

NORTHEAST VOICE

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

August/September 2018



Published by Calder Publications. To advertise please call 780-918-0336 or email josh@communityleagueneews.com

Two-Bite Raw Brownie Balls

Congrats to Rayann, the lucky winner of Evansdale's home recipe contest! She calls these brownies "a healthy alternative to your average brownie". Guaranteed rave reviews from family and friends! You can follow her on Instagram @cooking_withrayray for other inspirational recipes.

- 1 ½ cup dates
- ¾ raw cashews
- 3 tbsp organic cacao powder
- 1 tbsp melted coconut oil
- 1 tsp vanilla extract
- pinch of Himalayan salt

Blend everything in a food processor or blender to form a dough like consistency. You can make them into squares or balls and melt dark chocolate in a double broiler or like I did and just throw it in the microwave. Pour over brownies and add fresh or frozen raspberries. Hope you enjoy them! I sure did :-)



Paint Night at Northmount

You are invited to attend Northmount's Paint Nights! We have 2 events booked this fall! Thursday, September 20, 2018 and Saturday, November 3, 2018 starting at 7 PM, doors will open at 6:30 PM. We will have an instructor taking participants through a guided paint class (all levels of painters are welcome!) for \$40 you will get the instruction and supplies to complete a piece of art, as well as free coffee, tea, and light refreshments. Tickets for this event must be pre-purchased as there will be a limited number of seats available. If you have any questions, please call or text Meagan: 780-270-1212. You will also need to have a Community League Membership to purchase a ticket. (Please purchase your membership from your home community). Please watch for the events on Facebook to see the painting that we will be completing.

Registration: August 22nd, September 5th, and October 25th from 7:30 PM until 8:30 PM

Kilkenny Hockey Registration

Register for the Edmonton Northeast Zone (NEZ) Eagles by first completing the Hockey Canada's Online Registration forms. (You can find a link at www.kilkenny.ab.ca) Secondly, please have your Kilkenny Community League Membership printed and in hand. Third, please attend the in-person registration process located at Evansdale Hall (9111-150 Avenue NW) at one of the specified times:

Wednesday, August 22 @ 7:00-9:00pm

Wednesday, August 29 @ 7:00-9:00pm

For more information, please contact Kelly Peacock at 780-405-0160.

Upcoming Events in the Northeast

August:

- 7: Club Registration starts at NESA
- 13: Fall Program Registration & Membership Renewal starts at NESA; 8:30am; Bring Membership Card
- 13, 15, 20, 22, 27, 29: Hapkido at Northmount; 8pm (adult/advanced); \$10 drop in
- 13, 20, 27: Hapkido at Northmount; 7pm (children/beginner/family); \$10 drop in
- 14: Yeg Youth presents Youth Art Show; Location TBD
- 16: Yeg Youth presents Hoops: Free 3 vs. 3 Basketball Tournament at Blue Quill Community League; 12:30pm
- 17: Story House with Tololwa Mollel at EPL McConachie; 2pm
- 18: Community Gardens Workshop at Cloverdale Community League; 9am-noon; \$5
- 21: Yeg Youth Music Festival at Hawrelak Park; 1-6pm
- 22: Fall Program Registration at Northmount; 7:30-8:30pm
- 22: Hockey Registration at Evansdale Hall; 7-9pm
- 23: Exploring the Impossible with Magician Sheldon Casavant at EPL Londonderry; 3:30pm
- 28: Sports Registration at Kilkenny Hall; 6:30-8pm
- 29: Hockey Registration at Evansdale Hall; 7-9pm
- 29: McLeod indoor sports and programs registration at McLeod Hall; 6-8:30pm

September

- 5: Play School Registration at Kilkenny Hall; 6:30pm
- 6: Sports Registration at Kilkenny Hall; 6:30-8pm
- 5 & 6: McLeod indoor sports and programs registration at McLeod Hall; 6-8:30pm

September continued

- 7: Welcome Back BBQ & NESA Open House; 11:30am-2:30pm; \$10
 - 7: Sing, Sign, Laugh & Learn at EPL McConachie; 10:30am
 - 8: Playground Fundraising Carwash at Northmount; \$10
 - 8: Late Sports Registration at Kilkenny Hall; 10am-1pm
 - 16: Community Day at Kilkenny Hall; 11am-3pm
 - 16: Practise English at EPL Londonderry; 1:30pm
 - 19: Baby Laptime at EPL McConachie; 2pm
 - 26: Book Club at EPL Londonderry; 7:30pm
- If you have an event that you would like to see on this list, please e-mail youth@mcleodcommunityleague.ca.

Location Addresses:

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

Londonderry Community League

Family Fun Day

**Celebrating 50 years of the
Londonderry Community League!**



Saturday, September 22, 2018

1 - 4p.m.

14224 - 74 Street NW

**Join us for a free BBQ, a trip down memory lane
and activities for everyone!**

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
Mazen Kaddoura	Treasurer		treasurer@evansdale.ca
Sue Harris	Credits	780-473-8796	credits@evansdale.ca
Jim Young	Secretary		secretary@evansdale.ca
Elaine Sarac	Membership Director	780-476-7442.	membership@evansdale.ca
Todd Sharkey	Hockey Director	780-238-3910	hockey@evansdale.ca
Shawna Walsh	Bingo Director		bingomanager@evansdale.ca
Jenilee Hoffort	Sport Explorerz Director		
<i>Vacant-volunteer today!</i>	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
<i>Vacant-volunteer today!</i>	Eaux Claires Playground	780-641-6171	ecbr@evansdale.ca
Terri	Hall Rentals	780-478-4444	hallrentals@evansdale.ca
N/A	Skating Rink	780-478-2577	
Cassandra Rijavec	Club Coordinator, Boys & Girls Club/Big Brothers Big Sisters	780-822-2560	Cassandra.Rijavec@bgcbigs.ca

Community League Memberships

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

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

Contact Elaine Sarac at membership@evansdale.ca or 780-476-7442 to get your Evansdale Community League membership. Please leave a voice message if you cannot reach Elaine by phone!

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

Evansdale Hall Rental Information

Weekend rates: Friday 12noon to Sunday 3pm

\$550 damage deposit

\$550 rental

Friday/Saturday/Sunday

\$450 damage deposit

\$450 rental

Monday – Friday

\$325 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 Terri at 780-478-4444 or hallrentals@evansdale.ca.

