveys, the City of Edmonton uses a range of survey tools and approaches to gather input from Edmontonians. To view and complete these surveys as they appear please visit and bookmark: Edmonton.ca/Surveys

FC Memorial Soccer Challenge

On the weekend of February 3-5, 2017 the FC Memorial Challenge was held across the city. Kilkenny had two teams participating in the tournament. Our community would like to send out a big congratulations to the U12 Boys – Elbekai and the U16 Girls – Heck, who took home Silver. Thank You for representing Kilkenny!!

Want to be a Soccer Referee?

Refereeing is a great way for kids to earn spending money, make a difference in their community and learn about the responsibility required to succeed in a job. If your child is interested in refereeing please go to the EMSA Main Website:

<https://emsamain.com/coachref/training-sessions/emsa-assistant-referee-linesman-course/>

Kilkenny Playschool Ready, Set, Grow!

Open House April 19, 2017
6:30pm – 8:30pm

Kilkenny Playschool has made some exciting new changes to our program! Parent involvement

is still required but 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)

KILKENNY SOCCER COMMUNITY

My dream for my kids (and that includes my 300+ Kilkenny soccer players) is that they build a strong relationship with a community of friends, supportive adults and a caring community to grow up and grow old with. I truly feel that “it takes a village to raise a child” and that soccer can be a wonderful vehicle to do that with. My goal for all the Kilkenny teams is that someday the team will have to skip a tournament that they have played in for years because they are all in the wedding party of one of their teammates or that one of the players has to skip a season due to mat-leave, or the Alberta Bar exam date conflicts with play-offs, or the whole team has to rush away as soon as the game is done, so they can move one of the players into their new house before they have to get the rental truck back. Kilkenny becomes an infinitely better place to live if we have a ton of teams that have been playing together for many, many years (“Our mothers are on the same team, and now we play together”). Parents get to know each other, kids hang out with one another, and families bond. By far, the greatest asset that this #1 community has is the people in it. The cream of this incredible crop is the soccer coaches who spend time with our kids. These selfless adults spend time with our families striving to score goals and achieve goals like getting better at soccer and growing up to be great adults, family members and community members of Kilkenny.

Kilkenny Is Looking For Female Coaches

Over the last few season the North Soccer Zone has seen a decrease in the numbers of girls that are playing soccer. All communities are gathering ideas on how we can get more girls involved and stay in soccer. Kilkenny feels like the first place to start is having more Women coaches. Women coaches are role models for girls and teach them to celebrate being a female athlete. Please contact us if you know of any girls/women who would like to coach, help us increase the number of girls involved in soccer, and be a role model for young girls. We are hoping to have female coaches for the younger age group who will move up with those same girls. If you have any other ideas that can help girls get involved in the soccer program, please email me at soccer@kilkenny.ab.ca

Thank You
Amber Fink
Soccer Director

Proper Registration Process for Kilkenny Soccer

There is a misconception that parents must attend the registration session of the community they'd like their child to play in if it's a community other than their home community. The EMSA Soccer Portal has been designed to capture a requested community to play in along with friend or coach request. The portal will automatically place an entry in a transfer queue for both the home and requested community to approve. The home community approves the transfer out, followed by the requested community approving the transfer in.

It is recommended parents attend a community league's first registration session to provide the best opportunity to be placed on their desired team.

Below are the general guidelines for registering for community soccer.

- 1) Register online in the EMSA Soccer Portal.
- 2) Print two copies of the player summary confirmation. If you can't print the player summary, then ensure the player summary confirmation email is in your inbox on your mobile device.
- 3) attend your home community's registration session to purchase a community membership (if necessary), sign up for a volunteer commitment, and pay your soccer registration fees.
- 4) Be prepared to show government identification to verify the player's date of birth.
- 5) A signed but undated cheque may be required to secure volunteer commitments such as, casinos, community events, or ENZSA events.
- 6) Determine your community's valid payment methods. Kilkenny's valid payment methods are cash, credit and debit. Other Communities may accept cheques.

Please contact me at soccer@kilkenny.ab.ca if you have any questions or concerns.



McLeod News

Hall Rentals in McLeod

McLeod Community Hall
14715-59 St NW
Edmonton, AB T5A 1Y3

The McLeod Hall is available for rental for events, meetings, weddings and other social functions. Please go to www.mcleodcommunityleague.ca and choose the "Hall Rental Inquiries!" tab. Most of your questions are already answered in the information posted. You can also check the website to view a calendar to show when the hall is available.

What is McLeod Community League?

McLeod CL is a group of volunteers who come from any of our five neighbourhoods: Hollick-Kenyon, McLeod Park/Matt Berry, Miller, McLeod and Casselman.

We organize social activities, run sports & athlete development programs, and give our voice on community improvement and civic issues.

