

NORTHEAST VOICE

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

October 2017



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Upcoming Events in Northeast

Oct:

1: Practice English at EPL Londonderry; 130pm
2, 3, and 5: Wills Week Events at NESAs
3: Roast of Coun. Ed Gibbons at Kingsway Legion; 530pm
11: Candidates Election forum at McLeod; 7pm
14: Pop-Up Makerspace at EPL McConachie; 330pm
20: Baby Laptime at EPL Londonderry; 1030am
20: Movie Night at McLeod; doors at 530pm
23: Sing, Sign, Laugh, and Learn at EPL McConachie; 2pm
26: McLeod Annual General Meeting; 6pm
27: Dinner Theatre at NESAs; Alan Jackson Tribute f. Tony Wait 5pm; \$50; purchase by Oct 20

Nov:

4: Arabic Family Storytime at EPL Londonderry; 4pm
6: No Stone Left Alone; Little Mountain Cemetery; 1030am
9: Remembrance Day Tribute at NESAs; 1-3pm; \$2
10: English Conversation Circle at EPL McConachie; 4pm
14: Tech Time at EPL Londonderry; 11am
18: Arts, Crafts, and Bake Sale at NESAs; 9am-4pm
23: Sgt Willson's Airforce Show at NESAs; 2pm; \$12

Upcoming Events in Northeast

Dec:

12: Christmas Concert at NESAs; 130-330pm
31: New Years Eve Dinner and Dance at NESAs

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 (NESAs) – 7524 139 Ave
Northmount Hall – 9208 140 Ave
Ozerna Park – 7010 158 Ave
Steele Heights Hall – 5825 140 Ave

Sport Explorers - the Power to Move Kids



REGISTRATION IS STILL OPEN

The north Edmonton community leagues of Kilkenny, Horse Hill, McLeod, Northmount, Evansdale, and Lago Lindo have joined forces to run the Sport Explorers 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. Sport Explorers 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 (each child receives a Sport Explorers t-shirt). Volunteer service is required. Parent/guardian attendance and support is required.

Fall 2017 Program Dates & Times

October 15-December 14, 2017 (no classes the week of November 5)
Sundays, 1:00-2:00pm or 2:15-3:15pm at McLeod
Tuesdays, 6:00-7:00pm or 7:15-8:15pm at Evansdale or Northmount
Wednesdays, 6:00-7:00pm or 7:15-8:15pm at Kilkenny
Thursdays, 6:00-7:00pm or 7:15-8:15pm at Lago Lindo

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. Children must be three years-old at program start date.

For more information on the program and to register, go to <http://sportexplorers.ca>.



Meet the Candidates! October 11

Unsafe intersections and school zones? Reduced bus service and no parking at LRT? Not enough soccer fields or green space? Need more opportunities for northeast Edmonton?

You definitely need to meet the people who are running for City Councillor in our area! You can let them know of your concerns, and be a more informed voter on Election Day.

The Ward 4 election forum is hosted by McLeod Community League so voters can meet and hear from the candidates who are competing to replace Councillor Ed Gibbons. Because there are over a dozen candidates, every vote from your household will count.

The evening will be a combination of speeches, question & answer and conversation time. Information from civics@mcleodcommunityleague.ca

Ward 4 Candidate Forum

Wed. Oct. 11

7 pm to 9 pm

Doors open at 6:30 pm

McLeod Community Centre

14715-59 St.

Election Day will be on Monday October 16 from 9 am - 8 pm. For your voting location, check the City website at edmonton.ca/election



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
Vacant-volunteer today!	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
Vacant - volunteer today!	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
\$600 rental

Friday/Saturday/Sunday

\$400 damage deposit
\$450 rental

Monday – Friday

\$275 damage deposit
\$325 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

Weird Science Summer Program Feedback

Number of participants: 20
Age Range: 6-9

- The age of participants was perfect for the camp! However, at times programming was challenging (especially during experiments) due to having a larger group of participants.
- Participants were really engaged with the science element! Most wanted more experiments and science activities - a larger budget for this camp could help with this in the future.
- Coke + Mentos experiment, slime, bouncy balls, exploding bags, and ice cream were all great science activities/experiments done throughout the week!
- The facility was suitable for the needs of the camp. However, this camp requires a lot of equipment and there wasn't a vast amount of storage space for overnight materials.
- The field trip to the Science Centre was great!

Additional science supplies and a larger budget could enhance this program in the future.

Visit Our Website and Facebook Page

facebook

Get the latest information, our most recent newsletter, contact information and lots of other great stuff! Also get involved, join us on Facebook!
Website: www.evansdale.ca
Facebook Page: www.facebook.com/evansdalecommunityleague

Ready for Another Great Season

President's Column

Days are getting shorter and the temperatures are getting cooler – signs that summer is getting near its end. For our community league, that means we're starting up a new season.

We had our first executive meeting on September 12; our guest at this meeting was Maria Vinsente constituency manager for MLA Chris Nielsen Edmonton Decore. She is planning to have a town hall meeting at Evansdale with EPS sometime in November. The time and date will be announced on our billboards and our website. The theme will be “crime in our neighbourhoods” - what we can do about it and tips to prevent it.

Blanka Fiala our neighbourhood resource coordinator (NRC) gave us a report on what is happening with the city and gave a report on the green shack program and about the proposed new speed limits. She also proposed to call 311 to report any problems in our neighbourhood so the city can keep track and record of all the problem areas.

Evansdale community league's application for the CLIP Grant has been approved, which means we will soon have funds to replace the electrical light system in the hall with a LED light system. We will also purchase the sports equipment required for our outdoor space to the south of our Sports building, such as basketball courts, pickle ball courts and an outdoor table tennis facility. We are also planning to have a fire pit and benches available in the winter skating rink and summer special events.

Our AGM is planned for November 21 at 7:30 at the Sport Building (skate shack. We urge you to make plans to attend this meeting as this is the meeting where the budget is set and the big decisions such as community programming will be made.

Looking Forward to an Exciting Hockey Season

Summer is officially over and the 2017/18 hockey season has kicked off with tryouts in full force. I'd like to wish all the Evansdale hockey players good luck and all the best for a fun and exciting hockey season. I extend the same wishes to all the parents as well. I'd like to also remind parents at this time to please abide by the Respect in Sport guidelines set out in the online course from Hockey Canada. Any questions or concerns please don't hesitate to contact me. I'm happy to help if I can.