Hockey Registration Aug 22nd & 29th

Hello all!! I hope everyone is finally getting to enjoy the summer weather after a very long and cold winter. I'd like to wish all the Evansdale hockey families the very best for an awesome safe summer! It won't be long and hockey season will once again be right around the corner and the arenas will be filled with excited players, happy parents and fans of all ages.

Online hockey registration is already open. The in-person portion of the Registration will be August 22nd and 29th. These dates are subject to the availability of Evansdale Community League Hall. Please refer to the NEZ Eagles website www.edmontoneagles.ca for more details and registration information.

I would like to also remind those parents that have taken the mandatory Respect in Sport for Hockey Canada Parents in the past it now has an expiry date of 3 years and we are all required to renew the course online at <https://hockeyalbertaparent.respectgroupinc.com/>. Only one parent per family is responsible for taking the course and this must be completed prior to hockey registration with your specific organization.

Take care and see you at the rink!

All the Best,
Todd Sharkey
Hockey Director
Evansdale Community League

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



Benefits of Community League Membership



Free community league swims:

Londonderry Pool (14528 66 Street) Sundays 4:15-5:45 pm

Grand Trunk Pool (13025 112 Street) Sundays 4:15-5:45 pm

O'leary Pool (8804 132 Avenue) Saturdays 4 – 6 pm

Discount on City of Edmonton annual wellness passes

Hall rental discount

Discounts for community league events and programs

Play community sports such as soccer

Green Shack Program throughout Summer

Join in cooperative games, sports, crafts, music, theatre, nature and free play! This program runs every Monday to Friday 10am-130pm & 230pm-6pm at Evansdale Playground and Poplar Park (Belle Rive) and 10am-130pm at Eaux Claires.

Children under the age of six are welcome as well, but must be supervised by a parent or guardian at all times. Find a calendar of planned activities on the side of each Green Shack every week. If there's a game kids would like to play, they can just ask the Program Leader!



Kilkenny Community League News

Kilkenny Indoor Soccer Registration 2018-2019

Indoor Soccer Registration Dates:

Tuesday August 28, 2018 - 6:30pm to 8:00pm

Thursday September 6, 2018 - 6:30pm to 8:00pm

Late Registration: Saturday September 8, 2018 - 10:00am to 1:00pm

All Registration Dates take place at Kilkenny Hall - 14910 - 72 Street

Registration Process

1. Register online in the EMSA Soccer Portal. If you have played in the last 3 years, you will have an account. New players must create an account (<https://emsasoccerportal.com>).

2. Print 2 copies of the player summary confirmation and bring them to registration. This printed copy will give you the date and address of the registration as well as a list of all the items to bring to complete the 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 the Kilkenny registration session at 14910 - 72 Street to purchase a community membership (A New Membership is required for the Indoor Soccer Season 2018-2019), sign up for a volunteer commitment (or pay

out the commitment fee), and pay your registration fees.

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

5. Proof of address is required - a piece of ID or mail with your Kilkenny address on it.

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

7. 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.

8. If you are wanting to transfer to another community, I advise you to register as early as possible as we have had some communities reject transfers if their programs are full.

9. Deposits for uniforms will be taken when the uniforms are handed out by the coaches and not at registration. The uniform deposit will be \$75.00.

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.

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

Do you or someone you have content that you would like in the Northeast Voice? We would like to hear from you!! Feel free to send in a picture and the appropriate information and we will include it in the next newsletter!! Please send it to Sean, Kilkenny Publicity Director at publicity@kilkenny.ab.ca or leave a message at 780-473-2771.

Play School Registration

Do your 3 and 4 year olds need a little learning and a lot of play? Wouldn't you love to see them excel? This community run play school may be just the thing you're after!

Wednesday, September 5 @ 6:30pm

For more information, please visit their WEBSITE: (<http://kilkennyplayschool.wix-site.com/kilkennyplayschool>) or call 587-590-6204.



Halloween Party Coordinators Needed

Kilkenny's Community League needs a group of people to organize our yearly Halloween Party in October. Anyone interested in helping out are asked to please contact Anna at 780-478-3269. It's never too early to start planning a great event.

Casino Volunteers Needed

Kilkenny's Community League needs some volunteers for our fundraising Casino September 14 & 15, 2018. Please contact Donna at Area17@Kilkenny.ab.ca for more information.



President's Message

Hi, everyone! Summer is in full swing!! I hope everyone is having fun and safe times outside in the warm weather.

We look forward to seeing all the families coming in for the sports registrations happening in August. It's a great opportunity to meet others and choose volunteer events that interest you. We ask for your patience as we process all the requests.

As always, the Kilkenny Executive welcomes new volunteers. We are open to ideas and suggestions, if you would like to attend one of our meetings or simply assist with one event, our doors are always open.

Our hall will still be available for rental during the summer please check our website for availability or leave us a message; 780-

478-2481

We will be having a garage sale July 6 and 7. If interested in renting a table please call Anna 780-478-3269. Local crafters and artisans are welcome as well.

A final reminder to give our kids a break! Please slow down and drive with caution around ALL parks and playgrounds there are many excited kids out and about!

As there is less activity in and around the hall during the summer months we ask that you keep an eye on everything and to not hesitate reporting any suspicious activities to the police.

Thank you,

Anna

Kilkenny President

Save The Date

Soccer Registration: August 28, 6:30-8:00, September 6th, 6:30-8:00, 8th 10:00-1:00 at Kilkenny Community Hall

Hockey Registration: August 22 & 29, 7:00-9:00 at Evansdale Hall (9111-150 Ave NW)

Playschool Registration: September 5, 6:30 at Kilkenny Community Hall

Community Day: September 15, 12:00-3:00 at Kilkenny Community Hall

Hall Rentals

The Kilkenny Hall is available for rental!! It is the perfect space for your special event, meetings, weddings and any other social event. Please go to <http://www.kilkenny.ab.ca/facilities/view> to have a look and click on "Book Facility" to...you guessed it... book the facility! The website will also show you when the hall is available. Feel free to call 780-478-2481 to leave a message for bookings as well.



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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 Membership

The league has 2018 – 2019 memberships available!

Membership Cost

Family \$20

Individual \$10

Seniors are Free but a donation is appreciated

What are the Benefits of Membership?