Anyone who is a resident is able to purchase a membership online for \$30 through our umbrella organization Edmonton Federation of Community Leagues (EFCL) at www.efcl.org

McLeod's Multicultural Neighbours

The Edmonton Multicultural Coalition (EMC) has partnered with McLeod CL to develop a Neighbourhood Intercultural Connections Program. We are looking for involved citizens in the area to help plan and initiate activities that will connect people, no matter their background, to their neighbors.

Melanie, from the EMC, said "By fostering these intercultural connections, we hope to enhance social inclusion, improve newcomers' access to mainstream services, and create a widespread appreciation for the diversity in our neighbourhoods."

If you'd like to help bring neighbours together, please contact Melanie at melanie@emcoalition.ca or phone 780.760.1973

McLeod President's Message

As we head into 2017, McLeod still has a number of vacancies on our Board of Directors: Sport Director, Baseball Director, Softball Director, Casselman Community Director, and McLeod Community Director. If you are interested in joining a very active Board, please contact me at president@mcleodcommunityleague.ca for more information.

McLeod welcomes Gerard as our new Hall Rental Coordinator! Did you know that McLeod Community League members get a discount on rentals of our hall? If you are interested in renting, please go to the Hall Bookings section of our website: mcleod-cl.ca. You'll find information there on cost, what is included and frequently asked questions. Then you can contact Gerard to receive the contract and meet for payment of the damage deposit. Although there are photos on the website that you can view, Gerard would be happy to arrange a tour for you.

With the weather ups and downs, our outdoor ice rinks have not always been open. When the weather permits, they are open Monday to Friday, 4:00-9:00pm and Saturdays and Sundays, 12:00-5:00pm. Major snowfalls and temperature extremes (cold: -20 C including wind chill, warm: ice melting) will result in temporary rink closures. Fee: \$2.00 per visit or free with ANY community league membership card. For those of you who live in the Miller community, you will have noticed a sale sign on the corner of 50 Street and Matheson Way. The City has posted a public offering for this former surplus school site in the hope of moving forward with the development of seniors housing. In order to ensure community input, the City has included a requirement from each proponent that they include a plan on community engagement throughout the design and development process.

Miller Community Director, Jennifer Mayan, and I are the contacts from the community on behalf of McLeod Community League. You are welcome to contact us at miller@mcleodcommunityleague.ca and president@mcleodcommunityleague.ca to provide feedback. We will keep you updated the newsletter and on the McLeod website.

For more information about this pilot invitation for submissions, please contact buildinghousingchoices@edmonton.ca.

Stay warm!

Leanne Rosinski

Gorman Develops Near McLeod

The Gorman neighbourhood is located east of the Manning Freeway, north of 153 Avenue and inside the Anthony Henday Drive. It is where Cabella's and Cineplex are now located, with future development planned to the north and east of these stores and strip malls.

A new neighbourhood structure plan is describing the general locations and types of development for future land use, and details on the location of major roadways, transit and utilities.

The key features of the plan are:

- A future LRT stop, connecting from Clareview Station
- A town centre, located around the LRT stop, with a mix of commercial and residential development and an urban plaza
- A district park in the west and a pocket park in the east
- Space for a future community league building and high school
- Connecting greenways and pathways to support walking and biking
- A mix of housing types, from high rises to single detached homes
- Business industrial uses to the north
- A future population of approximately 8,200 people
- A residential housing density of 100 dwelling units per hectare

Further information, including maps at: www.edmonton.ca/gormanneighbourhood-plan

McLeod Recognizes Black History Month

McLeod CL is pleased to join with the provincial and federal government to recognize February as Black History Month. It is an acknowledgement of the contributions of people of African and Caribbean descent to our community.

In the 1870's, many families moved to Alberta from Oklahoma, Illinois, Texas and Missouri. Motivated by a search for better land and less discrimination, they moved north and became ranching families in southern Alberta. John Ware was an early cowboy and ranch owner near Brooks, Alberta who was credited with bringing the first longhorn cattle from Texas to Alberta.

In 1909 a group of farming settlers travelled to Amber Valley, about 100 miles north of Edmonton. They carved out their farms and built a school, church and renowned baseball team. Local baseball was very popular in Alberta and they competed with nearby communities of German and Ukrainian immigrants.

These Canadians were definitely pioneer contributors to Alberta's history, just as other successive waves of immigration to this province. Some of their descendants now live in Edmonton.

Edmonton continues to be home to Canadians from cultural communities: Sudanese, Somali, Ethiopian, Eritrian and French speaking African backgrounds. If you would like to make a connection between your cultural community and the community league, please email mattberryrep@mcleodcommunityleague.ca



The puck drop at McLeod's Second Annual Del Golinoski 3v3 hockey tournament

Considering Registering for Soccer in McLeod?

McLeod held their first two registration sessions February 22 and 27. It’s not too late to register as we will be holding our final registration at McLeod hall 6-9pm, on March 8th.

As per the last two seasons, we will be using the EMSA Soccer Portal to register players for the upcoming season. Please go to the EMSA North website at www.emsanorth.ca, click on Play at the top of the page, click on Register in the dropdown menu and follow the instructions. If you are returning from the 2016/17 indoor season or the 2016 outdoor season, you will already have an account and will simply need to register your child for the outdoor season.

