NORTHEAST VOICE

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

February 2018

Published by Calder Publications. To advertise please call 780-905-7422 or email info@communityleaguenews.com

Sport Explorerz Expands to Serve 3-6 Year Olds

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, your child will begin to acquire fundamental movement skills such as balance, coordination, agility and social skills etc. (Active Start). 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.

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 – interacting, 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, cooperation, 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.

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).

Spring 2018 Program Dates & Times

April 29-June 28 (no classes the week of May 20)

Sundays, 1:00-2:00pm (3-4YO) or 2:15-3:15pm (5-6 YO) at McLeod

Mondays, 6:00-7:00pm (3-4YO) or 7:15-8:15pm (5-6 YO) at Lago Lindo

Tuesdays, 6:00-7:00pm (3-4YO) or 7:15-8:15pm (5-6 YO) at Evansdale or Northmount

Wednesdays, 6:00-7:00pm (3-4YO) or 7:15-8:15pm (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 year old and 5-6 year old sessions using your child's age at April 29, 2018.

You will need to purchase a community league membership from your home league at time of registration. Please ensure you bring a blank cheque for your volunteer/community service.

Please go here for upcoming registration dates and times at your community league: **http://sportexplorerz.ca/register/**

Upcoming Events in the Northeast

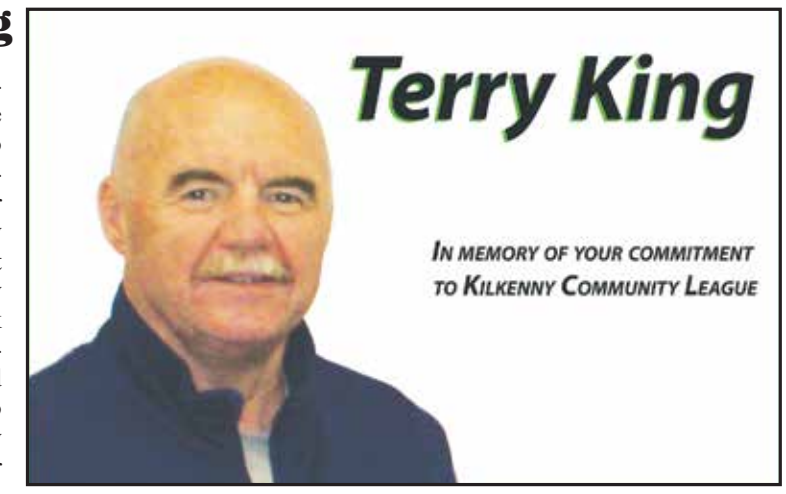
February:
1, 8, 15 & 22: Hatha Yoga at Northmount; 5:45pm; $10 drop in
1, 8, 15 & 22: Bring Your Own Craft Night at Northmount; 7:00pm
2: English Conversation Circle at EPL McConachie; 1:00pm
5: Sing, Sign, Laugh, and Learn at EPL Londonderry; 10:15am
5, 12 & 26: Zumba at Northmount; 5:30pm; $10 drop in
5, 12 & 26: Hapkido at Northmount; 7:00pm
6 & 20: Seniors morning tea at Northmount; 9:30am
6, 20 & 27: Zumba Gold at Northmount; 6pm; $10 drop in
7, 14, 21 & 28: Hapkido at Northmount; 8:00pm
7 & 27: Sports & Programs Registration at McLeod; 6:00-8:30pm
8: LEGO at the Library at EPL McConachie; 3:00pm
8 & 15: Sport Explorerz Registration at Northmount; 7:30pm
9: Valentine's Day Tea at NESA; 2:00-4:00pm; $5 tickets on sale until Feb. 2. No tickets at the door.
13: FREE Pancake Dinner at Northmount; 6:00-8:00pm
19: Family Day LEGO challenge at EPL Londonderry and EPL McConachie; 2:00pm
19: Family Day Festival at Steele Heights Baptist Church; 12:00-4:00pm
23: Soccer Registration at Northmount; 6:30pm
25: Lunar New Year at Londonderry Mall; 11am-4pm
25: Practice English at Your Library at EPL Londonderry; 1:30pm
25: Slime Party at McLeod; time TBC

March:
7: Sports & Programs Registration at McLeod; 6:00-8:30pm
7: Music Makers at EPL McConachie; 4:00pm
9: Edmonton Swing Band Dance at NESA; 7:00-10:00pm; $10 in advance, $12 at the door
9 & 16: Soccer Registration at Northmount; 6:30pm
10: Job Fair at Kingsway Legion; 9:00am-12:00pm
12: Spring Program Registration at NESA; 8:30am-4:30pm

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

Location Addresses:
Centrepointe 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 Assen (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

Terry King



Kilkenny Community League would like to remember a devoted volunteer who passed away suddenly this past Christmas. Terry King, our Rink Manager, Maintenance man and general go-to guy, consistently ensured that our building was being maintained, made the ice during the winter months and cut the grass during the summer.