Access to league activities and programs,
Voting rights at all league meetings,
Discounts on annual or multi-visit passes
to City of Edmonton Leisure Centres,
25% off regular priced tickets at Jubila-

tion's Dinner Theatre,

Discount on hall rental (some conditions apply),

Free swimming at these City of Edmonton facilities:

Londonderry Pool

Sundays 4:15 p.m. to 5:45 p.m.

O'Leary Pool

Saturdays 3:45 p.m. to 5:45 p.m.

Grand Trunk Pool

Fridays 7:00 p.m. to 9:00 p.m.

Sundays 4:15 p.m. to 5:45 p.m.

www.londonderry.online

10 Ways to Relax This Summer: Truly Unwind and Unplug to Be Happy and Balanced

By Diane Lang

Summer is in full swing: kids are out of school, family vacations, beach outings, BBQs, and many other fun summer activities we all love to do. Although most of us work during the summer, it's also a time to enjoy and relax.

Learning to truly unwind and unplug will help us become happier and more balanced leaving us refreshed for fall saying, "That was a great summer!"

Here are my tips to help you truly relax this summer:

1. Spend some time outdoors. When we spend our time in nature, it naturally calms us and gives us a feeling of inner peace. The bonus is natural sunlight which gives us our vitamin D—great for the bones and a mood booster.

2. Unplug from technology. Use the summer as an excuse to be in vacation mode. Even if you can only do this once a week, take time to connect to nature by unplugging from technology.

3. Start a fitness program that is fun and adventurous. Go hiking, bike riding or swimming—something new and fun! Make it better by bringing a friend.

4. Slow down. It's summer; start living mindfully by doing one task at a time, enjoying the beauty around you and living in the moment.

5. Spend time with friends and family. Set



up date nights and fun nights. The days are longer so it's a great time to really go out and have fun!

6. Do activities you love. Read the book you never had time to read, take a day trip to a new town and see new sights, go to the beach and relax. This is the time to do it.

7. Step outside your comfort zone. Try something new. It can be something simple like trying a new drink or food or a new restaurant. Every time we try something new we take a risk and feel a boost of happiness.

8. If you have "personal time" from work, use it. Enjoy some free time with no expectations. It doesn't matter if you go on vacation or just take a walk; it's about enjoying some time off.

9. Create some "me time." I wake up 10 minutes earlier in the summer to sit outside on my deck with my coffee and just enjoy the silence. All you need to do is take 10 to 15 minutes a day for you!

10. Breathe. Even with nice weather and longer days we can still get stressed. So, when you feel the stress coming, take a moment to close your eyes and take a deep breath. It works!

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Londonderry Community League

Hall Rental

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www.londonderry.online

Play soccer for health, wellness — and fun

Soccer has been dubbed "the world's sport" for a reason. A recent survey by FIFA, soccer's international governing body, found it's a pastime shared by 265 million players around the globe. That's about four per cent of the world's population.

This summer many of them will watch the FIFA (Fédération Internationale de Football Association) World Cup in Russia. And they'll take to streets, parking lots, empty spaces, backyards and beaches to play the game.

One of the great things about soccer is you don't need to break the bank to play it. "Soccer is inexpensive if you want it to be. It could be as simple as two kids in a park with a ball, having fun, or better still, playing with their

parents," says John Clubb, the Alberta Soccer Association's manager of Grassroots Development.

For children under six, it's about gaining the fundamentals of physical literacy: running and kicking. From seven to nine, it's about ball mastery: foot dribbling the ball while running and weaving through opponents. Most of all, it's about fun!

Children focus on developing their own skills and that gives them a chance to explore parts of the game. "So let them be and encourage them to have fun with the ball," Clubb says. "At 10 to 12 years old, they are old enough to be introduced to team play and passing the ball."

Whatever your or your children's age and ability, playing some form of soccer can add to physical, social and emotional health and wellness.

Players can reduce the risk of injury by warming up before playing and by wearing protective equipment, such as shin guards.

Christina Loitz, a health promotion facilitator with Alberta Health Services, says soccer helps brain function, coordination, balance, gross motor skills and stress reduction.

www.communityleagueneews.com





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McLeod News

 [McLeodCL](https://www.facebook.com/McLeodCL)
 [@McLeodCommunity](https://twitter.com/McLeodCommunity)
14715 59 Street
www.mcleodcommunityleague.ca

Board Position	Name	Email Address
President	Leanne	president@mcleodcl.ca
Vice President	Cheryl (on hiatus)	
Communications	Kevin	communications@mcleodcl.ca
Membership	Cathy	membership@mcleodcl.ca
Treasurer	Paul (acting)	treasurer@mcleodcl.ca
Secretary	Jason	secretary@mcleodcl.ca
Past President	Troy	pastpresident@mcleodcl.ca
Grants	Fadi	grants@mcleodcl.ca
Facilities	Leanne	president@mcleodcl.ca
Casino	Steve	casino@mcleodcl.ca
Soccer	Todd	soccer@mcleodcl.ca
Baseball	Vacant	
Softball	Richard	softball@mcleodcl.ca
Hockey	Andre	hockey@mcleodcl.ca
Sport Explorerz	Devin	hkchair@gmail.com
Social	Liz	social@mcleodcl.ca
Programs	Kevin	programs@mcleodcl.ca
Community Safety	Ryan	safety@mcleodcl.ca
Community Service	Julie	service@mcleodcl.ca
Volunteer	Roxanne	volunteer@mcleodcl.ca
Youth	Jill	youth@mcleodcl.ca
Civics	Donna	civics@mcleodcl.ca
Miller Community	Jennifer	miller@mcleodcl.ca
Casselmann Community	Vacant	
Matt Berry Community	Paul	mattberry@mcleodcl.ca
Hollick-Kenyon Community	Devin	hkchair@gmail.com
McLeod Community	Joe	mcleod@mcleodcl.ca
Bingo	Sandy	bingo@mcleodcl.ca
Rink	Joe	rink@mcleodcl.ca
Hall Rental	Gerard	hallrental@mcleodcl.ca

Mark Your Calendars for Upcoming McLeod Events

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

August 29, 6-830pm – Indoor Sports & Program Registration
September 5, 6-830pm – Indoor Sports & Program Registration
September 6, 6-830pm – Indoor Sports &

Program Registration

September 15, 1-3pm – Community League Day

October 12, 730pm-1030pm – WEM Galaxyland Event
Contact president@mcleodcl.ca to purchase tickets (\$20 each) in advance
October 20, time TBD Children's Halloween Party
More information to follow.