*Regards,
Todd Sharkey
Hockey Director*

Suicide: Reach out and save lives: understand the signs

Suicide affects people of all genders, ages and ethnicities. Each year more Albertans die by suicide than motor vehicle collisions. As a result, many Albertans have been impacted by losing someone to suicide.

Suicide is a preventable tragedy that starts with recognizing the warning signs and taking them seriously:

- Talking about suicide or a plan
- Giving away personal possessions
- Visiting or calling people to say goodbye
- Making statements about hopelessness, helplessness or worthlessness
- Loss of interest in previously enjoyed activities
- Personality changes, including lack of self care/neglect of self
- Increase in drug and alcohol use or risk taking behaviour
- Becoming cheerful after a period of depression, which may mean the individual has already made the decision to escape their problems through suicide

Suicidal people are in pain and want their pain to end, but do not necessarily want to die.

Asking someone directly if they are suicidal does not put the idea in their head. In fact, talking openly to someone who may be suicidal can provide relief. Being aware of these signs and starting the conversation lets the person know you care and can make a difference so they can get the help they need.

If you or someone you know needs help, please call Health Link at 811.

Three Opportunities to Vote

The Edmonton Election for Mayor, City Councillors and School Board Trustees takes place this October and there are three easy ways to cast your vote!

1) Advance Vote for WARD 2 & 3 - October 4 - 13, 2017 from 1 - 7 p.m at the Evansdale Community League (Small Hall), 9111 - 150 Avenue NW.

2) On Election Day - Monday, October 16, 2017 - Cast your ballot at the voting station designated for your home anytime between 9 a.m. and 8 p.m. A "Where to Vote" card will arrive in your mail in early October with information about your voting station, or use the online Where to Vote tool on the Edmonton Elections website to find your voting station and candidate list. Go online and try it out: www.edmonton.ca/election

3) Special (Mail-in) Ballot- The final way to vote is intended for people who will be out of town on Election Day, who are unable to get to a voting station, or who are election and campaign workers. If you fall into one of these groups, you can request a Special (Mail-in) Ballot. Visit the Edmonton Elections website for more information and to apply: www.edmonton.ca/SpecialBallot

Required Identification- No matter the voting opportunity, you'll need to present a piece of authorized identification that confirms both your name and residential address, like a Driver's Licence. A bank statement, utility bill or personal cheque will also work! A passport, Alberta Health Care card, birth certificate or work/student ID will not be accepted.

Hear From Your Candidates- Edmonton Elections is hosting municipal candidate forums from Sept. 25 to Oct. 11. Drop by the forum or watch online to hear from your Mayoral and City Councillor candidates. For More Information: www.edmonton.ca/election or 780-442- VOTE (8683) or Twitter: @ElectionCensus #yegvote
www.communityleagueneews.com



Ward
4

VOTE
Monday
Oct 16, 2017

Beatrice Ghettuba

Passion - Experience - Leadership

@Beatrice4council
 @bg4council
 Beatrice@beatrice4council.ca
www.beatrice4council.ca

My goals are to:

- ⇒ *engage residents to identify their distinct issues and needs towards people-driven initiatives;*
- ⇒ *advocate for affordable housing, safe neighborhoods, celebrating diversity, economic development, school zones and crosswalk safety, and services for seniors;*
- ⇒ *commit the city to identify and better plan for long term development opportunities like the Edmonton Energy and Technology Park;*
- ⇒ *integrate infrastructure with economic development by revitalizing neighborhoods and local businesses that serve the residents of Ward 4.*

Let us create safer, stronger and healthier communities together!

Edmonton Rhythmic Gymnastics

An Athletic & Graceful Olympic Sport

Movement to music with ribbons, hoops, balls & ropes

REGISTER NOW

Tuesdays at York School Start September 26th

Beginners Ages 5 to 12

Recreational Classes across Edmonton

Provincial and National competitive programs in Edmonton

PLEASE CALL 780-460-8709

www.edmontonrhythmic.com

Registrations accepted throughout the year



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

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!

Playschool

Kilkenny Playschool is a community owned and parent-run co-operative offering programs for children 3 and 4 years of age. Classes are held in the Kilkenny Community League Hall located at 14910 – 72 street.

We are a self-funded, non-profit organization supported by registration fees and fundraising activities. The program is based on the philosophy of Learning Through Play.

There are currently still spots available for both our 3 year old and our 4 year old class.

If you are interested, please call or text us at 587-590-6204 or email us at kilkenny-playschool@hotmail.com.

Also check out our website at <http://kilkennyplayschool.wixsite.com/kilkennyplayschool>

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 October 15th.

Kilkenny Community League Is 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



Presidents Message

Welcome Back!! I hope everyone had a great summer. Sport registration went very well. Hopefully everyone who wants to has done their registration. Thank you to all of our volunteers that came out to help, as always, it couldn't have happened without you. Elections are coming up please research your candidate. Community day was a fun event, as can be seen in the pictures. Again, a huge thank you must be given to everyone that came out and to all of our wonderful volunteers.

Anna
Kilkenny Executive

2017 Baseball Season for Kilkenny

Kilkenny had 9 teams this year, ages 4-15, and was great fun for all. Kilkenny even had a PeeWee player chosen as one of the winning recipients for the Roger's Dream Baseball Contest. This Kilkenny player went to Toronto and not only met Kevin Pillar, but even had some one-on-one instruction with him as well as watching the games.

For the support, and commitment, of all the parent volunteer coaches that we have, I, as the Kilkenny Baseball Director, would like to thank you all again for your dedication this year.

I believe that Community Sports in Edmonton has the talent for many future stars. Who knows...maybe Kilkenny already has the next Connor McDavid, Christine Sinclair, or even a Kevin Pillar or a Josh Donaldson! Rest assured, Kilkenny Community League will be a dedicated contributing partner to their development.

Charlene Deckert
Kilkenny Baseball Director

Kilkenny Kid's Halloween Party


Another 'Spooktakular' Community Event Saturday, October 28th

There will be activities for the kids 11-2

with a movie to follow at 2:30.