Please bring to McLeod’s payment session, one signed copy of the player registration summary form, identification for proof of birthdate, payment (cash/credit/debit only - cheques are not accepted as payment for soccer registration), an un-dated but signed cheque for volunteer commitments and Kidsport/Jumpstart applications if applicable.

Registration fees are as follows.

Age Category	Birth Year	Playing Days	Early Bird Fee	Fee Effective March 1
U6 Mixed	2011 – 2012	Tues & Thurs	\$125	\$150
U8B & U8G	2009 – 2010	Mon & Wed	\$125	\$150
U10B and U10G	2007 – 2008	Mon & Wed	\$135	\$160
U12B and U12G	2005 – 2006	Tues & Thurs	\$175	\$200
U14B and U14G	2003 – 2004	Mon & Wed	\$205	\$230
U16B and U16G	2001 – 2002	Sun & Thurs	\$210	\$235
U18B and U18G	1999 – 2000	Sun & Tues	\$210	\$235

We will also have socks, shin pads, and shorts available for sale for first time players and for those that have outgrown their current apparel.

Feel free to contact me if you have any questions about registering or coaching: soccer@mcleodcommunityleague.ca

Todd
McLeod Soccer Director

McLeod Community Service Policy for Upcoming Sports Registration

At the time of sports registration, you have two options for fulfilling your community service to the community league. Community service assists McLeod with raising funds to maintain the hall and to run programs. Community service options are not refundable whether your child plays or not. There are no exceptions to this (injury, illness included).

If you have one child in sports, it is \$150 (one community service option). If you have two children or more in sports, it is \$300 (two community service options). Note that two people cannot share one community service option.

There are two ways for you to fulfill your community service:

1. BUY-OUT OPTION

Purchase WEM tickets (10 for \$150) or other tangible item (if available). Payment for these can be made with your sports registration. If you are registering two or more children, you can choose a buy-out option and a work option.

2. WORK OPTION

Sign up to work a bingo, casino (if available) or event. You will need to provide an un-dated but signed cheque addressed to 'McLeod Community League' for each option.

1. The date and time of your bingo(s)/casino/event is written on your registration form. You are responsible for noting the date and time and ensuring you attend. Reminders may be sent as a courtesy but it is your responsibility to know when and where your work option is taking place. You cannot make up missed work options.
2. it is your responsibility to attend your work option. Your cheque is returned to you at the bingo/casino/event. If you fail to show up, your cheque will be cashed, no exceptions.
3. If a bingo/casino/event is cancelled, you will be given options to fulfill your community service – another bingo/casino/event or buy-out option.
4. Any bounced cheques will result in a \$50 fee assessed. If you do not pay out your missed work option (plus any NSF fee), your child will be withdrawn from the sports program and you will not be able to purchase a membership or register in any McLeod sports programs until the amount is paid in full.

Benefits of Community Soccer

Parents often ask “Why sign up for community soccer?”

The most obvious benefit of community soccer is exercise. The average season goes from May 1st to June 30th, with post season opportunities in July for older teams.

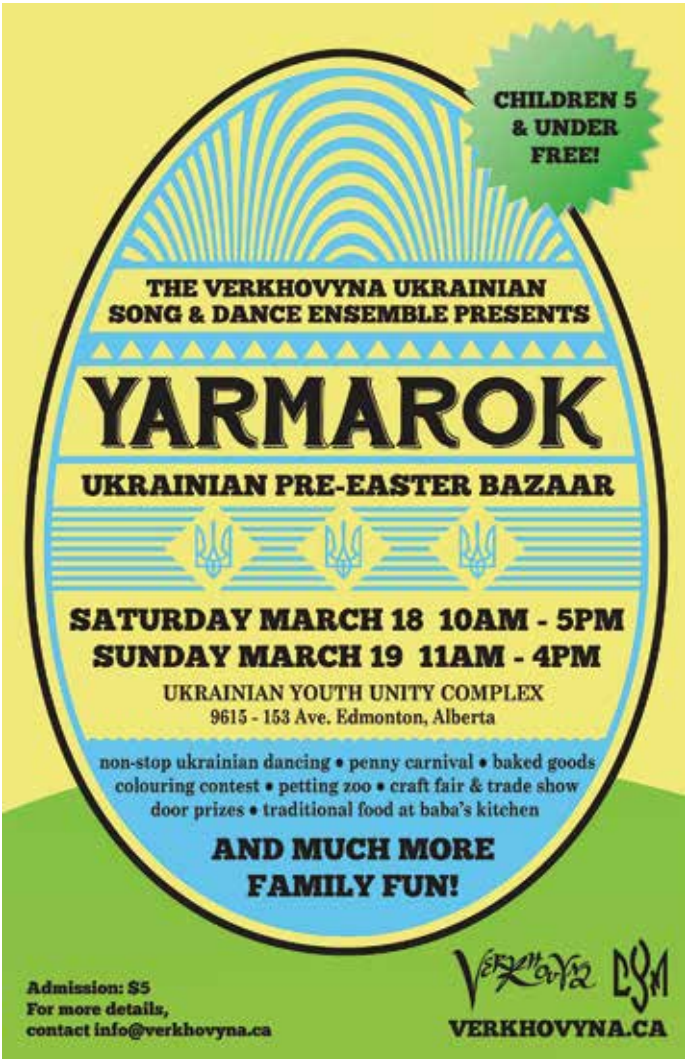
Players can expect one practice and two games per week, each approximately one hour in duration.