Record Crowd at 2nd Annual McLeod Wrap Up Party

The McLeod Soccer Committee organized the second annual soccer wrap up party on June 16, 2018. The event was a huge success with 19 McLeod teams participating consisting of more than 200 players ranging from U5 to U11.

Teams played a minimum of one friendly game against other McLeod teams, and at the end, all the players and guest players received participation medals and



trophies. In addition to the games, players and their families enjoyed a fun day with bouncy castles, face painting and yard games. Our volunteers cooked over 600 hamburgers and hotdogs for everyone, along with cold refreshments and drinks.

Thank you to all the volunteers that helped during the event, especially the McLeod U9 boys, we could not have done it without you.

McLeod President's Message

Did you know that the Edmonton Federation of Community Leagues (EFCL) has been the united voice of community leagues in Edmonton for almost 100 years? Here is an excerpt from <https://efcl.org/about-us/history/>:

"During the early 1900s, several cities across the U.S. had associations known as City Clubs. These predominately male social clubs met over lunch to discuss local issues and community activities. George M. Hall, a US immigrant and Edmonton's industrial commissioner, saw the basic concept of these clubs as a solution to solving many of the problems that plagued new neighbourhoods in terms of lack of community infrastructure and organization. He introduced it to his own new neighbourhood – Jasper Place, which at the time, was located just outside of Edmonton. Based on this ideal, in 1917, Hall would help integrate two groups - Jasper Place Rate Payers and the local horticultural society - to form Edmonton's first community league. We know it today as Crestwood Community League. He would become its first president.

The guidelines of the league were to ensure it was all-inclusive, regardless of class or ethnicity, open to both men and women (well ahead of its time) and did not have any affiliation with any political party or religious order. Its mandate would be on providing civic advocacy on behalf of its community, plus develop social and recreational opportunities and infrastructure. These guidelines and the mandate have never changed and are adopted by each new community league.

EFCL was officially founded on January 24, 1921 with the agreement of the nine community leagues in place at that time. Today, there are 157 community leagues across Edmonton who put in an incredible number of volunteer hours in order to run free or



low-cost sports, programs and events for residents. This type of civic engagement is remarkable and in real costs, would amount to millions of dollars. The EFCL also works in partnership with the City on issues such as infill, parks, open spaces, and development so that residents' voices are heard via their community leagues (who live in and care about their neighborhoods!).

In recent years, I have concluded that the City has moved away from engaging with community leagues on many significant matters. This is not only alarming but detrimental to the fundamental importance of the community league movement. In a time where the internet and social media reign, community leagues bring neighbors closer together with face-to-face interactions. As the City commences consideration of their budget and priority projects, I ask that you contact your Councillor and stress to them that they need to keep the EFCL and community leagues in the forefront when they make their decisions.

Leanne Rosinski

McLeod Community League Day Event

This free event takes place on Saturday, September 15, 1-3pm. Come join us for food, crafts, sign up for an Edmonton Public Library card, bouncy castles, free fruit from the Miller Crossing Farmers' Market, face painting, balloon twisting, and more! Come meet and chat with MLA Heather Sweet (who will be serving cake) and Councillor Aaron Paquette. Please consider bringing a monetary or food donation for the Food Bank.

McLeod Joins Edmonton Tool Library

Desperate for a hammer & level to hang a new picture? Pining for a post hole auger, wheelbarrow, shovel to build a skookum fence? Not a giraffe and need an extension ladder to clean the eavestroughs this fall?

Instead of heading to the store to buy a tool for just one use, consider borrowing it instead. Save money and have less clutter – that's a win-win!

We're happy to announce a new membership benefit – a free membership in the Edmonton Tool Library, usually a \$50 annual fee per household. All holders of a valid McLeod CL membership can claim an indi-

vidual annual membership in the tool library. It will allow you to borrow up to eight items from their large inventory of hand, power and yard tools, for a week at a time.

You will need to take your McLeod membership card and photo ID to the Bellevue Community Hall. To make the process faster, you can fill in the membership application, release of liability waiver and borrowing policy from www.edmontontoollibrary.ca

Edmonton Tool Library
@Bellevue Community Hall
7308-112 Avenue
Saturdays, 1pm to 5 pm

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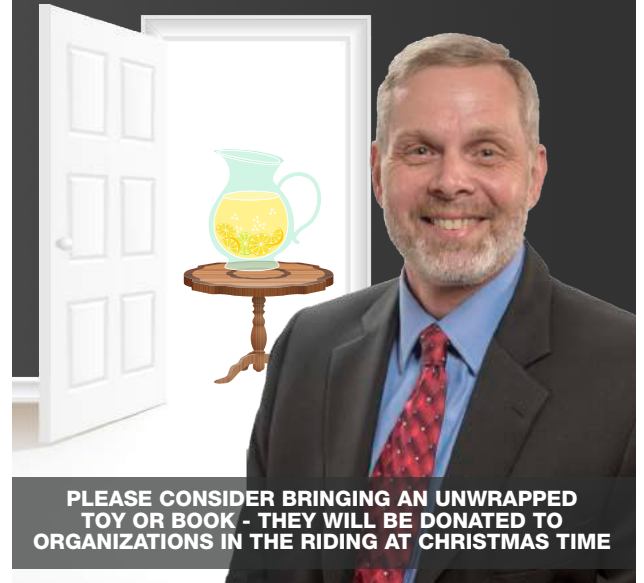
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4241-2018-0720 F1

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McLeod Community Safety Director

Young Drivers/Distracted Drivers is August’s focus under the Alberta Traffic Safety Calender. Young drivers are still learning the rules of the road and making rookie mistakes behind the wheel. Smartphones and young passengers can be equally distracting to young drivers. When teenagers are driving in the car with their friends, they still want to be included in the passenger conversations and social media excitement. Parents and/or Guardians – have the conversation with our young drivers about these added distractions. Get them to drive you around, praise them for what they are doing well and explain how they can get even better. Just because they have passed a road test does not mean you can’t assist them in being even better drivers.

