

# NORTHEAST VOICE

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

December 2018



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## New Year Yoga at Evansdale



11 Thursdays  
7:30-8:30pm  
January 10 - March 21  
9111-150 Ave  
\$120 for 11 weeks or \$13/  
class for drop-in

Contact [evansdaleyoga@gmail.com](mailto:evansdaleyoga@gmail.com) to register or for more information.

Join us weekly to improve your strength, en-

ergy, flexibility, balance and relaxation through the power of yoga. No previous experience required. Positive, supportive environment. Please bring a mat, towel or blanket and water. To register or for more information please send requests to [evansdaleyoga@gmail.com](mailto:evansdaleyoga@gmail.com)

## Updates from the Northmount Playground Committee

We have some great fundraising events planned for the next few months!

Saturday, January 26, 2019 – Wine Tasting Night (Save the Date, more information to follow) – Please contact Maria, 780-478-2977, for more details or check Facebook for updates.

Saturday, March 16, 2019 – A good old Fashioned Northmount Hall Party. Join the Committee and Members of the Community League for a Northmount Hall Party, with proceeds going towards our playground re-build. Tickets will be on sale for \$20 and will

include a night of fun with your neighbours, music, and refreshments. The night will begin at 7:00 PM. We will also have door prizes, 50/50 tickets, and a raffle. If you have any questions, please contact Maria at 780-478-2977.

Saturday, April 13, 2019 – Wood Sign Painting Party, Doors open at 7:00 PM

The Playground Committee has arranged to have an artist walk us through a Wood Sign Painting Class, tickets will be \$40, it will come with instruction and supplies to complete this piece of art. All proceeds from the event will

go towards the Playground re-build.

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. Tickets will be on sale for

all of these events on the following dates:

December 11, 2018 7:30 -8:30 PM  
January 8, 2019 7:30-8:30 PM  
January 10, 2019 7:30-8:30 PM  
February 26, 2019 7:30-8:30 PM  
March 5, 2019 7:30 -8:30 PM

## McLeod 3v3 Hockey

### 3<sup>rd</sup> Annual Del Golinowski 3v3 Hockey Tournament

Saturday, 26 January, 2019  
McLeod Hall – 14715 59 Street  
First Game: 9am (tentative)  
Last Game: ends at 5pm (tentative)

Admission: \$200 per team



Minimum 3 games

Admission includes ice time, food, and beverages



Email [3v3hockey@mcleodcl.ca](mailto:3v3hockey@mcleodcl.ca) to register.

Registration Deadline: 12 January 2018

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, 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. Teams normally comprise 5-8 skaters and no goalies. Registration fee is set at \$200. If you have a team that you would like to enter, please email [3v3hockey@mcleodcl.ca](mailto:3v3hockey@mcleodcl.ca)

### Upcoming Events in the Northeast

#### December

3, 10, 17: Hapkido at Northmount; 7pm (children/teen); 8pm (adult)  
5 & 12: Dances at NESAs; 7-10pm; \$8/member or \$11/non-member  
5, 12, 19: Hapkido at Northmount; 8pm (adult)  
7: Wine Glass Paint Night; Northmount; 7pm; \$40 pre-reg  
7: Teen Gaming; EPL Londonderry; 4pm  
10: Sing, Sign, Laugh and Learn; EPL McConachie; 2pm  
10: Winter Program Registration; NESAs; 8:30am  
11: Winter Program/Event Registration at Northmount; 7:30-8:30pm  
11: Christmas Show at NESAs; 1-3pm; Tickets on sale until Dec 7; \$10  
14: Teen Gaming; EPL Londonderry; 4pm  
16: Practice English at Your Library; EPL Londonderry; 1:30pm  
20: Baby Laptime; EPL McConachie; 2pm  
27: Sing, Sign, Laugh and Learn; EPL Londonderry; 10:15am & 11:15am  
31: New Year's Eve Dinner & Dance at NESAs; Tickets on sale until Dec 21; \$60

#### January

5: Newcomer Skate at McLeod; 1-3pm; Free  
6: Practice English at Your Library; EPL Londonderry; 1:30pm  
7, 14, 21, 28: Hapkido at Northmount; 7pm (children/teen); 8pm (adult)  
8 & 10: Winter Program/Event Registration at Northmount; 7:30-8:30pm

### January continued

9, 16, 23, 30: Hapkido at Northmount; 8pm (adult)  
13, 20, 27: Bootcamp at Northmount; 6:45pm; \$10  
17, 24, 31: Hatha Yoga at Northmount; 5:45pm; \$10  
18: Sing, Sign, Laugh and Learn; EPL McConachie; 10:30am  
22: Minecraft Club at EPL Londonderry; 4pm  
23 & 30: Dances at NESAs; 7-10pm  
26: Wine Tasting Night Fundraiser at Northmount  
26: Del Golinowski 3v3 Hockey Tournament at McLeod; \$200 per team; Email [secretary@mcleodcl.ca](mailto:secretary@mcleodcl.ca) to register

If you have an event that you would like to see on this list, please e-mail [secretary@mcleodcommunityleague.ca](mailto:secretary@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 (NESAs) – 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



# Evansdale Community League News

*Serving: Evansdale – Belle Rive – Eaux Claires*

## Evansdale Community League Board & Committees

**Address:** 9111 - 150 Avenue, Hall Phone 457-0948  
**Mailing address:** Box 71023 Northwood Mall Post Office,  
 Edmonton, Alberta T5E 6J8  
**E-mail address:** [www.evansdale.ca](http://www.evansdale.ca)