The community program focuses on friends playing with friends and having fun. When registering for the McLeod soccer program, players can request to play with a certain friend. We try to honour the request as best as possible. There are occasions when friend or coach requests cannot be filled, as every team has a team player limit. Players can expect fair field time in regular season games. There are other leagues out there that organize players by skill level and age with an emphasis on winning and unfortunately not all players get an opportunity to play or play with their friends.

Community soccer is very affordable. In addition to registration fees, players are responsible for their own footwear, shin pads, socks, and shorts. McLeod will provide jerseys that will be returned upon season end with the exception for U6 and U8 players who keep their jerseys. Parents will be required to purchase a community membership and sign up for one community service per child to a maximum of two per family. Other soccer programs will have more expensive registration fees, require you to purchase jerseys, and participate in multiple volunteer/fund raising activities.

McLeod soccer acknowledges our players have many interests, with soccer only being one. Our older players, for example, often have part time jobs to earn spending money. McLeod soccer does not penalize players for missing the odd practice or game and we’re grateful for them making as many soccer events as possible. Other soccer leagues have been known to bench players for missing practices or games.

We hope to see you at one of our upcoming registration sessions starting in February 2016. For more information, please see the McLeod website at www.mcleodcommunityleague.ca.



充满活力的中国狮子舞者和惊人的鼓手欢迎埃德蒙顿人共同来庆祝农历新年2017年，公鸡的一年。公鸡是中国十二生肖的12只动物的十分之一，每年由不同的动物代表。

虽然许多家庭正忙着清扫房子（扫除恶梦，为好运腾出空间）和准备家庭宴会，但是还是有时间去参加社区节日！

在中国天主教教区，充满了红色和金色的装饰，庆祝活动由最小的孩子做手和摆动的波尔卡“鸡舞”开始。这是一个多元文化艺术家的一天，包括弗拉门戈，拉丁，巴西，波兰和肚皮舞。

这一天的娱乐节目的亮点当属是宏德的表演者们，他们传统的中国鼓手隆隆的鼓声用来呼唤来了龙，狮子和龙，无论大小，都有这样的表情，踢腿，忽闪睫毛，并低头拱向观众。这些勇敢和可怕的龙给社会带来好运。

宏德文化体育协会大力推广中国文化和传统，包括狮子舞，龙舞，武术表演和中国鼓手等各种活动。聚会舞蹈团是一个高能量的大学生舞蹈团，他们的编舞结合了K-流行歌曲。K-pop是源自韩国的现代音乐，它在过去十年中已经成长为横贯全球的包括音乐，舞蹈惯例和时尚元素在内的文化形式。

新年庆祝活动当然也包括美味的食物，正宗的中国菜，香港风味的小吃。食品有咸有甜，有蔬菜卷饼，糯米和华夫饼是非常受欢迎。每年新年前要做大量食品准备工作，到时候与大家分享。就连大主教都亲自包饺子！

我们自豪地说，宏德表演者和聚会舞蹈团，以及包括Matt Berry社区的成员共同成功举办了2017年的庆祝活动，并祝他们在2017年成功！愿大家共同分享中国新年幸福的祝福，祝福大家成功 and 富足的新一年！

Chinese translation courtesy of Rosemary Wong

Energetic Chinese lion dancers and amazing drummers welcomed Edmontonians to celebrate Chinese New Year 2017, the year of the rooster. The rooster is tenth of the twelve animals in the Chinese zodiac calendar, where each year is represented by a different animal.

Although many families were cleaning the house (to sweep away ill-fortune and make room for good luck) and preparing for family banquets, there was still time to go to a community festival!

At the Chinese Catholic Parish, filled with red and gold decorations, events began with the smallest children doing hand and wiggle motions to the polka “Chicken Dance”. It was the beginning a day of multicultural entertainers who would include Flamenco, Latin, Brazilian, Polish, and belly fusion dance.

Of course, the highlight of the day’s entertainment was the Hong De performers, who’s traditional Chinese drummers were the thunder to call the dragons. Lions and dragons, both large and small, had such expressive faces when they stomped their feet, batted their eyelashes, and cocked their heads to the audience. These bold and fearsome dragons brought good luck to the community.

The Hong De Cultural and Athletic Association promoted Chinese culture and traditions by contributing to the extensive program, with a lion dance, dragon dance, martial arts display and Chinese drumming.