For the rest of us who are not young drivers, we are not perfect either. Please stay off your phone, and that includes at red lights. You can still be issued a Violation Ticket even though you are stopped. Secondly do not drive with your pet in your lap. This interferes with your ability to operate a motor vehicle and you can be issued a violation ticket under the Traffic Safety Act.

Seat belts

Still seeing a lot of people, including drivers and passengers, not wearing their seat belt or not wearing them properly. Please buckle up. It is for your safety. Having the shoulder strap of your seat belt under your arm is not wearing it properly and you can receive a violation ticket for that. Fines for not wearing your seat belt or improperly wearing your seat belt is \$155.00 under the Alberta Vehicle Equipment Regulations.

Stop Signs

When you approach a stop sign, you must stop before the line on the roadway, before a painted cross walk, or three meters before the intersecting roadway if no crosswalk or



lines are painted on the roadway. Stopping after the line, crosswalk, or closer than three meters from an intersecting roadway will net you with a violation ticket. There is a rumour out there you have to stop for three seconds. That is false. However, your vehicle’s motion has to cease. A lot of drivers perform what’s called a rolling stop where they slow down, look both ways and then proceed. This is not a stop and you will get a violation ticket for \$388.00 dollars plus 3 demerit points under the Alberta Use Of Highway Rules and The Road Regulation.

Neighbourhoods

Whether you live in McLeod or any other community please do not speed in residential neighbourhoods. No one likes watching a vehicle zoom by on their street while they are out working or enjoying time in their yards with the beautiful weather we have been having. Slow down and be sure to watch for any children that might be out and about.

Lastly please remember – you must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. The fine for speeding in these areas is doubled. Please help ensure your first responders and tow truck operators go home at the end of their shift!!!

McLeod Dance Program



We are gearing up for our second season of dance. Don’t miss out! We had a successful first season with 37 dancers and are looking to expand our program for season two.

Our goal is that all our dancers are continually inspired and challenged to learn and improve their dance technique, in a warm and enjoyable environment. We encourage each student to work at their own personal best. Our experienced and professional Instructors provide personal attention and positive motivation.

Affordable classes offered in Ballet, Hip-Hop, Jazz, Lyrical, Pre-School, Stretch/Technique and Tap for kids from the ages of 3-17.

Classes held on Monday and Wednesday nights from September 2018 – May 2019.

Our registration will be held from 6:00 p.m. – 8:30 p.m. on August 29, September 05 & September 06th at McLeod Community League. Full payment will need to be made at the time of registration. You will need to have an Edmonton Community League Membership to join dance.

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 Amy at (780) 893-5151 or dance@mcleodcommunityleague.ca.

McLeod Indoor Soccer Registration Announcement



Indoor soccer registration will take place August 29th, September 5th and September 6th 6-8:30pm at McLeod community league hall.

We’ll be using the EMSA soccer portal again to register players for the upcoming season. If you are new to the EMSA soccer program, please go to the EMSA North website at www.emsanorth.com to create your EMSA Soccer account and register for the upcoming season. The EMSA Soccer Portal is compatible with your smartphone, tablet and home computer. While online registration is mandatory, online payment is optional and you are encouraged to pay at McLeod hall at one of our registration dates noted above.

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

Community memberships expire August 31st. All community members holding a 2017/18 McLeod membership will be able to exchange their existing membership card for a new one.

Registration chart:

*NOTE: A credit card processing fee will be added to your registration fee if you pay

online in the EMSA soccer portal.

NEW THIS YEAR

With the move to odd year age groups and the introduction of U19 soccer, U5 soccer has been relocated from the east soccer centre. This year U5’s will play alternately Saturday afternoons at the ACT recreation centre and Sunday mornings at the Central Lion’s centre. U7’s are scheduled to play as mixed teams city-wide, which means travelling to the south and west soccer centres.

No significant changes are planned for the U9 – U19 programs.

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

For those that have transferred from another community, please register in your home community and request a transfer to the desired community you would like to play in. It is recommended you attend your community’s first registration session to ensure your transfer request can be honoured.

We expect many of the outdoor coaches and players will return for the indoor season. The season kicks off October 13th. Feel free to contact me if you have any questions about registering for the upcoming season at soccer@mcleodcl.ca

Todd

McLeod Soccer Director

Age Category	Birth Year	Playing Day	Registration Fee Prior to September 7	Registration Fee Effective September 7
U5	2014	Saturday/Sunday	\$120	\$145
U7	2012-2013	Saturday	\$195	\$220
U9	2010-2011	Saturday	\$245	\$270
U11	2008-2009	Saturday	\$245	\$270
U13	2006-2007	Saturday	\$245	\$270
U15	2004-2005	Sunday	\$250	\$275
U17	2002-2003	Sunday	\$250	\$275
U19	2000-2001	Sunday	\$250	\$275

McLeod Needs Donations of Skating Equipment

McLeod continues to need donations of skates (specifically Mens and Womens Adult sizes 7 to 12) and helmets (all sizes) 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@mcleodcommunity-league.ca or Joe at rink@mcleodcommunity-league.ca to arrange a time to drop them off.

McLeod Thanks Hollick Kenyon Sobeys for Help

The McLeod Soccer committee would like to thank the management and staff at Hollick Kenyon Sobeys for their unsolicited donation of buns and condiments for the soccer wrap up party. While picking up the order, Sobeys management generously offered to donate the order once they learned the order was for McLeod community members.

We thank you for your donation and supporting your local community.

What is the Proper Registration Process for McLeod

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 communities 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.

Register online in the EMSA Soccer Portal.

Print two copies of the player summary confirmation. If you can't print the player summary, then ensure the player summer confirmation email is in your inbox on your mobile device.

Attend your home community's registra-

tion session to purchase a community membership (if necessary), sign up for a volunteer commitment, and pay your soccer registration fees.

Be prepared to show government id to verify the player's date of birth.

A signed but undated cheque may be required to secure volunteer commitments such as bingos, casinos, community events, ENZSA events.

Determine your community's valid payment methods. McLeod's valid payment methods are cash, credit and debit. Other communities may accept cheques.

If you are looking to transfer to another community to play for the upcoming season, it is highly recommended you attend your community's first registration session to complete your registration and ensure the Soccer Director is aware of your intentions. This will provide a higher degree of certainty your transfer will be successful.