Jeff Muiselaar	President	780-478-1759	<a href="mailto:president@evansdale.ca">president@evansdale.ca</a>
Vacant-volunteer today!	Vice President		<a href="mailto:vicepresident@evansdale.ca">vicepresident@evansdale.ca</a>
Shawna Walsh	Past President	780-237-2169	<a href="mailto:pastpresident@evansdale.ca">pastpresident@evansdale.ca</a>
David Dodge	Director of Sustainability	780-478-6162	<a href="mailto:sustainability@evansdale.ca">sustainability@evansdale.ca</a>
Ray Costley	Soccer Director	780-660-4230	<a href="mailto:soccer@evansdale.ca">soccer@evansdale.ca</a>
Mazen Kaddoura	Treasurer		<a href="mailto:treasurer@evansdale.ca">treasurer@evansdale.ca</a>
Sue Harris	Credits	780-473-8796	<a href="mailto:credits@evansdale.ca">credits@evansdale.ca</a>
Jim Young	Secretary		<a href="mailto:secretary@evansdale.ca">secretary@evansdale.ca</a>
Elaine Sarac	Membership Director	780-476-7442	<a href="mailto:membership@evansdale.ca">membership@evansdale.ca</a>
Todd Sharkey	Hockey Director	780-238-3910	<a href="mailto:hockey@evansdale.ca">hockey@evansdale.ca</a>
Shawna Walsh	Bingo Director		<a href="mailto:bingomanager@evansdale.ca">bingomanager@evansdale.ca</a>
Jenilee Hoffort	Sport Explorerz Director	780-984-3298	
Vacant-volunteer today!	Program Director	780-905-4554	<a href="mailto:programs@evansdale.ca">programs@evansdale.ca</a>
Jim Ragsdale	Director at large		
Mai-Linh Huynh	Newsletter & Social Media	780-680-9408	<a href="mailto:newsletter@evansdale.ca">newsletter@evansdale.ca</a>
Jeff Muiselaar	Area 17 Representative	780-478-1759	<a href="mailto:pastpresident@evansdale.ca">pastpresident@evansdale.ca</a>
Vacant-volunteer today!	Belle Rive Sign Volunteers		<a href="mailto:signs@evansdale.ca">signs@evansdale.ca</a>
Jim Young	Evansdale Sign Volunteer		<a href="mailto:signs@evansdale.ca">signs@evansdale.ca</a>
N/A	Eaux Claires Playground	780-641-6171	<a href="mailto:ecbr@evansdale.ca">ecbr@evansdale.ca</a>
Terri	Hall Rentals	780-478-4444	<a href="mailto:hallrentals@evansdale.ca">hallrentals@evansdale.ca</a>
N/A	Skating Rink	780-478-2577	
Cassandra Rijavec	Club Coordinator, Boys & Girls Club/Big Brothers Big Sisters	780-822-2560	<a href="mailto:Cassandra.Rijavec@bgcbiggs.ca">Cassandra.Rijavec@bgcbiggs.ca</a>

## Zumba® for 2019 - Two Classes a Week

Join Zumba Instructors Emilio & Amanda in the New Year!

Two different classes starting in January to hit your New Year's fitness goal. Two instructors, 2 fitness classes, 2 times the fun!

**Location:** Evansdale Community Hall

**When:** Tuesday, January 15 - March 5 (8 weeks) 7:00-8:00 PM - Zumba

Wednesday, January 16 - March 6 (8 weeks) 7:00-



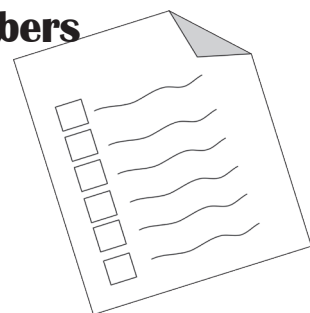
8:00 PM Strong

**Cost:** \$80 per session or register for both classes for \$120. Drop-ins welcome - \$13/class.

**For more info:** Emilio. [Zumba@shaw.ca](mailto:Zumba@shaw.ca), 780-238-6919

## Calling All Alumni Community Members

Evansdale Community League will be celebrating its 50th anniversary in September 2019! If you are an alumni community member interested in helping plan this momentous event, please contact [evansdale50@evansdale.ca](mailto:evansdale50@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. Get free community swims, discounts on community programs, discounts on Edmonton City wellness programs and hall rentals, and enjoy skating in the winter!

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

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

If you are in a rush, you can buy memberships at the Edmonton Federation of Community Leagues website: [www.efcl.org](http://www.efcl.org)

## Ideas for New Community Programs



Evansdale Community League would like to get to know you better. We offer a variety of programming but are always looking for better ways to serve you. If there are any programs you would like to see offered at Evansdale Community League, we would love to hear from you.

Contact us at [programs@evansdale.ca](mailto:programs@evansdale.ca). For a full list of programming already offered, visit [www.evansdale.com](http://www.evansdale.com).

## Visit Our Website and Facebook Page



Get the latest information, our most recent newsletter, contact information and lots of other great stuff! Also get involved, join us on Facebook! Website: [www.evansdale.ca](http://www.evansdale.ca)

Facebook Page: [www.facebook.com/evansdale-communityleague](https://www.facebook.com/evansdale-communityleague)

## 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

## Evansdale Hall Rental Information



Hall capacity 230  
 \$50/hr meeting  
 \$350/day Mon-Thur, \$350 damage deposit  
 \$450/day Fri/Sat/Sun, \$400 damage deposit  
 All weekend \$650, \$600 damage deposit  
 Dishes \$100  
 BBQ \$75  
 Sports Building capacity 50

\$25/hr meeting  
 \$35/hr function  
 \$125/day, \$100 damage deposit  
 Weekend \$350, \$300 damage deposit

References may be requested. Discounts available for community members of one year or more. Contact Terri at 780-478-4444 or [hallrentals@evansdale.ca](mailto:hallrentals@evansdale.ca).

## Denture Specialist - Over 35 Years Experience

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M. Lucyshyn DD

R. Lucyshyn DD

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\*Some conditions and restrictions apply.