The Convergence Dance Crew was a high-energy troop of university students, who put their choreography and swagger to K-pop songs. K-pop is modern music originating in South Korea, that has grown over the past decade into a global phenomenon that includes elements of music, dance routines and fashion. Delicious food was on offer from authentic Chinese cuisine and Hong Kong style snacks to New Year delicacies. They had both savory and sweet items: vegetable wraps, sticky rice and waffles were very popular. Much effort had been made in the days before, to hand prepare food to share with the celebrants. Even the bishop was hand-making the dumplings!

We are proud to say that the Hong De performers and Convergence Dance Crew include members of the Matt Berry neighbourhood, and wish them every success in 2017! May everyone share in the Chinese blessing of overflowing happiness, success and prosperity this new year!

Increased Discount for McLeod Members at Rec Centres

The Edmonton Federation of Community Leagues and the City have negotiated a 20% discount for community league members who purchase an annual or monthly pass for any City of Edmonton recreation facility. The discount for a multi-use pass (minimum 5 admissions purchase) is now 15%. Show your membership card when purchasing access from the cashier.

www.communityleagueneews.com

McLeod Needs Donations of Skating Equipment

McLeod continues to need donations of skates and helmets to loan to people interested in skating but have no equipment. These items will be kept on site and loaned out only for skating on the McLeod ice rinks. If you have skates or helmets that are in good shape, please contact Leanne at president@mcleodcommunityleague.ca to arrange a time to drop them off.

McLeod potrzebuje darowizn sprzętu do jazdy na łyżwach (many thanks to Magdalena Kowalewska for the translation!) McLeod wciąż potrzebuje darowizn łyżew i kasków, dla ludzi zainteresowanych jazdą na łyżwach, ale nie posiadających własnego wyposażenia. Rzeczy te będą przechowywane w klubie i wypożyczane do jazdy na łyżwach tylko na lodowisku McLeod. Jeśli posiadacie łyżwy lub kaski w dobrym stanie, proszę o kontakt z Leanne pod adresem mailowym president@mcleodcommunityleague.ca, w celu umówienia dnia i godziny ich przekazania. McLeod necesita donaciones de equipo de patinaje (many thanks to Lina McBryan for the translation!) McLeod sigue necesitando donaciones de patines y cascos para prestar a las personas que no tienen equipo pero que están interesadas en patinaje. Estos elementos se mantienen en el sitio y se prestan sólo para patinar en las pistas de hielo de McLeod. Si usted tiene patines o cascos que están en buena condición, por favor, póngase en contacto con Leanne en president@mcleodcommunityleague.ca y poder concretar una hora para dejarlos.

McLeod Baseball and Softball Registration

Despite not having directors for baseball and softball, McLeod will take registrations for the upcoming season.


2017 registration takes place at McLeod Hall 14715- 59 Street on Wednesday, March 8th – 6pm to 9pm

McLeod’s community service policy is one volunteer service option per child registered to a maximum of two per family. The following options will be able available at registration:

- McLeod Community Events
- WEM Tickets
- Bingo Workers
- Waive Service (pay it out)

If you request WEM tickets or if you waive your service, you will pay for these options along with your softball/baseball registration fees. All other service options will require a signed but undated cheque for \$150.00 per child. If you fulfill your service commitment your cheque will be returned to you. If your service commitment is unfulfilled, McLeod will cash your cheque.

The total amount due for each player will be: fee for the softball/baseball program + membership + optionally (Community Service depending on the commitment). This amount can be paid by cash, credit or debit. Personal cheques are only accepted for the community service option, not payment



North Central Early Years Coalition

Did you know—Early experiences are built into our brains and bodies to affect a lifetime of learning and health?

Join us for our free


Early Childhood Brain Development Workshop

Thursday March 9 - 1:00pm-4:00pm or 5:30-8:30pm

Prince of Wales Armoury—10440 108 Ave NW

Email or call to register! ncearlyyears@gmail.com, 780-478-5022 ext. 903

To learn more about the Coalition or to get involved please contact us at:
www.earlychildhoodedm.ca/northcentral/ <https://www.facebook.com/ncearlyyears/>

Like us on 

McLeod Community Safety Director

Traffic Safety

For the month of February in Alberta, Law enforcement agencies across the province will be paying special attention to Distracted Driving violations that will cost you \$287 and three demerit points. Distracted driving is dangerous for all motorists and pedestrians.

The law applies to all motor vehicles as defined by the Traffic Safety Act. It restricts drivers from:

- using or holding hand-held cell phones
- texting or e-mailing
- using electronic devices (laptop computers, video games, cameras, video entertainment displays and inputting portable audio players such as mp3 players)
- programming GPS units
- writing, printing or sketching
- reading printed materials in the vehicle
- personal grooming (brushing and or flossing teeth, applying makeup, curling hair, clipping nails or shaving)

It is an offense to use or hold your hand-held cell phone while in a drive-thru.