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

Todd
McLeod Soccer Director

McLeod is Offering Discounted City of Edmonton Recreation Centre Passes

This past spring McLeod Community League partnered with the City of Edmonton and The Edmonton Federation of Community Leagues to offer discounted single day admission passes to select attractions in Edmonton. McLeod sold discounted admission passes to attractions like the Muttart Conservatory, Valley Zoo, John Jansen Nature Centre, and City Recreation Centres during the spring sports registrations. These passes are sold on a cost recovery basis to Community League members, from any community league in Edmonton at about a 35% discount from the regular admission price. This is an excellent example of one of the many benefits of holding a community league membership.

In addition to the passes sold at sports registration, McLeod did purchase a few extra passes for certain attractions. A limited num-

ber of family passes are available for the Valley Zoo and family passes that can be used at any City of Edmonton Recreation Centre. Family Zoo Passes are available for \$31.00 and the regular price is \$45.50. Family Recreation Centre Passes are available for \$21.00 and the regular price is \$31.50. All passes expire on December 31, 2019.



McLeod for Aged 55+ Too!

Join us and meet some more of your neighbours! McLeod Community League is a non-profit, volunteer group that provides multi-generational programming, activities and events for our diverse neighbourhoods. Comprised of 18,000 people living in the communities of McLeod, Matt Berry/McLeod Park, Hollick-Kenyon, Miller and Casselman, we offer year-round opportunities for active living and socializing with neighbours.

- Slo-pitch Team**
- 3-on-3 hockey tournament
- Yoga
- Fitness Kickboxing
- Outdoor skating
- Newcomer Skate
- Multi-use trails with benches for biking, walking and jogging
- 4 parks with sports fields and playgrounds for the grandchildren

- New release movie nights
- Community BBQ's
- K-Days pancake breakfast
- Membership provides free access to Clairview Rec Centre 6pm to 8pm Saturdays (track, fitness equipment, pool, sauna, hot tub), and some swim times at Londonderry, O'Leary and Grand Trunk.

We'd welcome your talents on our special event committees or at the board level. If you'd like to gain some new professional skills, we offer mentorship and free board training.

For up-to-date event information and to learn more about us:

- Facebook: McLeod Community League
- www.mcleodcl.ca
- Northeast Voice - community newsletter delivered by Canada Post 10 times/year to all mail boxes in our neighbourhoods
- civics@mcleodcl.ca

Green Shack Donation by McLeod

Did your children enjoy green shacks this summer? This was a free program for children 6-12 years old to join in games, sports, crafts, music, drama and special events. They were held at Matt Berry/McLeod Park, Hollick-Keyon, Miller and McLeod playgrounds.

The parents north of 153 Avenue and who were in-the-know, realized the children could spend the morning at Matt Berry and the afternoon at Hollick-Kenyon, to have a full

day of fun. Thanks to the McLeod board for passing this scheduling idea on to the City, to maximize attendance at these tax-payer funded programs.

Thank you to the neighbourhood volunteers who raised money and constructed these playgrounds for everyone's children. Our community also donates \$1000 each year to the City of Edmonton to help pay for the staff costs.

McLeod Supports Local Legion

Our board was happy to support the Legion's efforts to improve their hall. As we said in our letter:

"The McLeod Community League represents 18,000 people in northeast Edmonton and we value and recognize the contributions of Canada's veterans. Please accept this letter of support for the grant application submitted by the Kingsway Legion Branch 175.

At our annual general meeting, we have collected lapel poppy donations. We also participate in No Stone Left Alone at our neighbourhood's Little Mountain Cemetery. Each year we purchase wreaths from the Legion to place on the graves of 8 veterans of WWI, WWII and peacekeep-

ing missions. Our November issue of the Northeast Voice newspaper contains an honour roll of veterans, along with a history of their service in the armed forces. For several years we have booked our Christmas dinner in their banquet room, to support the Legion.

We are glad that the veterans of newer conflicts like Afghanistan have a place to meet. Earlier this year some of our board members attended a fundraising banquet for the Southern Alberta Light Horse Regiment, held at the Kingsway Legion. The guest speaker spoke of PTSD and isolation and having a local Legion building is a convenient spot to gather for comradery."

McLeod Remembers at Little Mountain Cemetery

In early November 2018, we'll again be joining the No Stone Left Alone Memorial Foundation, to honour our fallen military and educate students on the sacrifice of our veterans. The League will be placing a wreath at the headstone of each soldier buried at our neighbourhood's Little Mountain Cemetery. All are welcome to attend the ceremony. Event details will be posted at www.nostoneleftalone.ca

Located at 16025-54 St NW in Hollick-Kenyon, this historic location records 123

years of settler history in our community. It is open from 5 am-11 pm daily and is suitable for a quiet, contemplative stroll any afternoon. You'll notice markers from WWI and WWII soldiers, Spanish flu epidemic victims, and prominent farming and business families of the era.

Don't be shy to visit! The City considers a cemetery as part of our neighbourhood's parkland allotment, and encourages respectful visitors.

Increase to Deposit Amount and Bingo Hours

Due to an increase in the number of people who "no-show" at their community service event, the McLeod Board has approved an increase to the cheque deposit amount to \$200 per child registered in a sport/program (maximum of \$400 per 2+ children). That means that if you choose to purchase WEM passes instead, you will receive 14 passes for \$200. The buy-out option is still available but will also increase to \$200 per child.

If you choose to work a bingo, please note that all shifts will run from 5pm-midnight

(two service options). If you only need to complete one service option, you will be provided with a voucher to use the next time you register for sports/programs. Vouchers expire within one year.

Community service assists McLeod with raising funds to maintain the hall and to run programs and events. Failure to show up and work your event negatively impacts the community so please work the event you committed to working. Please go here for more information on community service: <https://mcleodcl.ca/community-service>.

McLeod Newcomer Skate

Although the weather outside is currently warm, plans are underway for the McLeod Community League to once again host a newcomer skate this January at our outdoor rinks. This free event is designed to allow people that haven't had much experience on ice a chance to try skating. McLeod does have some extra equipment, including skates and helmets that can be borrowed

during this event. Experienced skaters are also welcome to attend and enjoy this fun event.

Last year we had approximately 70 people, including many new Canadians and first time ice skaters come out to this event and we are hoping for a great turnout again this year. The event is tentatively scheduled for January 5, 2019.