[www.londonderrydentureclinic.com](http://www.londonderrydentureclinic.com) 13594 Fort Rd. Northeast Edmonton

# Kilkenny Community League News

## Kilkenny Outdoor Soccer Registration 2019

Outdoor Soccer Registration Dates:

Thursday, February 28, 2019 - 6:30pm to 8:00pm

Thursday March 7, 2019 - 6:30pm to 8:00pm

Late Registration: Saturday March 9, 2019 - 10:00am to 1:00pm

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

The EMSA Portal will open Mid January 2019 to start registration for the Outdoor Soccer Season.

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 (if you do not have one from Indoor Soccer), 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.

## Kilkenny Community League Memberships

Memberships are sold in person during the spring (March) and fall (September) sports registration dates (please bring proof of address [utility bill or drivers license]). However memberships are sold year round through the Edmonton Federation of Community Leagues (EFCL) website. Membership types and rates are listed there.

Benefits of membership include:

Free community league swim at

Londonderry Fitness & Leisure Centre, located at 14528-66 Street NW, every Sunday from 4:15 pm - 5:45 pm.

O'Leary Fitness & Leisure Centre, located at 8804-132 Avenue NW, every Saturday

from 3:45 pm - 5:45 pm.

Grand Trunk Fitness & Leisure Centre, located at 13025-112 Street NW, every Sunday from 4:15 pm - 5:45 pm.

10% discounted Annual, Multi Admission, or Continuous Monthly passes to ANY City of Edmonton Recreation Centre.

Free indoor skating at Londonderry Fitness & Leisure Centre, located at 14528-66 Street NW, every Sunday from 4:00 pm - 5:00 pm.

Voting rights at the Kilkenny Annual General Meeting (AGM) held in November.

Please come out and support your community!

If you have any other questions, please email Membership@Kilkenny.ab.ca

## 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.

## Special content you would like to see?!

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

## Save The Date

Free Skate and Hot Cocoa: January 1, 2019 @ 12-3pm, at Kilkenny Ice Rink

Movie Night: January 18, 2019 @ 6-9pm, at Kilkenny Community Hall



## Evansdale Pharmacy

Right beside the Medical Clinic

### Practicing Pharmacists

Azhar Qureshi

Umang Trivedi

Ushma Patel

Shireen Ateereh

### We accept all insurance plans

- Vaccination
- Travel, Hajj and Umra
- Home health care
- All injections
- Travel Health Clinic
- Prescribing pharmacist available

**FREE  
Delivery**



### Our Hours

Monday-Friday

9am - 7pm

Saturday & Sunday

10am - 5pm

8216 144 Avenue  
Edmonton AB T5E 2H4

780-478-7713

## Evansdale Medical Clinic

Accepting New Patients

780-478-0975

### Our Services

- Pediatrics
- Diabetes & internal medicine
- General medical concerns
- Drivers medical
- Wart treatment
- Flu shot and pneumonia injections

### We're OPEN

**6 DAYS  
a week**

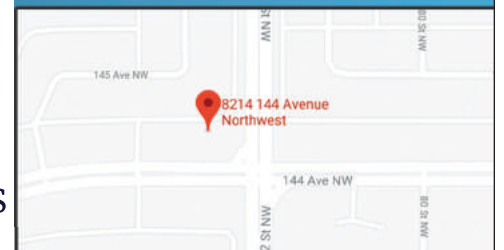
Monday-Friday

9:00am - 6pm

Sunday

10am - 2pm

8214 144 Avenue  
Edmonton AB T5E 2H4



Dr. Kondi  
Diabetes/Internal Medicine Specialist

Dr. Zubi  
Pediatrics Doctor



# 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

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### Keep active during winter time

Snow, ice, cold and fog are just a few of the natural elements we experience when winter is in Alberta.

Although winter provides us with an excuse to cozy up inside and stay warm, this isn't always the healthiest choice. Children often experience a variety of distractions on a daily basis and the frosty winter weather is yet another obstacle to getting the recommended amount of daily physical activity. In order to overcome the cold, sometimes we all need a little extra motivation.

Here are some tips and helpful hints on how to get the whole family outside and active this winter:

Get the whole family involved by building snow angels, or, if you're really feeling ambitious, create your own look-alike snowperson family.

Try making the snow into your own work of art by creating snow castles, mazes, or snow sculptures.

Take a slide on the wild side and go tobogganing (find a safe hill and remem-



ber your winter sports helmet).

Play snow-pitch, a traditional game of slow pitch isn't just for summer anymore! Try playing a game in your local diamond out in the snow, for a fun twist on this great family pastime.

Create a more challenging game of hopscotch in the snow by using food color-

ing.

Don't forget snowshoeing and cross country skiing. Even if you don't own equipment, these items can generally be rented at a variety of outdoor activity centres and parks.

Gear up with a helmet and safety gear and head to your local outdoor rink for a skate or a game of hockey.

## Londonderry Community League Membership Drive!

The league is pleased to offer affordable memberships  
for the 2018 - 2019 season to interested community members.

#### Rates:

- \$20.00 for a family
- \$10.00 for singles
- Seniors are free or by donation

#### Contact Beth

[secretary@londonderry.online](mailto:secretary@londonderry.online)

#### Benefits of membership include:

- 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 Jubilation's
- Discounts on hall rental
- Free community swim at Londonderry, O'Leary Pool and Grand Trunk Pools

## Coffee Group

How many people do you know in  
our neighborhood?

Join community members for coffee and treats.