Cost to Enter: 1 Happy Face Food, Games, Prizes, Activities and a Movie where you may, or may not, hear "Tale as old as Time"

ADVANCE THE CAUSE FOR EDUCATION



☒ **ELECT THOMAS DEAK**
PUBLIC SCHOOL TRUSTEE WARD A

- Freeze school board property tax increases for home owners.
- Campaign for and implement a Universal School Lunch Program.
- Provide more support for classroom teachers to meet the needs of students with special needs.
- I will meet with parent groups throughout the year at each and every Public School in Ward A.
- Advocate for Parent and Student concerns at school board meetings.
- More accessible and responsive public service at all levels.



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
780.414.1328
edmonton.decore@assembly.ab.ca



WARD 3 EDMONTON CITY COUNCIL

ELECT John **OPLANICH**

The Name You **KNOW**
The Man **YOU** Can **TRUST**.
*The Councillor you **NEED***



PROMISES

1. **Property Taxes** are out of control - **NO** new taxes in 2018. We are just trying to make a Living! Why does the City want to make a Killing! Your prop taxes will double in next 7-10 years. Is that what you want? A fixed % of our tax dollars **MUST** go back into the communities not **ACROSS THE RIVER**.
2. **Photo radar** is NOT going away. It's a cash cow. Ward 3 wants a piece. I'm proposing 1 photo radar unit per Ward. Funds generated would go directly to communities in the Ward. Empower our Community Leagues. They know best what is required.
3. City of Edmonton 4 day work wk **where possible** -10 hrs per day. Every Friday is OFF-happier employees-productivity increases-66% reduction in sick days. **MILLIONS** of dollars saved for the taxpayer. Proven. Read all about it on internet. City workers I have spoken with think this is a fantastic idea and they support it!!
4. **Employee self-managed** departments. It's time. Team Leaders. Team effort wins every time. Make public....city salaries.
5. **Pay City employees commissions**-They know where to cut and reduce spending in their departments. We need to **LISTEN**. Savings will add up to millions.
6. **Technology** - Smart phone APP to conduct surveys on any issue facing City Council. In a matter of hours you could have 100,000 responses. I want to know how **YOU** feel about an issue? Why spend millions on studies vs pennies??
7. **Infrastructure**-Our roads, sidewalks & alley's are crumbling. Just ask Baturyn, (I live here), Dunluce, Beaumaris, Lorelei, Evansdale and Kilkenny.
8. Fiscal Responsibility - stop borrowing and killing us with taxes to pay for it.
9. **No more tax increases to seniors** earning less than \$50,000/yr or 80 years old. They have limited resources.
10. We are the **Greatest Sports Town in Canada**. Bring back **City of Champions** signs. STOP wasting millions re-branding this City. **If Elected I'll pay for 1 sign myself**. I'll put my money where my mouth is. **Sportscaster Terry Jones gives ElectOplanich.com the thumbs-up on this one**.
11. Candidates in Ward 3. **PROMISE** if Elected, to serve for max of 1-2 terms. Then you are **OUT**.
12. **I promise** shovels in the ground digging **LRT to YMCA Castle Downs** within 4 yrs. We can't wait until 2030. We have been waiting 40 years. We were in the drivers seat during the 1976 Commonwealth Games. Now we're sitting in the back of the caboose pushing everyone else's agenda across the river. **What the H__ is going on ?**
13. I want to see \$2/household per month go to the Community Leagues from our Property taxes for beautification, community events, water parks, playgrounds, etc.
14. **I promise** to serve for max of 1-2 terms. Then I'm out. You want **REAL** change in City Council? **VOTE for this CANDIDATE**. 8 yrs is enough for any City Councillor. We don't need anyone that wants to be **carried out in a coffin**.
15. Support our police & fire depts that **keep us safe** & use more Peace Officers to patrol our neighbourhoods.
16. I understand the issues. I have solutions, not suggestions. **I'm COUNTING** on you. **I HOPE** you'r counting on me.
17. I **LIVE** in your neighbourhood. The decisions I make affect my family as much as your family. You are in very good hands with a **conservative** thinker!
18. **Ward 3 can't afford another 4 years in the back of the train**. Who's going to help me build a **WAVE** and **COOL** down City Hall with a **SPLASH!**

780-991-6741

www.ElectOPLANICH.com

Relax, leave the cleaning to us!



780.452.5730

shasta-roehr@mollymaid.ca



Yielding to Emergency Vehicles

Time is the enemy in an emergency. For everyone's safety, it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road:

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use *any* available road space to maneuver. This could include the shoulders, turning lanes, in order to pass other traffic.

When operating a vehicle:

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way;
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated;
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00;
- Always leave plenty of space between your vehicle and an emergency vehicle, should it be required to stop suddenly.

www.albertahealthservices.ca

News from NESA

The **North Edmonton Seniors Association [NESA]** is excited to share with the community some new changes and upcoming events happening at the centre.

Fitness Center Upgrades

NESA is pleased to announce that their fitness centre has been upgraded! Hours for the facility have also been extended allowing our members to enjoy more time here! We still have low fitness centre fees and no contracts! Effective September 15th, 2017 hours of operation are:

Mondays – Thursdays: 8:30am-7:00pm; Fridays 8:30am-4:00pm

All fitness centre members must have an active membership with the North Edmonton Seniors Association. Adults of all ages welcome!



Legal Week



Join us for Legal Week where your questions about wills, estates, and your legal rights will be answered. Resources and refreshments to be shared!

• Wills and Estates

- Monday, October 2;
9:30am-11:30am
- Thursday, October 4
6:30pm-8:30pm

• Alberta Law Society

- Tuesday, October 3;
9:00am-12:00pm

Pre-registration required. Please call 780-496-6969 for more information or to register!

Get Your Dance On!

Interested in learning some new moves or enhancing some of your current ones? Join one (or both!) of NESA's upcoming dance courses!

No experience necessary, just a love for dancing!



• Two Step and Jive

- Thursdays, October 12-26
7:00pm-9:00 pm
\$54 (\$84 Non-members)

• Two Step and Salsa

- Thursdays, November 2
-December 7
7:00pm-9:00 pm
\$72 (\$102 Non-members)

Wednesday Night Dinners and Dance



Delectable, home cooked, hot dinners available!
Doors open at 5:00pm, dinner at 5:30pm. \$19/person.
Call 780-406-0840 to make your reservation!
Dance from 7:00pm-10:00pm (Live band)
\$7/member, \$10/Non-member.