McLeod Community League Fine Arts Programs

Imagination 101 is a fun and exciting fine arts program for preschool, Grades 1-3, and Grades 4-6. Children will be creating new art works, dancing, listening to music, and playing games in a safe, caring, and imaginative environment. Fine arts is important in developing a child's self expression, confidence, motor skills, critical thinking, socialization, and positivity. Join imagination 101 today! For more detailed information or to register, please contact kara@karajensenphotography.com

Preschool (Ages 3-5 years):

\$115 + \$20 supply fee = \$135

September 12-December 5, 2018 (no class October 31)

Wednesday mornings 10:00-11:00 am (60

minutes)

Parents must attend this class with their child

Minimum 6 children to run the class

Grades 1-3

\$120 + \$30 supply fee = \$150

September 12-December 5, 2018 (no class October 31)

Wednesday evenings 6:00 -7:15pm

Minimum 6 children to run the class

Grades 4-6

\$120 + \$30 supply fee = \$150

September 12-December 5, 2018 (no class October 31)

Wednesday evenings 7:15-8:30 pm (1 hour 15 minutes)

Minimum 6 children to run the class

McLeod 3v3 Hockey

McLeod Community League will be hosting the Del Golinowski 3 on 3 Hockey Tournament again this upcoming season. The event is tentatively scheduled for January 26 and 27, 2019. This event is a great way to honor long time community league volunteer Del Golinowski, who was instrumental in getting the McLeod Hall built. Del still spends many

of his days maintaining the hall and grounds and is a fixture at many events hosted by McLeod.

This adult fun tournament is a great way to enjoy the wonderful outdoor rinks at McLeod and have some fun playing hockey. Details regarding team entries will be available in the near future.

McLeod Residents Play a Key Role in Monitoring Construction Sites



While the City of Edmonton tries to proactively inspect infill construction sites for compliance to approved development permits and other regulations, not all developments are visited. If you are noticing an issue with the infill development next door to you or throughout the community, you have the ability to flag this for inspection.

Ideally your first step would be to contact the prime contractor or property owner listed on the development sign situated on the construction site. Expressing your concerns to those in charge of the construction may be all that is needed. If issues persist, then contact the City.

Below are some tips.

Landscaping Requirements

In the Edmonton Zoning Bylaw (section 55), it indicates that "Landscaping shall be provided on a

Site within 18 months of the occupancy of a development or commence of a Use." In addition, "Trees and shrubs shall be maintained on a Site for a minimum of 42 months after the occupancy of a development or commence of a Use."

Should you notice that landscaping has not been provided and fulfilled as per the bylaw, phone 311, or better yet, email 311@edmonton.ca to file a complaint. 311 will then create a ticket for a Development Permit Inspection Team to investigate further, and to possibly schedule an inspection should they have reason to believe that construction has not proceeded in accordance to their approved Development Permit. Please note that landscaping is often not undertaken until ap-

proved lot grading is completed.

Damage to public infrastructure (public trees, boulevards, alleyways)

If you notice that boulevard trees within 5m of a construction site are not fenced, or vehicles are crossing boulevards without plywood or mats being placed on the boulevard, contact 311. Your actions could prevent serious damage to Edmonton's treed boulevards.

If you note damage to public infrastructure contact 311 to file a complaint. Ask 311 to forward your complaint to "City Infrastructure, Parks and Roads." (These are key words to include with your complaint.)

It would be helpful to take date stamped photos of public infrastructure (and private property) before construction begins. Once construction begins, if you note damages being done, keep your distance and take photos of offending vehicles and equipment. Little can be done without proof of who did the damages. It would be extremely helpful to include your photos when reporting a damage.

Additional Problems to Report to 311

Sidewalk obstructions

Foundations too close to the property line or buildings too high (ask for an inspection)

Washing out of cement trucks onto streets

Garbage

Construction before 7 am or after 9 pm on weekdays, and before 9 am on Sundays

Unsafe conditions such as unfenced excavation site or slumping soil at excavation.

To learn more visit: <https://www.cityofedmontoninfill.ca/builders/good-construction-practices>

Indoor Soccer Registration



XTREME FC
The Most Successful Club

EMSA North indoor soccer registration is now open! Register today for a community recreation team or a Club development team. This is a great sport to keep your athlete active in the long cold winter months. The season runs October – February and players can expect to play 1 game each week with additional practice time provided as well as options to play in tournaments all season long!

For Community Recreation Soccer: www.emsanorth.com

For Premier/ Club Soccer: www.edmontonxtremefc.com

Join the Air Cadets *Have fun Make friends*



504 Blatchford Field
Royal Canadian Air Cadet Squadron

FREE! Youth ages 12 -18

• **Camping • Flying • Sports**

• **Music • Trips**

• **Summer programs**

Wednesday Evenings

6:30 to 9:30 p.m.

Kingsway Hangar

11410 - Kingsway Ave

504rcacs.ca





Northmount Community League News

Board of Directors for Northmount			
POSITION	NAME	Contact	Contact
President	Meagan Plamondon	780-270-1212	president@northmount.ca
Vice President Operations	VACANT		
Vice President Programs	VACANT		
Treasurer	Angela Purves	587-336-7699	treasurer@northmount.ca
Secretary	Michele Crocker		newsletter@northmount.ca
Past President	Terry Kitching	780-478-4147	
Adult Programs	Robin Wheatley	780-473-8634	
Area 17	Karen Plamondon	780-478-2010	
Bingo	Angela Purves	587-336-7699	treasurer@northmount.ca
Facilities	James Crocker	780-717-5885	facility@northmount.ca
Memberships	Robin Wheatley	780-473-8634	
Newsletter	Michele Crocker		newsletter@northmount.ca
Seniors Programs	Margaret Warwick		seniorsprograms@northmount.ca
Soccer	Joanne Cheetham		soccer@northmount.ca
Social	Suzanna Ramdass	780-993-2064	social@northmount.ca
Co-Sport Explorerz	Karen Plamondon	780-478-2010	
Co-Sport Explorerz	Sid Plamondon	780-478-2010	

Indoor Soccer Registration

All registrations MUST be done online at <http://emsanorth.com/play/register>

Please bring three copies of the forms or three copies of the registration confirmation.