**WHERE:** Upstairs Social Room,  
Londonderry Community Hall  
14224 - 74 Street, Edmonton

**WHEN:** The 2nd & 4th Tuesday of each month,  
10:00 am to noon

**WHY:** Just to say "Hello", have a chat  
and get to know one another

**THE COST:** *It's FREE* ~ compliments of the league  
No commitments, no sign-ups, no sales pitches!

### Questions?

Call Helen at 780-475-6728





# McLeod News

**f** McLeodCL  
**@McLeodCommunity**  
14715 59 Street  
www.mcleodcommunityleague.ca

## Board of Directors for McLeod

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

## Register Your Child for Sport Explorerz

Sport Explorerz is a community-based program which aims to align with Canadian Sport for Life (CS4L) – “a movement to improve the quality of sport and physical activity in Canada. CS4L links sport, education, recreation and health as well as aligns community, provincial and national programming.” This program is also guided by the principles of Physical Literacy. These principles are a part of the foundational stages of the Long Term Athlete Development model set by Sport Canada for all sports in the development of athletes and for individuals to be active for life.

In Sport Explorerz – Active Start (3-6 YO), children will begin to acquire fundamental movement skills such as balance, coordination, agility and social skills, etc. These skills are the building blocks to acquiring fundamental sport skills (running, jumping, kicking, throwing, etc.) and to be confident and competent in both a competitive sport setting and recreational settings throughout their life. Sport Explorerz – Fundamentals (7-9 YO) is a NEW program that will be offered as a one-week, full-day camp during Spring Break!

Through active play, your child will have the opportunity to develop:

- Travelling Skills – running, climbing, galloping, jumping, hopping, skipping...
- Object Control Skills – throw, kick, strike, trapping...
- Balance Movements – balancing/centering, dodging, landing, stopping, falling...
- Social Skills – inter-

acting, sharing, following instruction, being a team player...

### Benefits of Participating in Sport Explorerz

- A fun, safe and challenging environment that is age appropriate to explore and develop fundamental movement skills.

- Involves games and play where each child has an equal opportunity to practice their skills.

- Gain body awareness through moving their bodies in different ways.

- Just as important as learning how to read and write, learning fundamental movement skills and fundamental sport skills provides your child with the foundation to excel in any sport they may choose, and to be active for life. For example: learning to catch, jump, run, kick, and throw will allow your child in the future to participate in... soccer, basketball, volleyball, track and field, bowling, football, squash, badminton, rugby, tennis, etc.

- Promotes connections for brain development and memory.

- Children who are physically literate (knowing these skills) move with confidence and competence in a wide variety of activities and environments that develop the whole person.

- Free play is incorporated to encourage creativity, co-operation, and independence in children as they practice moving in different ways.

For more information on Physical Literacy and Active Start, please visit the following website: [www.canadiansportforlife.ca](http://www.canadiansportforlife.ca).



SE- Active Start programs are eight weeks in total. Fees are \$50 (each child receives a Sport Explorerz t-shirt). Volunteer/community 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/community service must still be completed).

### SE – Active Start Spring 2019 Program Dates & Times

April 28-June 26 (no classes the week of May 19)

Sundays, 1:00-1:45pm (3-4YO) or 2:00-2:45pm (3-4 YO), 3:00-4:00pm (5-6 YO) at McLeod  
Mondays, 6:00-6:45pm (3-4YO) or 7:00-8:00pm (5-6 YO) at Lago Lindo  
Tuesdays, 6:00-6:45pm (3-4YO) or 7:00-8:00pm (5-6 YO) at Evansdale  
Wednesdays, 6:00-6:45pm (3-4YO) or 7:00-8:00pm (5-6 YO) at Kilkenny

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. Please register for the 3-4 YO and 5-6 YO sessions using your child's age at April 28, 2019.

You will need to purchase a community league membership from your home league at time of registration (you can purchase one in advance at [efcl.org](http://efcl.org)). Please ensure you bring a blank cheque for your volunteer/community service.

### SE – Fundamentals (7-9 YO) Spring Break Camp March 25-29, 2019

This week-long, full-day camp will introduce campers to a variety of fundamental sport skills in a fun and engaging way. No previous experience required! Spots are limited so please watch for registration to open in the new year and act fast! Children must be seven years-old at March 25, 2019 in order to register.

Please go to [sportexplorerz.ca](http://sportexplorerz.ca) for upcoming registration dates and times at your community league.

If your community league does not offer this program, you are welcome to contact any of the participating community leagues to register however, you must provide proof of a current membership from your own community league.

## McLeod Remembers



We were proud to stand alongside teachers and students from DDM School, neighbours and the Maitland and Hutchings family members to remember the sacrifices of Canadian veterans. On Monday, Nov. 5 our community league laid wreaths for CARNEGIE, DWERNICHUK, HUTCHINGS, McIVER, MAITLAND, WILLIAMS and McDIARMAID at the Little Mountain Cemetery in Hollick-Kenyon. [www.nostoneleftalone.ca](http://www.nostoneleftalone.ca)

## 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 approxi-



mately 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 scheduled for 1pm to 3pm on January 5, 2019, weather dependent.

## McLeod Indoor Soccer Update

The indoor season kicked off October 13th at Edmonton's three soccer centres. Team pictures were taken at McLeod hall on November 3rd and will be distributed to players before the Christmas break. Below are im-

portant dates as the season progresses.

Christmas break – December 21st – January 4th

EMSA Polar Cup – December 27th – December 29th

FC Memorial – January

31st – February 3rd

End of regular season play – February 10th

EMSA Tim Hortons Minifest – February 16th

There is the potential for post season play for U9 and up teams starting February

24th.

Please do not hesitate to contact me at [soccer@mcleodcommunityleague.ca](mailto:soccer@mcleodcommunityleague.ca) if you have any questions.