Terry was a gentle person but had no problem enforcing the rink rules! He provided the assistance that kids required while getting themselves ready for being on the ice and being in the cold. Some people he helped had never experienced skating, or even living in a winter environment. Knowing this, he gave them guidance on how to make the best of the current situation and have a lot of fun enjoying a favourite winter activity.

The Kilkenny rink would not have much of its equipment without Terry. Terry worked with various organizations and individuals to acquire skates, helmets and sticks, allowing new community members the experience of ice skating for the first time.

Terry was always eager to provide his experience; his smiles alone made one cheer up and turn their day around. When times were trying and troubling, Terry would be the rock that those who knew him looked for. He made himself available to all that required it without question.

Let us all remember Terry for the many wonderful things he did for our community.

Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires

Evansdale Community League Board & Committees

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

Jeff Muiselaar	President	780-478-1759	president@evansdale.ca
Vacant-volunteer today!	Vice President		vicepresident@evansdale.ca
Shawna Walsh	Past President	780-237-2169	pastpresident@evansdale.ca
David Dodge	Director of Sustainability	780-478-6162	sustainability@evansdale.ca
Ray Costley	Soccer Director	780-660-4230	soccer@evansdale.ca
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
Vacant-volunteer today!	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
Vacant-volunteer today!	Eaux Claires Playground	780-641-6171	ecbr@evansdale.ca
Terri	Hall Rentals	780-478-4444	hallrentals@evansdale.ca
	Skating Rink	780-478-2577	

Outdoor Soccer Registration

Registration dates are the following:

Thursday February 22 6:30-8:30

Thursday March 1 6:30-8:30

Saturday March 10 10:30-2:30

At Evansdale Rink Shack 9111-150 ave

Registration for the outdoor soccer season will be starting in February and very soon you will be able to do the on-line registration on the EMSA portal. There is a big change in registrations this year as teams will now be divided based on odd years (U7,U9 etc) and this could affect some teams that have played together previously. Please ensure you complete this registration before you attend the community registration.

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.

We will accept late registrations but will not be as lenient with late registrations fees as we have been in the past. There is funding available from Jumpstart (http://www.kidsportcanada.ca/) and Kidsport (http://www.kidsportcanada.ca/).

I will be at the hall on on Tuesday, Feb 13 from 7:00-9:00 to help anyone having problems with the on-line registration or funding questions.

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 Evansdale registration session at 9511-150 ave to purchase a community membership (if necessary), 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 Evansdale address on it.

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

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 or email me at soccer@evansdale.ca and I will walk you through the process.

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 $50.00.

10. Late registration fee of $24 will be charged after the last registration on March 10.

COACHES

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

Evansdale will pay for coaching clinics available from EMSA to teach you the basics. It takes a tremendous amount of time to phone all the parents on each team and try to talk a parent into coaching. If we don't have a coach in place by the end of the last registration then we will not be creating a team.

We had some success last year with parents getting a relative or friend that was knowledgeable about the game to step up and take on the coaching duties for them so that is an option as well. Let me tell you from personal experience that it is easier to start at the younger ages than to start at the older levels with no experience.

For those players that no longer play the sport, a good enjoyable way to stay in the game is to get into coaching and mentoring a team just as someone had done for you when you were playing. I will meet anyone interested in coaching at anytime to discuss what is involved and what supports are available. I will also be at the hall from Tuesday, February 13 from 7-9pm to meet with anyone interested in coaching.

FEMALE PLAYERS AND COACHES NEEDED

We are, like most other Northend communities, seeking female soccer players. If you know of any girls that would like to play, please encourage them to register!

We will be attempting to make a female-only team at the U7 level. We also need females to coach and mentor them as well. We would like to have our U8 girls have a female-only team rather than be forced to play with the boys on a mixed team.

We also require female coaches, especially on these female-only teams that wouldn't require a male coach (mixed teams require a male and female coach).

If you have any questions, please email me at soccer@evansdale.ca.

Ray Costley
Evansdale Soccer Director

Valentine's Day Colouring Contest

Enter our Valentine's colouring contest for a chance to win a box of chocolates for a loved one for Valentine's Day! A $25 value!

Participants must be 12 years old and under. Enter before Saturday, February 10 - a winner will be randomly drawn at the Evansdale Community RInk at noon that day.

Drop off your entry at the Evansdale Community RInk during opening hours OR scan your entry and e-mail it to: newsletter@evansdale.ca. Please provide your name, age, and telephone number on your entry. Happy colouring!