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

Payment sessions are being offered:

August 22nd and September 5th from 7:30-8:30PM

Please bring your community league membership (or funds to purchase one), registration fee, uniform deposit cheque and volunteer deposit cheque to the registration. The volunteer

deposit cheque will be returned once the volunteer commitments are fulfilled. Volunteer opportunities will be available to pick at the registration dates. The cheque will only be cashed if the commitment is not fulfilled. Indoor Soccer Registration requires the fulfillment of TWO volunteer commitments per child.

All payment session dates for Northmount will be at the Community Hall, please enter on the side doors facing the parking lot.

Prices have been set as noted below:

\$195.00 U5 & U7
\$245.00 U9, U11 & U13
\$250.00 U15, U17 & U19

Northmount's 4th Annual Pumpkin Carving Contest

Here is how it works:

1. Reserve your Free Pumpkin and contest kit before October 14th at 6 PM by calling or texting Meagan at 780-270-1212

2. Pick up your free Pumpkin, and contest kit on October 25th between 7:30 PM and 8:30 PM at Northmount Community League Hall

3. Carve your Pumpkin and upload a picture of your pumpkin to our Facebook Group by 8 PM on Halloween Night. If you do not have Facebook have your pumpkin on your front lawn before 6 PM on Halloween Night.

4. Wait for our team of Judges to walk around

or check Facebook to score each Pumpkin

5. Look for the winning pumpkins on our Facebook Group: Northmount Community League Edmonton

6. Free pumpkins for anyone living in the Northmount Community League (please bring Community membership as proof of address)

7. If your pumpkin is a winner, please join us at the hall on November 1st at 7:30 PM to claim your prize.

Categories: Best Jack-O-Lantern, Scariest Pumpkin, Most Creative, Best Carver

Follow us on Social Media

Do you want to keep up-to-date on happenings in Northmount? Join our Facebook page at <https://www.facebook.com/groups/NorthmountCommunityLeague/> Join in the conversations, RSVP to Events we are hosting, and connect with fellow community members. We'd love to see you there!

Playground Fundraising Carwash

Please help us raise funds for our playground rebuild! Northmount is hosting a carwash in our community hall parking lot, on Saturday September 8th from 10AM to 2PM. We are charging \$10 to wash an average size car, all proceeds go to our playground rebuild! Donations will also be accepted. Thank you so much for helping us make this project happen!

President's Message

I would like to acknowledge all the volunteers who have helped with our past few Bingo events. Without your generosity Northmount would not be able to keep the lights on at the hall. Every Bingo we work brings in the funds we need to pay the bills every month, as well as seed money to put on events and programs throughout the year. If you are interested in helping our Bingo volunteers please send me a text or give me a call to discuss how you can help your community. Training and meals are provided at each event.

Summer is here, and I hope everyone is enjoying the warm weather. Our kids will be outside playing or heading to the Green Shack so please stay safe and watch driving

through our neighbourhood. I hope everyone will enjoy their summer and hope to see everyone back at the hall in the fall when events and activities start up again!

Our playground committee has started planning amazing events for the next year to help with fundraising for the playground. Please stay tuned as events are announced.

We are still planning for the new playground in Northmount Park, it is not too late to join the planning and fundraising committee, if you are interested call me at 780-270-1212 to attend a meeting. No prior experience is required. We need your help to keep the playground at Northmount Park!

Thank you,
Meagan Plamondon

Martial Arts Class at Northmount - Hapkido

Please note: Hapkido will continue throughout the summer months, except for the long weekend Monday's, which are August 6th and September 3rd.

We train at Northmount Community Hall at 9208 140 Avenue.

Monday: 7 to 8 PM- Kids/Beginners & Family Classes & Drop Ins

Monday & Wednesday: Adults/Advanced 8 -9:30PM

Sweats & loose shirt are ok at the start, uniforms are not required until yellow stripe is achieved. You can go bare feet at the start but recommend some type of indoor/runner shoe.

Cost can be a combination of a registration fee and or working a bingo. Come try it for a month before registering.

Hapkido is a highly eclectic Korean Mar-

tial Art. It is a form of self-defence that employs joint locks, grappling, and throwing techniques similar to those of other martial arts, as well as kicks, punches, and other striking attacks. Hapkido employs both long-range and close-range fighting techniques, utilizing jumping kicks and percussive hand strikes at longer ranges, pressure point strikes, joint locks, and throws at closer fighting distances. Hapkido emphasizes circular motion, redirection of force, and control of the opponent. Practitioners seek to gain advantage over their opponents through footwork and body positioning to incorporate the use of leverage, avoiding the use of brute strength against brute strength.

If you have any questions, please email: sidplamondon@outlook.com

Northmount Exercise Programs

Yoga and Bootcamp will be on hold for the summer. Join us on August 22nd and September 5th from 7:30 PM until 8:30 PM for registration. If you have any questions, please text Meagan at 780-270-1212 or check out our Facebook page for details. Yoga starts on September 27, 2018 at 6:00 PM and will run for 10 weeks until November 29, 2018. Bootcamp will be on Sunday evenings at 7:00 PM this year starting on September 23, 2018 until November 25, 2018.

Drop in fee: \$10 (please arrive 15 minutes before class for registration)

10-week pass: \$65 or \$35 if you complete a volunteer commitment

A Community League Membership is required for registration. (Please purchase your membership from your home community)

Sport Explorerz

Let's face it... most 3-6 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 co-ordination, foster new social skills and build confidence by engaging in fun physical activities. Sport Explorerz is a physical literacy program designed to engage children in physical activity and help them further develop movement abilities, co-ordination, social skills, and overall confidence through modified games and activities. The program will run for 8 weeks,

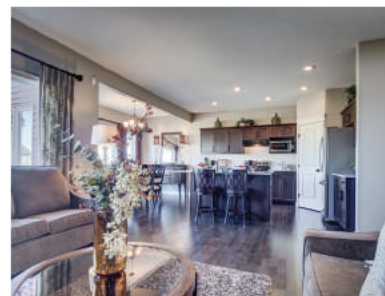
Fees are \$50, and each child receives a Sport Explorerz t-shirt. Volunteer service is required. Parent attendance is required. Instruction and supervision is only provided to registrants. No refunds will be given after the start date of the program (volunteer service must still be completed).

Registration dates:

August 22nd and September 5th from 7:30 PM until 8:30 PM for registration.

A Community League Membership is required for registration. (Please purchase your membership from your home community)

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