Upcoming Special Events

Sgt. Wilson Airforce Show

The Original Sound of The 40's and 50's

Thursday, November 23, 2017

2:00pm - 3:30pm

Tickets: \$12 per person

(purchase before November 16/17)



7524-139 Avenue
780-496-6969

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

Londonderry Community League AGM

Monday, October 23, 2017
7:00 PM @ Londonderry Community Hall
14224 74 Street NW

Londonderry Community League

Hall Rental

Check our website:
www.londonderry.online

LONDONDERRY CRIB NIGHT

Returns
**Friday,
October 6th**

@ 7:00 PM

\$10⁰⁰ per person

Upstairs Social Room
Londonderry Community Hall
14224 - 74 Street NW

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.

www.communityleagueneews.com

MORNING COFFEE GROUP



Tuesday, September 12th

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

Back to School Lunches

Healthy school lunches and snacks give children and youth energy and the nutrition they need for proper growth and development. Without healthy food, children may feel tired, have difficulty concentrating and may not have the energy they need to learn and play at school.

Here are some tips to make healthy school lunches to fuel your child throughout their day.

1. Involve your kids. Let them help plan and prepare their lunches.
 - Set aside time to make lunches a team effort. Making lunch can be fun and allow time to spend together. This can be a part of your family's routine; once the kids are home from school, or right after supper.
2. Bored with sandwiches? Switch it up. Use the same filling, but change the grain product. You can have more than a week's variety!
 - Try using whole grain wraps, pitas, small bagels, English muffins, flat-bread, naan bread or buns. Having some of these choices in the freezer can make it easy to switch up and help with reducing food waste.
 - Use hummus, tzatziki (cucumber yogurt spread), guacamole, or salsa as a sandwich spread to add flavour and variety.
3. Are sandwiches not an option? Try these instead:
 - Chili or stew (in insulated container) with grated cheese
 - Whole grain crackers, cheese, and carrot sticks and snap peas with hummus.
 - Oatmeal with fruit and nuts
 - Salad with meat or beans and grated cheese.
 - Fruit salad with cottage cheese and whole grain roll.
4. Make vegetables and fruit easy to eat. Prepare enough vegetables and fruit for a few days or the week instead of doing this every day. Some kids enjoy dips with their vegetables or fruit.
5. Include at least three of the food groups from Canada's Food Guide Aim to include a food choice from at least three of the four food groups from Eating Well with Canada's Food Guide for a balanced and healthy meal. Keep servings sizes appropriate for your child's age/appetite.

VOLUNTEERS NEEDED

Londonderry Community League is looking for
dedicated and enthusiastic volunteers to fill
various board, committee and volunteer positions.

Positions Needed

Maintenance Person
Event Volunteers
Bingo Volunteers
Membership Director
Sports Director
Treasurer
Lawyer

If you or someone you know is interested, please
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!

President's Message

Hello residents of Londonderry Community League, my
name is Angie Ewanchuk and I have been appointed as
President of the Londonderry Community League.

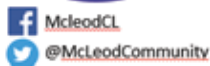
I am a mother of two and grandma of 4 wonderful
grandchildren. I have lived in the Londonderry Commu-
nity for the last 9 years and in the NE of Edmonton most
of my life.

I joined the Community League Board of Directors to
help rejuvenate the community league and put fun back
in our community with some great programs that are
interesting and educational for all community members.

Our Annual General Meeting is coming up on October
23, 2017 at 7:00pm in the community hall and we need
you to attend, bring your voice with you, we really want
to hear what you have to say and what you would like to
see happen in our community.

We have numerous positions to fill on the board and
welcome new faces and fresh ideas.
Some of the positions are Treasurer, Events Director,
Maintenance Director, Membership Director, Sports
Director. If you have any interest please give me a call
at 780-819-1214 and we can chat about the position you
are interested in.

Thanks to everyone who came out and helped us
celebrate Community League Day, we had lots of fun,
prizes and the kids had a great time getting a balloon
animal and spending time in the bouncy castle.



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

McLeod Remembers Veterans

In remembrance of their sacrifices for all Canadians, McLeod CL will place poppy wreaths at each of the veteran's grave at the local Hollick-Kenyon cemetery.

The wreaths have been purchased from the Canadian Legion Poppy Fund with proceeds supporting veteran activities. The ceremony is organized by No Stone Left Alone, so that each veteran grave in Canada is honoured before Remembrance Day. The public is welcome to attend.

Little Mountain Cemetery
16025-54 Street
Monday, November 6
10:30 am - 11:00 am

Matt Berry New Facility

The sub-committee of McLeod Community League continues to work, with Colliers' help, with City of Edmonton staff on the planning and construction of a new all-seasons community gathering place in the Matt Berry park at 59A St. and 160 Ave.

Results of the Sept. 26 Public Consultation will be shared in an upcoming issue of this newspaper.

McLeod Green Shack – Winter Hours

The McLeod Green Shack will run on Mondays, Wednesdays, and Saturdays from November 11th to December 8th. Weekday hours are 3:30pm to 6pm and weekend hours are 1pm to 5pm.

This is a City of Edmonton program, and information can be found at www.edmonton.ca/playgrounds or by calling 780 496 6950.

McLeod Annual General Meeting

You are invited to attend McLeod's AGM taking place Thursday, October 26 at 6pm in the main hall. Please present your 2017-2018 McLeod membership card to receive a voting ballot.

Positions available for a two-year term (2017-2019):

President
Communications Director (incumbent)
Secretary (incumbent)
Sports Director
Grants Director (incumbent)
Facilities Director
Casino Director (nomination received)
Area 17 Representative
Social Director
Volunteer Director (incumbent)
Youth Director

Position available for the remaining one year (2017-2018) of a two-year term (2016-2018):

Matt Berry Community Representative

If you have any questions about these positions, please do not hesitate to contact Leanne at president@mcleodcommunityleague.ca.

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.

October 11, 2017, 7:00pm – Ward 4 Candidates Forum

October 20, 2017 – Movie Night
Doors open at 5:30pm, concession available

October 21, 2017 – Halloween Party
For tickets and more information, please contact Liz at social@mcleodcommunityleague.ca.