**Todd**  
**McLeod Soccer Director**





*Wishing all my constituents a  
Happy Holidays  
and all the best for 2019!*

**Chris  
Nielsen**



MLA, Edmonton-Decore

780.414.1328

9228 - 144 Avenue NW  
Edmonton, AB, T5E 6A3

edmonton.decore@assembly.ab.ca



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AND  
HAPPY HOLIDAYS  
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YOUR FAMILY**

**ANDREW SCHEER**  
LEADER OF CANADA'S CONSERVATIVES

**ZIAD ABOUTAIF MP**  
EDMONTON MANNING

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EDMONTON, AB T5Z 0G3  
ZIAD.ABOUTAIF.C1@PARL.GC.CA  
780-822-1540 • WWW.ZIADABOUTAIF.CA

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Special Events/Field Trips on Non-School Days  
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**osc@sungleetkd.com**  
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# Colouring Contest

## Hey kids!

Enter our colouring contest for a chance to win a **\$100 Save-On-Foods** gift card! Valid at Save-On-Foods Oxford, Namao, 50th Street, and Londonderry!

Draw date will be Dec. 22, 2018

Visit your North Side Save-On-Foods stores for all your holiday shopping needs.

OXFORD @12903-153 Ave

LONDONDERRY @ 1101-1 Londonderry Mall NW 66th St

NAMAO @ 9510-160 Ave NW

And visit our newest store 50TH STREET @ 4805 167th Ave. NW



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Limit 1 Spend/Receive coupon per single grocery purchase. No photocopies. Original coupon must be presented.

Coupon valid from December 10, 2018 to January 1, 2019

\*Excl. Lotto, tobacco, gift cards, prescriptions, clinics, diabetes care, tickets, charities, bus passes, postage stamps, restaurant, insurance, wine, delivery, deposit & recycle fees, rewards and taxes, where applicable. Present this coupon with your More Rewards card to the cashier at time of purchase. Valid in store only.





## Create meaning this holiday season

Holidays are a joyful time, offering a chance to reconnect with friends and family. But for many it can also cause stress and loneliness. You may worry about family matters, or it may be a painful reminder of past times.

During the holidays try focusing on some simple steps that can help reduce stress, low mood and grief that are commonly felt during this time of year.

Here are some ideas that may help you:

**Gratitude:** Being thankful magnifies positive emotions and helps us appreciate the value in something or someone. Send a note of thanks to someone special or create a journal filled with things you are thankful for.

**Do something for yourself.** Often times we are so busy taking care of others we forget to focus on ourselves. Take time for yourself this season by doing something you enjoy, go for a walk, or try a new hobby such as yoga or meditation.

**Connect.** Join a community group, reconnect with friends, or volunteer.

**Keep a regular sleep, meal, and exercise schedule and limit alcohol.** Taking

care of yourself will help you deal with stressful situations during the holidays. Remember the 80/20 rule, and eat 80 per cent healthy foods.

**Get organized.** Make lists or use an appointment book to keep track of tasks to do and events to attend.

**Learn to say no.** It's okay to say "no" to events that aren't important to you. This will give you more time to say "yes" to events that you do want to attend.

**Know your spending limit.** Lack of money is one of the biggest causes of stress during the holiday season. This year, set a budget and don't spend more than you've planned.

**Give something personal.** You can show love and caring with any gift that is meaningful and personal. Make a phone call or write a note and share your feelings.

**Remember, get help if you need.** Holidays can be especially hard if you are already dealing with the death of a loved one or the breakup of a relationship. Talk with a health care professional in your area or call the Mental Health Helpline 1-877-303-2642.

## Have you made a New Year's resolution and make it a habit?

You're not alone. Every year, people set goals wanting to change their lifestyle.

To get into action, the first step is to jot down ideas for changes you want to make. From this list, pick one that you feel ready to start. Then make it a SMART goal.

**Deciding to lose weight** is a goal that many people choose. To make it a SMART goal, focus on behaviour you will do every day, instead of the outcome (weight loss).

Using the SMART guidelines can help you to set a goal that is within reach. Changing too many things at once can be overwhelming. To make lasting changes, work on what you can stick with. A SMART goal example is packing a lunch that includes vegetables at least three days of the week.

Once you've set your

goals, think about what might prevent you from achieving your goals. This can help you plan ways to get around barriers. For example, if your goal is to pack a lunch that includes vegetables, your barrier may be that your weeknights are always busy and this prevents you from cutting up vegetables. To work around this barrier, you could wash and cut up vegetables on Sunday night and pack them for the week. It takes a bit of planning, but a little thought and time up front will help you achieve your goal.

**Remember to reward yourself and to monitor your progress.** Celebrate when you stick to your goal for a month. If your plan isn't working, take time to ask yourself why, and adjust the plan so you can make it happen.

## McLeod President's Message

Over the past few months, I have been busy trying to figure out how I will manage to lead the Board of Directors of McLeod Community League, discharge my Vice-President responsibilities for Area Council No. 17, and increase communication with 13 northeast community leagues pursuant to my role as District B Representative and Board member of the Edmonton Federation of Community Leagues (EFCL). All of these roles require time and attention which happens when I am not at my paid job. For those of you who volunteer your personal time, you will completely understand that balancing priorities is a real feat of juggling; sometimes the balls stay in the air, and sometimes they drop to the ground.

The McLeod Board and our volunteers are not alone in putting in hundreds of hours each year on efforts that benefit the very community in which we live. According to a Statistics Canada report released in 2015, volunteers contributed 154 hours on average in 2013 which amounted to 1.96 billion hours – the equivalent of 1 million full time jobs (<http://volunteeralberta.ab.ca/wp-content/uploads/2015/11/GSGVP-2013.pdf>). Here are some interesting conclusions from a companion 2013 Statistics Canada report (<http://volunteeralberta.ab.ca/wp-content/uploads/2015/11/Volunteering-in-Canada-2004-2013.pdf>):

44% of Canadians aged 15 years and older volunteered.

The rate of volunteering was highest among teens aged 15 to 19, at 66%. This was followed by Canadians aged 35 to 44 (48%). Rates subsequently decline with age, with the lowest rates recorded among Canadians aged 75



years and older (27%).