Drivers are permitted: to call 911 for emergency situations while holding a hand held cell phone, use an alcohol sensing ignition device, use hands-free mobile devices that are activated by a voice or single touch, eat a snack, drink non-alcohol beverage, smoke, or talk with passengers while driving.

Apartment Safety

For residents that live in an apartment building, never let anyone through the door behind you that you do not know. You can tell them that they need to buzz up and you can't let them through. Make sure to not buzz anyone in that you do not know, even if they sound friendly or it sounds urgent. Never open your door without looking to see who is on the other side. Ensure you have a peep hole installed.

Yoga in McLeod

Adult yoga- Hatha Balance: Tuesday, April 4- June 6. 7:00-8:30 pm. \$140 for 10 classes. (Can split payments into 2) Family yoga- Saturday, April 22, 29 and May 13. 1:00-2:00pm. \$75 for families up to 5 people. Drop in \$25 if there is space. Limited to 5 families. Self care yoga workshop Tuesday, June 13, 6:30-8:45 pm. \$30 per person. Learn about ways to de- stress, calm the mind through mindfulness, yoga postures, myofascial release, breathing techniques and the science of stress. Registration opens on March 1.

McLeod Purchases Access to the Clareview Recreation Centre

We are pleased to announce that McLeod had purchased into the community league access times at Clareview Recreation Centre. We have partnered with seven community leagues of Clareview Area Council – Bannerman, Evergreen, Fraser, Hairsine, Homesteader, Horse Hill, and South Clareview – to reduce our costs for access.

September 10, 2016 to September 2, 2017
Saturdays 6:00-8:00pm

This includes full access to the facility: pool, gym, indoor courts, free weights, weight machines, cardio machines, running track, kids' indoor playground.

You must show your McLeod Community League membership card to enter the facility. To purchase a membership, you MUST reside within the leagues boundaries (communities of McLeod, Matt Berry, Hollick-Kenyon, Miller, Casselman). Please go here to purchase your membership: http://mcleodcommunityleague.ca/index.php/membership_manager.

If you do not live within our boundaries, we cannot sell you a membership. If you want your community league to look into purchasing access, please contact them.

McLeod 社区取得了Clareview 健身中心使用权 (many thanks to Rosemary Wong for the translation!)

我们非常高兴的宣布McLeod取得了Clareview 健身中心社区活动的使用权。我们和Bannerman, Evergreen, Fraser, Hairsine, Homesteader, Horse Hill, and South Clareview 这七个社区合作组成的Clareview 区域委员会共同降低了我们使用健身中心的费用。
2016年9月10号到2017年9月2号
每个周六 晚上6点到8点

这包括免费使用下面任何设施：游泳池，体操房，室内场馆，哑铃，健身器，跑步机，室内跑道，小孩室内游乐场。

进入健身中心你必须出示McLeod 社区会员卡。只有居住在包括 McLeod, Matt Berry, Hollick-Kenyon, Miller, Casselman这些社区界限内的才可以购买会员卡。请到以下地址购买会员卡：<http://efcl.org/membership>。您如果不居住在我们这个社区界限内，我们不能出售给你会员卡。您如果希望你的社区有权使用健身中心，请联系您的社区委员会。

McConachie Library for McLeod Community League

McConachie Public Library
16607-50 St NW
780-442-5314

A convenient location and friendly staff made this library a welcome addition to our neighbourhood when it opened a year ago. Many programs are offered for all ages, and it is a great location to pick up pre-ordered books and DVDs. Public computers and free wi-fi available.
• Children: baby laptime, digital learning, LEGO, Sing/Sign/Laugh/Learn
• Families: Family day, Board Games Night, PS4, music & art equipment
• Adults: book club, English conversation circle
Library cards are free, just bring along your ID. www.epl.ca

Mark Your Calendars for Upcoming McLeod Events

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.

March 8, 6pm-9pm – Sports Registration at McLeod Hall

March 18, 5pm-10pm – Movie Night at McLeod Hall

April 2017 (Date TBD) – Spring Dance – details will be available at sports registration

McLeod’s Stuffing Helps Environment?

As a Choosewell community, we promote cooking at home, so you can control the ingredients. Anyone can pick up free day-old bread at Amity House 9213-146 St. And that is exactly the kind of bread you need to make a stuffing side dish. Not only are you making a delicious side dish, you are reducing the amount of food waste from our city, so don't be shy! Bread pickup is every Monday, Wednesday and Friday. Remember, read the whole recipe before you begin cooking!

Savoury Stuffing

Pre-heat oven to 350 degrees.

3 loaves day-old bread (no more than ½ amount as whole wheat bread), cut into 1 inch cubes
In a frying pan, sauté until onion is soft :
6 tbsp oil
1 onion chopped fine
1 tbsp grated garlic
2 tbsp poultry seasoning
2 tbsp thyme
1 tbsp oregano
1 tbsp rosemary
1 tsp pepper
1 tsp salt

Pour slowly 1 litre (= 4 cups) of chicken or vegetable stock to the frying pan and bring to a boil.