October 26, 2017, 6:00pm – McLeod Annual General Meeting
Left doors of building

November 4, 2017, 7:30-10:30pm – WEM Waterpark Event
Tickets are only \$15 each, email president@mcleodcommunityleague.ca to purchase.

November 6, 2017, 1030-11am – No Stone Left Alone
Little Mountain Cemetery

President's Message

I've received some questions about our Community Service Policy which some still refer to as a Volunteer Commitment.

Community service is NOT volunteering; it is a mandatory activity that parents commit to as a condition pursuant to registering their child in McLeod's sports programs.

It is through Community Service that McLeod acquires the resources to maintain its facility and put on free or low-cost events for the community.

According to Volunteer Canada (<https://volunteer.ca/content/volunteering-and-mandatory-community-service-exploring-theme>):

“Volunteering is usually thought of as unpaid work undertaken willingly for the benefit of others. In contrast, mandatory community service is mandatory unpaid (or paid less than the prevailing wage) work undertaken in the community, usually to benefit the community in general or specific members of the community other than those performing the service.”

Our most recent sports registration sessions in August and September 2017 did not result in all of our events and bingos being filled through Community Service as we expected. As a result, we may have to cancel a bingo or two or a community event that we normally put on. If you are willing to volunteer your time to assist us, please contact Julie at volunteer@mcleodcommunityleague.ca.

McLeod does not have a base of volunteers that are willing to assist when needed. We hope that those reading this newsletter consider joining us by offering to help – however much time you have to offer (we will gladly accept any and all offers of assistance!). Those of us on the McLeod Board of Directors volunteer countless hours throughout the year to make your community a better place to live and play. Recently, the Edmonton Federation of Community Leagues made a point of mentioning that McLeod is a “model” league which we are extremely proud of.

*Proud to be a volunteer,
Leanne Rosinski*

McLeod Indoor Soccer Update

The indoor season kicks off October 14th at Edmonton's three soccer centres.

McLeod has 19 teams registered this season in age groups from U6 to U18. U6 and U8 play Saturdays at the soccer centre on Victoria Trail. U10 and U12 play Saturdays at any of the three soccer centres. U14 – U18 play Sunday at any of the three soccer centres. We sincerely wish all teams playing indoor soccer good luck.

Please email soccer@mcleodcommunityleague.ca if you have not heard from your coach by October 7th.

One question I frequently receive is how are practice times, and locations determined? Once teams have been assembled and coaches assigned, coaches select a gym and time that best suits their schedule from a gym inventory provided by EMSA North.

U6 and U8 teams have 4 practice times built into their registration fee, U10 and U12 have 10 practice times, and U14-U18 have 12 practice times. McLeod authorizes coaches to select additional practice times again from an inventory of EMSA North gym times. We'd like to see teams practicing weekly, but that's not always possible.

Thanks to all the volunteers that helped at our registration sessions, organized equipment for the indoor season and the coaches, assistant coaches and team managers that graciously volunteer their time. We couldn't do it without you.

Todd
McLeod Soccer Director

Community Safety Director

Alberta Traffic Safety Calendar Focus for October is Pedestrian Safety. The responsibility to keep pedestrians safe is on the drivers and the pedestrians. If we both work together we can keep pedestrians safe. Here are some tips to help

DRIVERS

- Take a good look before you turn
- Make eye contact with the pedestrian to determine if they are going to cross
- Do not drive distracted. Ensure you are not on your cell phone or electronic devices

PEDESTRIANS

- Watch for turning vehicles
- Do not step out onto the roadway until you have made eye contact with the driver
- Wear bright clothing in poor lighting/weather and/or night time
- Cross the street only at designated crossing points, preferably at marked crosswalks
- Ensure all vehicles have stopped before stepping out on roadway. One stopped vehicle doesn't mean the next one will stop.
- Don't be distracted. Put down your cell phone and turn off any music or other distractions

SCHOOL ZONES

30 km/h between 8am-4:30pm on school days where school zone signs are posted. Please be cautious at drop off and pick up times as there is large amounts of vehicle and pedestrian traffic at these times. Please obey parking signs at/or near school zones. Please do not block residents' driveways even if you are remaining in the vehicle waiting to pick up your child or children.

Emergency Response Vehicles & Tow Trucks

Motorists must reduce speed to 60 km/h or less if the posted speed limit is lower, when

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passing emergency vehicles or tow trucks that are stopped with their lights flashing. The law applies to the lane(s) directly next to the stopped vehicles. If caught speeding the fine amount doubles.

Home Safety

Fall is upon us and with the temperatures slowing going down, it would be a great time to have your furnace, fireplace and any other gas appliances checked by a certified technician. This may prevent issues and help to ensure they are operating efficiently.

Other safety tips include

- Do not place any flammable materials near your furnace. This includes fabrics, paint cans, cardboard.
- Clean your Gutters
- Clean your Dryer Vent
- Check/Test your Smoke and Carbon Monoxide Detectors
- Check your fire extinguishers

Car Safety

Again, with temperatures starting to go down, now would be a great time to get any existing mechanical repairs completed, or an inspection of your vehicle by a certified technician. Consider purchasing winter tires and having them installed. Additionally, consider having an emergency kit in your vehicle that would include snack food that won't freeze (granola or energy bars), blanket or sleeping bag, extra gloves, toques, socks, booster cables, emergency flares, flashlight, candles, matches, snow shovel, tow rope, and cell phone charger. Try to leave a minimum of half a tank of fuel before heading out on the road.

Welcome to the McLeod Community Dance

My name is Miss Amy and I am the program director for the new McLeod Community League Dance Program. The program is off to a great start - thank you to everyone who came out to the registration events to inquire about the new program. Myself and the teaching assistants (Mr. Tanner, Miss Marisa, and Miss Mikayla) are looking forward to sharing our love of dance in a positive, supportive and fun atmosphere with the dancers joining us this season.

Don't worry though, it's not too late to register! We are extending our registration until October 09, 2017. Don't miss out on this exciting new dance program!