Women were slightly more likely to volunteer than men.

As has been the case historically, the bulk of volunteer work is done by a small minority of volunteers (10%).

When asked about the reasons for volunteering, the vast majority (93%) said they wanted to contribute to the well-being of their community.

Volunteering does not always mean making a long-term commitment to be on our Board or even a coordinating an event. It can mean making an effort to do one thing that benefits your

community, no matter how small such as shoveling your neighbour's driveway. Of course, McLeod would love to fill the vacancies on our Board but there are other tasks that need doing that we would appreciate: changing the information on our outdoor sign, doing some shopping for one of our events, counting and cleaning kitchen dishes, etc. If you would like to contribute in some way, please do not hesitate to contact me at [president@mcleodcl.ca](mailto:president@mcleodcl.ca).

**Regards,  
Leanne**

## Fine Arts Program: Imagination 101 Winter Registration

Imagination 101 is a fun and creative fine arts class for children that runs every Wednesday at McLeod Community League.

There are three age groups: Preschool, Grades 1-3, and Grades 4-6. The Imagination 101 students experience music, instruments, movement, games, and creative art projects using various art mediums. Of course, laughter and silliness is also a must.

In December, the first session of Imagination 101 comes to an end. It has been a very successful 12 weeks. The children were encouraged to explore their creativity through fine arts. They sang, danced, and tried many new activities. The artists made amazing art pieces including portraits, acrylic paintings, charcoal drawings,



clothing fashion designs, monsters, detailed black and white doodles, and several other works. All the Imagination 101 artists have unique ideas that are exciting to see come to life.

Registration for the Winter session of Imagination 101 is now being accepted. You can contact Kara Jensen at [kara@karajensenphotography.com](mailto:kara@karajensenphotography.com) for more information or to register your artist. Dates, times, and costs are listed below.

### Preschool

\$120 + \$20 supply fee = \$140  
Wednesday January 9 - March 13  
10:00-11:00am

Parents or caregiver must attend class with their child

### Grades 1-3 Program

\$120 + \$20 supply fee = \$140  
Wednesday January 9 - March 13  
6:00-7:00pm

### Grades 4-6 Program

\$120 + \$20 supply fee = \$140  
Wednesday January 9 - March 13  
7:15-8:15pm

Families must have a community league membership from their community to participate in Imagination 101.

Register today! It's a fun experience your artist will love.

[www.communityleagueneews.com](http://www.communityleagueneews.com)



Many Rare Creatures Live in a McLeod Forest

Many elusive creatures reside within 233 acres of forest and farmland sheltered within a dramatic bend in the river on the northeast end of Edmonton. Here, Doug Visser farms land that his family has held for generations, while leaving the nearby old growth forest undisturbed. In fact, this forest has never been logged or cut down to make way for gravel mining or other resource extraction that was common in the early days of Edmonton - some trees are over 100 years old! This forest is considered by the City to be the largest old growth forest within Edmonton.

Old growth forest is more valuable than many people realize. Some animals rely only on very specific habitat to survive, so become increasingly rare as their habitat continues to be destroyed to make way for human development. The Barred Owl is a stunning



Betty Fisher



owl species that requires old growth forest to nest and raise their young. They rely on tree cavities to nest in; cavities are only available and able to be large enough in the older, sometimes partially-rotten poplar trees. Like other owls, these majestic creatures control populations of mice and small rodents, and so limit the spread of numerous diseases to humans.

The Barred Owl isn't the only rare occupant of this forest. The Little Brown Bat is another endangered night-dwelling critter that we don't often see. When feeding, this bat is capable of eating 600-

1,000 mosquitoes per hour. They also eat other pests that transmit disease, destroy crops, and negatively impact forest stands. Unfortunately, bats face significant challenges, including white-nose syndrome, a virulent disease which is spreading fast, and which can wipe out entire populations of bats. Keep an eye out for these nighttime creatures in your own backyard, and find out how to support them, as well as the Edmonton and Area Land Trust's efforts to conserve this old growth forest, at [www.ealt.ca/potential-forest-and-farmland](http://www.ealt.ca/potential-forest-and-farmland).

Mark Your Calendars for Upcoming McLeod Events

Newcomer Skate: Saturday, January 5th, from 1pm to 3pm  
All are welcome to this free event  
3rd Annual Del Golinowski 3v3 Hockey Tournament: January 26th, all day  
\$200 per team; email [secretary@mcleodcl.ca](mailto:secretary@mcleodcl.ca) to register

Family Day at McLeod: February 18th, 1pm to 3pm (times are tentative)  
Lots of Free Activities at McLeod and at Steele Heights Baptist Church  
Watch our Facebook page for upcoming movie nights.

Yoga for all at McLeod Hall

All classes run from January to March, and include 10 sessions:  
Kids Yoga \$95 (Ages 3-12) Learn yoga, anatomy and meditation in a fun setting!  
Tuesdays 530pm-615pm OR Saturdays 945am-1030am  
Adult Yoga-Fit Its time to feel good in your body & mind ! Join us for this excellent

combo class of strength training and yoga  
Tuesdays 90 min class 630pm - 8pm \$137.50  
Saturdays 60 min class 830am - 930am \$100  
Gentle Yoga - Beginner & injury friendly, this is yin-yoga inspired & relaxing.  
Tuesdays 815pm-915pm \$100  
Call/Text 780-885-6222 to Register



Thinking of Registering for Outdoor Soccer?