Put the dry bread into a large bowl. Pour frying pan ingredients over bread and mix well. Wipe the inside of a 9x13 pan or two loaf pans, with oil or margarine or butter, so the stuffing doesn't stick. Put stuffing in the pan and cover with tinfoil.

Bake in oven for about 45 minutes, so the stuffing in the middle of the pan is heated through. Enjoy!



Northmount Community League News

Thank you to our current Board Members!

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		
Grants	VACANT		
Social	VACANT		
Facilities	James Crocker	780-717-5885	webmaster@northmount.ca
Area 17	Karen Plamondon		
Communications	VACANT		
Memberships	Robin Wheatley	780-473-8634	
Adult Programs	Robin Wheatley		
Senior's Programs	VACANT		
Children's Programs	VACANT		
Hockey	Jeff Bernard		hockey@northmount.ca
Soccer	Joanne Cheetham		soccer@northmount.ca
Softball/Baseball	VACANT		
Sports	VACANT		
Bingo	Angela Purves		
Casino	Sid Plamondon		
Past-President	Terry Kitching		

President's Message

Another year has gone by and I want to extend my many thanks for all of the volunteer hours our residents have put in this past year. Without our volunteers, our doors would not be open and our various programs and events would not be the success they are today.

In October we had a Pumpkin Carving contest with a lot of great designs. Check out our Facebook Page to see all the neat creations! In November we had another great turn out for our Ladies Night, it was a night filled with women supporting women, shopping, laughter and fun. On January 27, 2017 we hosted another free board game night. We had games for all ages and it was a ton of fun. We will be hosting another night on March 17, 2017 at 7 PM. Light Refreshments will be served. Let the games begin!!!!

I am looking forward to seeing everyone around the neighbourhood and at our next event!

AGM – March 21, 2017 7 PM

Northmount Community League is looking for dedicated and enthusiastic volunteers to fill various board, committee and volunteer positions. If you or someone you know is interested please attend our meeting or contact Meagan by text at 780-270-1212 or email president@northmount.ca for more details!

We must fill 7 new positions this year or we risk having to shut our doors, or reduce the amount of events and programs that we can put on.

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

The following Board Positions need to be filled: President, Vice President, Secretary, Treasurer, Vice Treasurer, Grants, Bingo Director, Casino Director,

Children's Programs, Senior's Programs, Adult Programs, Community Programs, Social Director, Soccer Director, Hockey Director, Baseball/Softball Director, Sports Director, Newsletter/ Communications Director, Area 17 Council Rep

- 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

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>

Outdoor Soccer Registration

It is that time of year again, dust off those cleats and let's get ready for another great outdoor season of soccer!

Registration Payment Session Dates for the 2017 Outdoor Season

February 27, 2017 from 7 PM until 9 PM at the Northmount Community Hall
March 12, 2017 from 1 PM until 3 PM at the Northmount Community Hall

Please bring 2 deposit cheques to the registration and your Community League Memberships.

All registrations MUST be done online prior to the payment sessions, please go to: <http://emsanorth.com/play/register>

Please bring 3 copies of the forms, or 3 copies of the registration confirmation.

Your child is not considered registered until online registration is confirmed and verified at the payment session.

Join Northmount's Walking Group! (Starting in the Spring)

- Meet every Monday night at 7 PM at the Community Hall (excluding Statutory Holidays)
- Walk at your own pace, meet someone new, and explore your Neighbourhood!
- Friendly dogs are welcome!
- Call Robin if you have any questions 780-473-8634

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

Chris Nielsen MLA Edmonton-Decore

Our constituency office team is here to help residents with provincial government departments, programs and services.

Constituency Office
#5, 9228 - 144 Avenue



Know Your Neighbourhood

Information taken from the City of Edmonton based on the last census data collected, https://www.edmonton.ca/residential_neighbourhoods/Neighbourhoods/NorthmountDemographicProfile.pdf

The Northmount neighbourhood is located in north-central Edmonton and is surrounded on all sides by residential neighbourhoods. Northmount is bounded by 144th Avenue to the north, 82nd Street to the east, 137th Avenue to the south and 97th Street to the west. Connections with these major arterial roadways, particularly 137th Avenue and 97th Street, provide access to amenity and employment areas throughout the northern and central parts of the city.

The neighbourhood design is based on a modified grid pattern and features a distinct separation of land uses. Northmount is dominated by three large land use groups. Residential land accounts for almost most of Northmount's property area, and most of these properties were developed during the late 1960s and early 1970s. The main residential structure type is the single-detached home. Three schools, a large park, community league facilities and the Dickensfield Extended Care Hospital account for all institutional land within the neighbourhood, which is the second largest land use group in Northmount. Commercial land use makes up the remaining land uses in Northmount and the North Town Centre is located in the southwest corner of the neighbourhood and provides residents with local access to shopping and services.