We offer classes in Ballet is the foundation of every form of dance! Ballet develops discipline, posture, coordination, poise and strength. Hip-Hop, the dance style that refers to street dance styles primarily performed to hip-hop music or that evolved as part of hip-hop culture. Jazz, this style is energetic and fun, consisting of unique moves, fancy footwork, big leaps, and quick turns. Lyrical helps students develop a deeper connection and emotional interpretation of dance. Tap is all about creating rhythms with your feet! Tap dance is a form of dance characterized by using the sounds of tap shoes striking the floor as a form of percussion. Pre-School which is an introduction to dance consisting of Hip-Hop and Jazz dance. This program allows children to explore movement, imagination, and musicality in a structured but upbeat setting.

At McLeod, we believe that dance should be part of everyone's life in some way, shape or form! If you are looking at adding dance into your life, let us see if we can help! Please contact us at dance@mcleodcommunityleague.ca to register! Classes are held on Monday evenings.

McLeod HIIT

(High Intensity Interval Training) Kickboxing

Our bodies are constantly adapting to everything we do which is why it's so important that our workouts are anything but routine. At McLeod HIIT Kickboxing we use high intensity interval training to optimize and challenge the body and our natural ability to adapt. H.I.I.T Kickboxing is our dynamic fitness program that combines heavy bag work, resistance training, cardio intervals and much more! The workouts are explosive, high energy and deliver results.

HOW MANY DAYS A WEEK DO I NEED TO TRAIN?

We offer classes Tuesdays and Thursdays for 7-8:15. The more you commit to our fitness program, the greater the results. Commit to one evening or both. Drop-in for \$10 or sign up for 10 sessions for \$50. Sessions are at McLeod hall and are open to all ages.

WHAT CAN I EXPECT FROM A TYPICAL CLASS?

H.I.I.T. Kickboxing classes change regularly as to not allow your body to get used to any one exercise. You can expect everything from body weight exercises, resistance training, cardio kickboxing, and a fun energizing environment. Please feel free to stop by and watch a class.

Drop in or sign up at <http://mcleodcommunityleague.ca/hiit-kickboxing>



Miss Mikayla, Miss Amy (Program Director), Miss Marissa, Mr. Tanner

McLeod Supports the Roast of Councillor Ed Gibbons

Over the summer Councillor Ed Gibbons announced that he would not be running in the upcoming Municipal Election (Ward 4). Councillor Gibbons has been very active for over 12 years in Northeast Edmonton growing and developing businesses and communities, as well as the City of Edmonton and the Province of Alberta.

We invite you to join us in celebrating his journey and accomplishments with a Roast. (Doors open at 5:30 PM and Dinner starts at 6 PM)

Details surrounding the MC and Roasters coming soon.

If you would like to contribute a story talking about your experience and interactions with Councillor Gibbons, please send us an email: info@neba.ca

Tickets: Available at www.neba.ca
Individual (NEBA Member): \$35
General \$40
Table of 6: \$220

Clareview Rec Centre Access for McLeod

Want your family to have a free fun night, and shake out that energy? Free adult date night for fitness instead of a movie? A safe place to walk or run laps once winter comes?

Remember, your 2017-2018 McLeod community league membership gets you free access to the Clareview Rec centre fitness centre, pool, gyms, indoor track, and ball pit every Saturday night from 6 pm - 8 pm.

You need to live in Hollick-Kenyon, Matt Berry/McLeod Park, Miller, Casselman or McLeod to purchase our membership. To purchase online www.efcl.org

Other membership benefits and a full list of our activities are at our website www.mcleodcommunityleague.ca or follow us on Facebook.



Yoga at McLeod

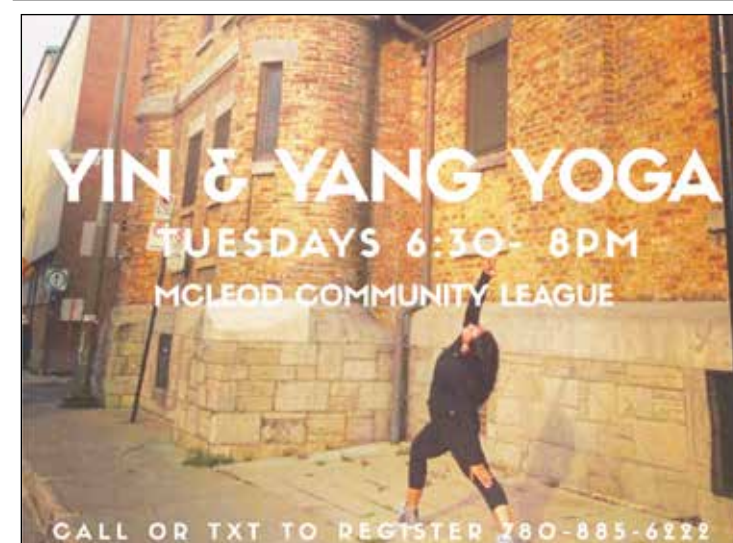
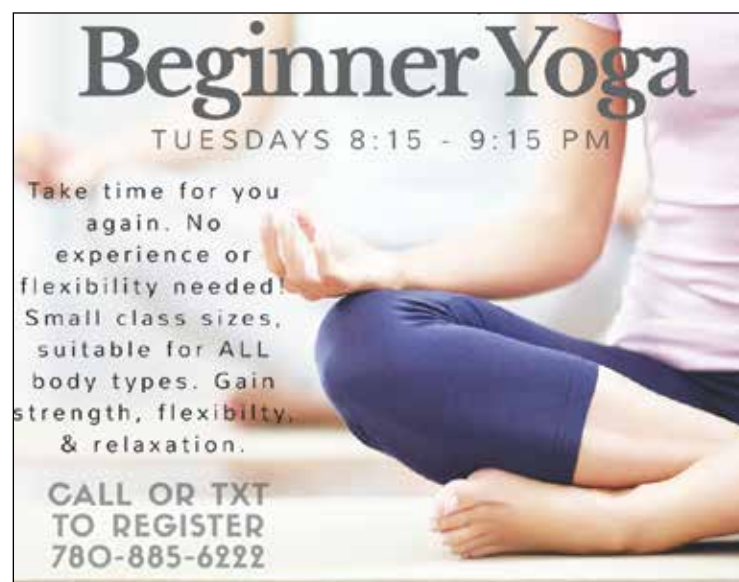
Yoga is resuming at McLeod for the Fall of 2017:
Tuesdays Yoga & Fitness
5:15-6:15pm Body Sculpt (fitness w light weights) 630-8pm
Yin & Yang Yoga (balance of strength&relaxation)
8:15-9:15pm Beginner Yoga


60 min class \$130 / 90 min class \$160
\$15 Drop-in, if space available; call 780-885-6222 to register/inquire.