The indoor season has barely started and preparations have already started for the 2019 outdoor season. Registration dates will be February 12th, February 26th, and March 2nd. Below are estimated registration fees based on preliminary figures provided by EMSA and EMSA North. Registration fees will be finalized by January 1, 2019.  
The EMSA soccer portal will open January 15th for 2019 outdoor registrations. Please take this time to ensure you can access your account to prevent registration

delays in January and February. You can use the "Forgot your password?" link to reset your password. This is also a good time to review your account profile and ensure your address, phone numbers and community league are correct. If you do not have an EMSA Soccer Portal account, please go to <http://emsanorth.com/play/register/> and follow the instructions to create an account.  
It's important to register in your home community. The volunteer commitments are used to provide programming in your community

Age Category	Birth Year	Early Bird Fee	Fee Effective February 27
U5	2014	\$120	\$145
U7	2012 - 2013	\$130	\$155
U9	2010 - 2011	\$150	\$175
U11	2008 - 2009	\$190	\$215
U13	2006 - 2007	\$215	\$240
U15	2004 - 2005	\$230	\$255
U17	2002 - 2003	\$235	\$260
U19	2000 - 2001	\$235	\$260



leagues such as senior gatherings, board game night, movie night, swimming at local pools, and the list goes on. You can always specify a transfer request to have your child play in another community if you wish.  
Once you have registered your child for the 2019 outdoor season in the EMSA soccer portal, you will need to attend a McLeod registration session to complete the registration, sign up for a volunteer service commitment and pay your fees.  
Todd  
McLeod Soccer Director

The Day the Volunteers Quit

One day, Mr. & Mrs. Extremely Busy were up early getting ready for work. Mr. Busy states, "I have several meetings today, I am going to get the oil changed on my lunch break, and I have several projects due by the end of the week". Mrs. Busy replies, "After I drop off the kids, I also have several meetings, I need to get groceries on my lunch break, a meeting with our littlest's teacher, make supper and get homework done". Mr. Busy asks, "Have we heard when Junior's soccer is starting yet?" "Well, we got an email looking for parents to volunteer to coach, but I did not reply as we are too busy. I will try to find a spare minute during my day to send an email inquiry." With that, Mr. & Mrs. Extremely Busy were off in their separate directions to start their very busy day.  
On the other side of the community, Mrs. Whiny was also getting ready to start her day. Over a cup of coffee and cereal she thinks to herself: "We were one of the first people at registration, I paid my fees, I should have heard something by now. I know they were looking for volunteers, but I don't know anything about softball, they must have found someone by

now? I am going to email at lunch, this is getting ridiculous". Mrs. Whiny continued on with her day.  
Lastly, Mr. & Mrs. Overwhelmed are pondering the upcoming day. Mr. Overwhelmed has a good job in an office with regular hours. However, he finds his job quite draining and when he comes home in the evenings he really looks forward to relaxing. Mrs. Overwhelmed has very young children, two are now old enough for soccer. She is looking forward to the upcoming soccer season where she can have a break for at least an hour a day! She will send an email at the end of the day to find out when the season will be starting.  
In the middle of the community, the President is also starting his day. He is in the middle of packing up his house, preparing to move. He has been working many hours of overtime, his elderly mother is sick and has been spending most weekends tending to her house and needs. The President has a family with children in activities. He has not been able to watch their events; his VOLUNTEER DUTIES attending community league meetings, area meetings, president meetings

are in regular conflict. The President is really passionate about growing a strong community where everyone can feel safe in a friendly, neighbourly area. Today, though his mom has a doctor's appointment, his child has an important event, he will be working late, and there is a presidents meeting. He has had enough, something needs to give: The President quits.  
On the edge of the community lives the Soccer Director. She has slept in and is scrambling to get her children out the door to school. She was up until the very early morning hours completing her school assignments. The Soccer Director is also very committed to the community. She believes her efforts can help enrich the lives of many children. Today her neck is stiff as she was hunched over books until 3 am. After she takes her kids to school, she will have just enough time to get a coffee on her way to work. She works full-time, her husband works out of town and all the parenting and household responsibilities fall to her. Her only time for herself is after the kids are in bed, which she needs for studying and laundry. Today the Soccer Director has a performance review

at work, an exam at the end of the week, she is out of laundry soap, her husband's time away has been extended, no one has responded to her emails regarding coaching and has received 3 emails wondering why their team hasn't started practicing yet. She takes a deep breath and quits.  
The President and Soccer Director have quit. The rest of the community board can't cover such major roles. They also have jobs, families, and other responsibilities. Given the ever-increasing volunteerism demands, they decide to quit.  
Suddenly, 100 children from the community who were registered in Scouts, Beavers, Brownies, and dance have nowhere to gather. The President always came to open the community league building for them. 20 ladies, including Mrs. Extremely Busy can not attend Yoga on Tuesday evenings. Mr. Overwhelmed can no longer go for evening skates at the community rink. Mrs. Overwhelmed is no longer able to walk her kids to the community preschool. The lives of hundreds of children and their families were affected the DAY the VOLUNTEERS QUIT.





# Northmount Community League News

## Board of Directors for Northmount

POSITION	NAME	Contact	Contact
President	Meagan Plamondon	780-270-1212	<a href="mailto:president@northmount.ca">president@northmount.ca</a>
Vice President Operations	VACANT		
Vice President Programs	VACANT		
Treasurer	Angela Purves	587-336-7699	
Secretary	Michele Crocker		
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	
Facilities	James Crocker	780-717-5885	
Memberships	Robin Wheatley	780-473-8634	
Newsletter	Michele Crocker		<a href="mailto:newsletter@northmount.ca">newsletter@northmount.ca</a>
Seniors Programs	Margaret Warwick		<a href="mailto:seniorsprograms@northmount.ca">seniorsprograms@northmount.ca</a>
Soccer	Joanne Cheetham		
Social	Suzanna Ramdass	780-993-2064	<a href="mailto:social@northmount.ca">social@northmount.ca</a>
Co-Sport Explorerz	Karen Plamondon	780-478-2010	
Co-Sport Explorerz	Sid Plamondon	780-478-2010	



## 66th Medical Clinic

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HOUR OF OPERATION: Monday - Friday: 9am - 6pm | Saturday & Sunday: WILL OPEN SOON

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## Martial Arts Class at Northmount - Hapkido

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 -9:30 PM

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 Martial 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](mailto:sidplamondon@outlook.com)

## Northmount Seniors

We Need Your Input!