Age and Gender Distribution				
Age	Female	Male	Other	Total
0-4	35	45	0	80
5-9	47	47	0	94
10-14	38	47	0	85
15-19	46	54	0	100
20-24	44	42	0	86
25-29	44	45	0	89
30-34	45	55	0	100
35-39	43	43	0	86
40-44	47	43	0	89
45-49	59	48	0	107
50-54	60	53	0	113
55-59	70	47	0	117
60-64	63	48	0	111
65-69	77	57	0	134
70-74	61	59	0	120
75-79	184	114	0	298
80-84	91	53	0	144
85+	112	44	0	156
No response	532	550	0	1082
Total	1698	1494	0	3192

Cool facts about Northmount

- o We have 132 children in our neighbourhood who attend elementary school
- o We have 519 residents who are retired
- o 1157 people have lived in Northmount for over 5 years
- o We have 160 people living in Northmount who have lived here for under 1 year, including people who moved her from another country, different Provinces, or other neighbourhoods in the City.
- o We also have a vast variety of households that speak a language other language, these include: Arabic, Cantonese, French, German, Mandarin, North American Indigenous, Punjabi, Spanish, Tagalog, Ukrainian and many many more!

For the complete Census report please visit: https://www.edmonton.ca/city_government/documents/census/Summary%20Report%20of%20All%20Questions_NORTHMOUNT_2016.pdf

Northmount Community is a diverse neighbourhood with many different people choosing to call Northmount home. We all have different experiences and talents that we can share with each other to help our neighbourhood become the best neighbourhood in Edmonton! I am welcoming everyone to come out to any of our events being held at our hall. I am also encouraging that if you want to see something special at our community hall please contact Meagan at president@northmount.ca to discuss how we can work together to put on a special event or activity and offer it to all of our residents.

City Services & General Information

Visit www.edmonton.ca/311 or call 311 for information and access to City of Edmonton programs and services such as:

- Inspections, licenses, permits
- Comments, commendations, bylaw complaints
- Roadway & waste management information
- Program registrations and bookings
- Transit information

311 agents are available 24 hours a day, every day.

Choose Nellie

Nellie McClung Girls' Junior High Program



Open House Dates:
March 8 - Avonmore 6 - 8 pm
March 9 - Oliver 5 - 7 pm

“Empowering girls to lead, challenge and change the world”

* Paid for by the Nellie L. McClung Educational Society of Edmonton

For more information please visit:
ChooseNellie.com



EDMONTON PUBLIC SCHOOLS

epsb.ca

Join us for Edmonton Manning's 2nd annual employment information fair.



Hosted by Heather Sweet, MLA, Edmonton Manning
March 10, 2017
2pm to 5pm



Clareview Community
Recreation Centre
3083 139 Avenue
Edmonton, Alberta

For more information: edmonton.manning@assembly.ab.ca

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

Tyler – Program & Event Director

Trish – 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.

Special Savings on Quality Produce

Locked In Pricing for the Month. While quantities last

DATES
1 kg
\$5.99

20Lb New Red or White Potatoes
\$5.99

Maple Lodge Halal Hot Dogs
\$2.49/Doz

Fresh Baked Baklava Wide Variety

Compliments Canola Oil
\$6.99
3L bottle

Fresh loaf bread
\$1.29 ea.
White/Brown/Whole Wheat

Reggie Pasta
99¢
/Pkg

Lebanese fresh baked meat pies. Spinach & cheese 3 cheese family pack \$9⁹⁹

Emma Extra Virgin Olive Oil
1lt
\$7.99



Elsafadi Bros. Supermarket

Two Locations 11316 - 134 Ave & 10807 Castledowns Rd
780 - 475-4909 Local Community Owners

Denture Specialist - Over 35 Years Experience

Londonderry Denture Clinic



FREE CONSULTATION

M. Lucyshyn DD

R. Lucyshyn DD

780-476-2529

- New dentures in one day
- Repairs in 30 minutes
- Emergency after hours appointments

SENIORS
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

Get your investments on track



If you've ever wondered whether you're on track to reach your financial goals, it's time to consider a Scotiabank Second Opinion. Whatever your goals are, I can provide you with a customized financial plan to help reach your goals with confidence.

Benefit from my expertise in:

- Cash flow planning
- Retirement planning
- Retirement income planning
- Tax-efficient strategies
- Investment planning

Knowing how busy life gets, I can provide you with advice when and where it's convenient for you. Our office is your life.

.....
▶ **Contact me today for a complimentary financial review.**



Chad Urschel, CFP

Scotiabank Investment Specialist

780-686-1341

Chad.Urschel@scotiabank.com

You're richer than you think.®



© Registered trademarks of The Bank of Nova Scotia, used under licence. Scotiabank includes The Bank of Nova Scotia and its subsidiaries and affiliates, including Scotia Securities Inc. As used in this advertisement, the term "Scotiabank Investment Specialist" refers to a Scotia Securities Inc. mutual fund representative. Scotia Securities Inc. is a member of the Mutual Fund Dealers Association.

3062-2017-0202 F1