Prenatal Yoga at McLeod

Join Nicole for prenatal yoga; classes that are designed for expecting moms. The class ensures safe and effective yoga postures to sooth physical and emotional changes in the body & mind. Breathing and meditation techniques will be weaved into the practice.

McLeod Community League:
Programs room
Session 1:
Wed, Oct 4- Nov 1
7:00- 8:15 pm
\$65
Session 2:
Wed Nov 8- Dec 6
7:00- 8:15 pm
\$65





Your common sense candidate Tricia Velthuizen

WARD 4 ✓

As a lifelong north Edmontonian, I will fearlessly tackle the issues that matter most to you and your family such as restoring fiscal common sense at City Hall, creating a safer northeast Edmonton, improving transit services and ending short-sighted city planning.

Join me in putting northeast Edmonton back on the map!

VoteTricia@gmail.com www.VoteTricia.com 780.667.VOTE (8683)

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Enroll by April 14, 2018 and receive \$300 off your tuition

EDMONTON Classes:

May 14, 2018 - Feb 01, 2019

Schedule: Monday, Wednesday & Friday 5 – 9 PM



Text or call to get more info!
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- Government student funding available



Upcoming Edmonton Classes

Personal Fitness Trainer - October 23, 2017

Applied Nutrition Science - January 30, 2018



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—elect—
**HASSAN
HAYMOUR**
FOR CITY COUNCIL WARD 4

Vote Monday October 16th, 2017

📞 780.916.0644 ✉ hassan@hassanhaymour.ca 🌐 hassanhaymour.ca

📍 /haymourfor4 🐦 @hassan_haymour 🏠 #24, 12981 50 St NW, Edmonton, AB





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	



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.

President's Message

I hope everyone has had a restful and fun summer! Our group of volunteers have worked hard over the summer to plan some new activities and events for the next year, please take a look at what we have planned, and I hope to see everyone at these events!

Northmount is looking for Bingo workers for some upcoming volunteer events, if you are interested in helping us out, please contact myself or our Bingo director, Angela. Our contact information is listed under the board members section of this newsletter. In order to put on these fun activities and events, we need dedicated volunteers to help us fund-raise to make this possible!

I also want to extend an invitation to anyone interested in attending a Community League meeting, our meetings are every 3rd Tuesday of the month starting at 7 PM, and we will be meeting at the back of the hall, enter by the doors at the back of the parking lot.

*Thank you and take care,
Meagan Plamondon*



Northmount Community League Membership BLITZ!!!

Northmount Community League will be giving out free memberships to anyone who lives in Northmount and signs up to be on our volunteer list. Free Memberships will only be given out on October 21, 2017 from 10 AM until 2 PM. If you are unable to volunteer, memberships will be for sale at this time only, for 50% off the regular price. At all other times, membership cost is \$25 for a family (couples or parents and all children living in home) or \$15 for a single person.

If you have any questions, please contact Robin: 780-473-8634.

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 10 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.

- *Children and Teens* will be from 7-8 PM on Monday nights.
- *Adults* will run every Monday and Wednesday from 8-9:30 PM.

For more information, please contact: sid-plamondon@outlook.com or at 780-478-2010.

Registration requires a community league membership, \$65 registration fee and a volunteer deposit cheque. The volunteer deposit cheque will be returned once a volunteer commitment is fulfilled. The cheque will only be cashed if the commitment is not fulfilled.



Getting Social with Northmount

Northmount's Famous Ladies Night is Back!

Our Adult Only Ladies Night is lots of fun! There are vendor tables to do your holiday shopping, and always some special entertainment or a keynote speaker (TBA.) Ladies Night will take place on November 24, 2017 at 7 PM, tickets are \$7, contact Robin for tickets or to purchase a vendor table, 780-473-8634

NEW! Bring your own Craft Night

Northmount will be hosting a bring your own craft night every Thursday evening from 7-9 PM. Free coffee and tea will be provided for anyone showing a current EFCL Community League Membership (from any community league.) Bring a friend or meet someone new, while enjoying a night of crafts! Our first Craft Night will be on October 5th, 2017.

NEW! Senior's Coffee and Tea Club

Northmount will be hosting a Senior's Coffee and Tea club, please join us, along with friends from around the neighborhood. Free Coffee and Tea will be provided for anyone showing a current EFCL Community League Membership (from any community league.) Coffee and Tea will be served the 1st and 3rd Tuesday of each month from 9:30-11:30 AM. Our Senior's Coffee and Tea Club will start on October 3, 2017.

Northmount Walking Group

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.

Please note: A current EFCL membership (any community league) is required for insurance purposes.

Mark October 21st on Your Calendar for the Following Exciting Events!

Halloween Family Fun Day

In Lieu of the Spaghetti Dinner, Northmount will be hosting a Free Family Halloween Fun Day, join us on October 21, 2017 from 10 AM until 2 PM for:

- Games
- Face painting
- Prizes
- Light refreshment's
- And more!

Costumes are optional.

Northmount's 3rd Annual Pumpkin Carving Contest

Here is how it works:

1. Reserve your Free Pumpkin and contest kit before October 14th at 9 PM by calling or texting Suzanne at 780-993-2064
2. Pick up your free Pumpkin, and contest kit on October 21st between 10 AM and 2 PM at Northmount Community League Hall
3. Carve your Pumpkin and upload a picture of your completed pumpkin to our Facebook Group by 8 PM on Halloween Night. If you do not belong to Facebook, have your pumpkin on your front lawn before 5 PM on Halloween Night.
4. Wait for our team of Judges to walk around or check Facebook to score each Pumpkin in the following categories:
 - Best Jack-O-Lantern
 - Scariest Pumpkin
 - Most Creative
 - Best Carver
5. Look for the winning pumpkins on our Facebook Group: Northmount Community League Edmonton
6. These Free pumpkins are available to anyone living in Northmount with a Community League Membership. Memberships will be available to purchase at the hall at time of Pumpkin pick up, or for free if you volunteer.