Northmount Community League has a very motivated Director of Seniors Programs, but she needs your help. Please contact Margaret by email at [seniorsprograms@northmount.ca](mailto:seniorsprograms@northmount.ca) or Meagan by phone at 780-270-1212 to let us know what you would like to see happening in your neighbourhood. Are there ac-

tivities you would enjoy doing with a group? Are there social functions you would be interested in attending? Fitness programs? Other types of classes? Do you need help with anything? The Community League is here for your benefit, please take advantage of the resources we can offer and others we can access through the city!

## President's Message

On October 31st, Northmount residents participated in our 4th Annual Pumpkin Carving Contest, we had great talent this year with people showing off their best carving skills. Check out our Facebook Group to see all the entries this year! I cannot wait to see what people carve next year!

On November 3rd, Northmount had its 2nd Paint Night, where participants were instructed to complete a winter themed painting. Everyone had tons of fun and had the chance to bring out their artistic skills. If you want to see the completed paintings, check out our Facebook Group! Thank

you to all the participants! The proceeds from this event went towards our Playground Re-build. Also, a special thank you to Linda, James, Maria, and Dale for helping with the set up and making the night run smoothly!

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*

## Volunteers Needed

Building a Better Playground for Northmount!

This is YOUR community! This is YOUR playground! We need YOUR help!

Can you believe it's been almost 20 years since the playground at Northmount Park was built? Its life-cycle is almost up. It needs to be rebuilt to improve safety and accessibility! If we don't rebuild, we risk the city shutting it down. No one wants that!

Benefits of Community Playgrounds:

- Improve the overall mental and physical health of young people through activity and social interaction.

- Children release energy as well as develop motor and muscle skills through exercise disguised as play.

- Children learn to make new friends, share, take turns, and enjoy activities with other children from all walks of life.

- Contribute to a reduction in community crime.

- Contribute significantly to a sense of community.

- Improve the physical landscape of a community through providing manicured well maintained spaces for community members to come together and enjoy the outdoors.

## Playground Fundraising

Silent Auction at Jox Sports Bar 7:00 PM

Northmount is holding a Silent Auction on Feb 16, 2019 at 7:00 PM at Jox Sports Bar, 15327 97 St. NW. Tickets will be for sale soon! At this time we are

looking for donations to be auctioned. Please contact Maria or Dale at 780 478-2977 if you have items you would like to donate, or if you would like to help out with this event. The community would really appreciate

any help you are willing to give! Our children deserve a safe and accessible playground in their neighbourhood! All proceeds from the silent auction will go to the Northmount playground rebuild!

It is not too late to join the planning and fundraising committee! Can you help with grant applications or fundraising ideas? Can you help with fundraising events? Are you comfortable approaching businesses' for possible sponsorship? Can you help with planning? Are there ideas you would like to see incorporated? Can you simply help spread the word? If you are interested, please call our President Meagan at 780-270-1212. No prior experience is required. Our next meeting is November 13 at 7 PM. We'd love to see you there!

## 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!



## Quitting tobacco

For many people, giving up tobacco is easier said than done. Giving it up may be one the toughest challenges you face in life, but it will also be one of your most rewarding.

Everyone who uses tobacco would benefit from quitting and can reap the health rewards that come with it. When you quit cigarettes and other tobacco products —no matter how old you are—you can decrease your risk of early death, heart attack and stroke, cancer, lung disease and sexual and reproductive problems.

There are other benefits to quitting as well, which are more immediate.

Within 20 minutes of quitting smoking for example, your blood pressure drops to a level similar to what it was before your last cigarette. Within eight

hours, the carbon monoxide level drops in your body and the oxygen level in your blood increases to normal, and within 48 hours, your chances of having a heart attack start to go down and your sense of smell and taste begin to improve.

Within a year of quitting smoking, your risk of suffering a smoking-related heart attack is cut in half. So is your chance of getting cancer in your mouth, throat, esophagus, bladder, kidney, and pancreas. And within five years of quitting, you have the same chance of having a stroke as a non-smoker.

Being tobacco-free also means you're not exposing loved ones to second-hand and third-hand smoke, and you're setting a positive example for those around you who may be inspired to quit



as well.

Those are some pretty big rewards when you think about it, for both yourself and your loved ones.

People use tobacco for different reasons, and there is no shortage of good reasons to quit. Longevity, quality of life, the sheer cost of cigarettes or chewing tobacco, the impact it has on your friends and loved ones: these are all major factors that may motivate you. But for all the motivation, quitting can still be a difficult process.

The nicotine in tobacco is an extremely addictive substance and when you stop

## Northmount Hall Rentals

We have a seating capacity for 250 guests. We offer a large kitchen with industrial stove, double door cooler, dish sanitizer 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

Interested in renting? Call Linda at 780-399-9022

## Save the Date, Soccer Registration



February 26, 2019 and March 5, 2019 from 7:30-8:30 PM

Outdoor soccer registration will be starting in late February, keep an eye out for the next issue of the Northeast Voice and check out our Facebook Group for more information as the time draws near.

using tobacco, your body reacts to the lack of nicotine in your system. Quitting can be done though, especially with the right planning, tools and support.

Whether you're just starting to consider quitting smoking, or you've already committed to quitting, the help you are looking for is available from AlbertaQuits. There are a wide range of services to help you quit, including a free online service, a free phone service operated by trained cessation counselors, text support, individual counseling and group programs like QuitCore that will teach you how to quit and connect you with others who are also quitting.

For more information on supports available to help you quit, visit [www.AlbertaQuits.ca](http://www.AlbertaQuits.ca) or call 1-866-710-QUIT.





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