Teen Driver Safety

Driving is a risky experience for all of us but it is most risky for teenagers in their first year of unsupervised driving. Car crashes are the leading cause of death among teens in Alberta. Not all risk is bad; risk is a necessary part of healthy teen development. It is important that teens take Smart Risks when driving. For more information on the smart risk approach visit: <http://www.alberta-healthservices.ca/injprev/Page4880.aspx>

Encourage your teen to look first. This means being prepared to drive, every time, by checking road conditions and mapping routes before they get into their car. It is also important to check tires, adjust seats and rear-view mirrors before driving. Remind your teen to buckle up,

no matter how short the drive. It is the law. Teens can get trained by taking a driver's education course from an unbiased expert who has years of experience teaching new drivers. Enforce with your teen that it is the law to drive sober. Set a rule against drinking and driving.

Aside from encouraging your teen to take smart risks when driving, there are many things you can do to help keep your teen safe:

1) Set a good example behind the wheel by modeling the smart risk behaviours above. Always wear your seatbelt, never speed and be respectful of other drivers and pedestrians on the road.

- 2) In addition to driver's education, teach your teen how to drive under your supervision in low risk conditions before moving up to more risky situations.
- 3) Stay informed about Alberta's Graduated Driver Licensing (GDL) laws and speak with your teen about it.
- 4) Using the Parent/Teen Driving Agreement with your teen can help you with all of these things. This agreement will help you start and keep an open, honest dialogue with your teen about their driving behaviour. It will also help you work together to set boundaries and build trust.

MANHEIM IS HIRING

Part-Time Block Clerks


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Ask Charles

I made an offer on my dream home and stopped looking at other properties. My offer was not accepted, and I later learned the house was already conditionally sold at the time I made my offer. Doesn't the seller have to tell me the house is conditionally sold before I make an offer?



No. Sellers do not have to disclose to buyers if their property is conditionally sold to another buyer.

Sellers are in the driver's seat when it comes to disclosing the status of their property's listing, and that includes whether they disclose when it is conditionally sold. If the seller instructs their agent not to disclose to buyers that their property is conditionally sold, the seller's agent must follow those instructions.

Remember that conditionally sold is not the same thing as sold. If the conditional offer falls through, the seller has to begin the process of attracting potential buyers again. But, if they continue to market the home while it is conditionally sold, they increase their chances of having a backup offer from another buyer in the event the first buyers don't waive their conditions.

I understand this was your dream home, you stopped looking at other properties once you made your offer, and it's frustrating to not get the home, but your agent should have advised you of the possibility of the property being conditionally sold. In doing so, they could have also advised you of possible other courses of action.

While a seller isn't required to disclose that their property is conditionally sold, your agent can always ask if it is. In that case, the seller has two options – they can instruct their agent to answer the question – and if doing so, they must answer it honestly and not lie. Or, they can instruct their agent to refuse to answer. If the seller's agent refuses to answer the question, you can probably read between the lines. Choosing not to answer the question can be an answer in itself.

So, what do you do in the event you find a home you want to see, but you're worried about it being conditionally sold?

If you love the home, go see it even if it is conditionally sold. This way, if the first conditional sale falls through, you'll be prepared to make an offer right away. Or, even submit an offer as a backup so that it's considered as soon as the first sale falls through.

"Ask Charles" is a question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.

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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.

IMPORTANT NOTICE : CASINO ALERT

As you probably know Steele Heights Community League operates on a non profit basis and must raise funds to support the various recreational, cultural, social and children's sports programs which it runs. Our main source of funds come from working casinos.

Our next casino is at the **Yellowhead Casino on January 1st and 2nd 2018** and requires approximately 40 volunteers for the two day event.

If you are available on one or two of these dates please call our Casino Director, Cecil Gibbs at 780 473 2728; your support of this extremely beneficial event will enable Steele Height Community League to continue and enhance the programs now offered. We thank you in advance.

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
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ELECT

Felix Amenaghawon

Ward 4 Edmonton City Council



Community and family are the bedrocks of a nation.

Join me and let's make this happen on October 16.

You and I, together we can make Ward 4 a true and better community.

It's about you as an Edmontonian in this ward.

LET ME BE YOUR VOICE!

Contact me and let's talk about ward 4 progress;
Telephone: (780) 257-2199
Email: felixamen.yegcouncillor@gmail.com
Website: www.felixamen.ca
Facebook: www.facebook.com/voteFelixamen/
Twitter account: @FelixamenYegc

Introducing Felix Amenaghawon

Felix Amenaghawon lives in Northeast Edmonton, Ward 4 in Belmont community with his family. He graduated from University where he earned B. Engr. Production Engineering and M. Sc. Mechanical Engineering. From NAIT, he earned his certificate in Mechanical Engineering Technology. He has professional certifications in Engineering, Project Management, Safety and Information Technology, Pastoral studies from North America and other International Institutions.

Felix has over 20 years experience, working and leading infrastructure maintenance and project management in the private and public sectors. Currently, he is employed in a management role with a municipality.

Felix gives back to his community through volunteering with Edmonton Region Immigrant Employment Council (ERIEC) where he mentors internationally trained professionals to prepare them for success in the Canadian workforce. He is actively involved in his church community, specifically with newcomers in preparing them for life in Canada. As well, he has volunteered at a local high school where he instructed after-school math and science to help improve the knowledge of the students.

My platform and Plans for Ward 4

- Infrastructure development in the municipality focusing on Ward 4
- Develop and implement initiatives that enhance Edmonton's status as an attractive place to live, raise a family, do business and invest in our city
- Encourage small business entrepreneurship through community centres
- Improve recreation and senior's centers
- Community and environmental commitment to safety and security
- Through my work experience with municipal agencies, I am well acquainted with the vast issues that concern our citizens such as;
 - Infrastructure development and maintenance
 - Property tax
 - Transportation: LRT and bus frequencies & accessibility, LRT parking, bike routes, neglected back alleys
 - Older neighborhood renewal and its associated costs
 - Equal access to facilities in Ward 4 comparable to other wards in the municipality
 - More funding for public safety and enhanced community security

LET ME BE YOUR VOICE! I will do my best to address your concerns.
Please feel free to contact me to discuss your views and suggestions.



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