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

Rink Schedule

The Evansdale community rink hours are as follows:

Monday to Friday: 6:00 pm to 9:00 pm

Saturday: noon to 9:00 pm

Sunday: noon to 6:00 pm

Rinks closes at -20°C including windchill. Please call 780-478-2577 to confirm schedule.

Skate tags are available by purchasing a community membership or presenting a valid community membership card. Those without tags will be charged $3/adult and $2/child or student.

Benefits 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

Dickinsfield School Offering Cogito Program

Edmonton Public Schools is planning to introduce the Cogito program at Dickinsfield School starting with Grade 7 class in the 2018-19 school year. Additional grades will be added in subsequent years. See poster for details.

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. 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
$500 damage deposit
$600 rental
Friday/Saturday/Sunday
$400 damage deposit
$450 rental
Monday – Friday
$275 damage deposit
$325 rental ($150 members)
Use of dishes $100
Meetings $35/hour

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

Reduce alcohol for your health

When you drink alcohol, you may be putting your health and safety at risk.

Your risk of harm increases with each drink that you have. And your risk of harm increases with how often you drink at amounts above the low-risk drinking guidelines, even if you do this only now and then.

Drinking alcohol may:

• Harm your liver, pancreas, nervous system, heart, and brain.
• Cause high blood pressure, depression, stomach problems, or sexual problems.
• Contribute to the development of some cancers, such as cancers of the mouth, throat, esophagus, liver, colon, and breast.
• Cause memory loss and affect your ability to think, learn, and reason.
• Cause harm to your developing baby (fetus) if you drink during pregnancy.
• Lead to problems at work, school, or home.
• Increase the risk of car crashes and violent behaviour.
• Cause you to develop an alcohol use problem.

In general, limit how much you drink. You can reduce your long-term health risks by drinking no more than Canadian health experts recommend:

• If you're a man, have no more than 3 standard drinks a day on most days and no more than 15 drinks a week.

• If you're a woman, have no more than 2 standard drinks a day on most days and no more than 10 drinks a week.

If you choose to drink, keep the amount of alcohol you drink within the recommended limits. Drinking at the upper limits should only happen once in a while, not every day or week. Plan non-drinking days every week to avoid developing a habit.

Keep in mind that a safe amount of alcohol for one person may be too much for another. Because of things like age, sex, weight, and health history, alcohol can affect people differently. If you're an adult who doesn't weigh a lot, is younger than 25 or older than 65, or isn't used to drinking, you need to be even more careful about how much alcohol you drink.

If you choose to drink, here are some things you can do to reduce your risk of getting sick or injured:

• Have a meal or a snack with your drink. Don't drink on an empty stomach.
• Drink slowly. Don't have more than 2 standard drinks in any 3-hour period.
• Have a glass of water or non-alcoholic, caffeine-free beverage (such as a soft drink or fruit juice) between drinks.
• Avoid risky situations and activities. Don't drink and drive, and don't get in a car with a driver who has been drinking.
• Don't take over-the-counter or prescription medicines that interact with alcohol.
• Limit how much you drink.

If you think you're drinking too much, you might want to cut back.

Alberta Health Services offers a wide range of services for individuals looking for help for someone they care about, or for themselves.

For more information, and to find an addictions services office near you, call the Addiction Helpline at 1-866-332-2322. It's free, confidential and available 24 hours a day.

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Edmonton Lifelong Learners Association (ELLA), in partnership with the University of Alberta have scheduled **over 50 expert-led courses** plus a variety of noon-hour presentations during the **2018 Spring Session of April 30 to May 18**. All of them are located at the University of Alberta.

Registration begins **March 13, 2018** and you can participate in the learning and fun for the low-cost of only **$250***. There are no prerequisites, homework or marks and **everyone is welcome**.

Explore our programs ▶ **my-ella.com** or call 780.492.5055

EDMONTON lifelong learners ASSOCIATION
UNIVERSITY OF ALBERTA FACULTY OF EXTENSION

*Bursaries available for participants in need of financial assistance.

Kilkenny Community league News

Changes in the 2018 Soccer Team Age Groups

During the Special Alberta Soccer Association (ASA) General Meeting on November 4, 2017, the membership voted to redefine the Alberta Soccer Age Groups. The ASA membership is comprised of soccer associations across the province, including EMSA. The age group adjustment will enable Alberta Soccer to align with U15 and U17 Canada Soccer National Competitions. Below is a chart comparing the new age groups to the old ones for the 2018 Outdoor Season.

New Age Group	New Birth Years	Old Age Group	Old Birth Years
U5	2013-2014	U6	2012-2013
U7	2011 – 2012	U8	2010-2011
U9	2009-2010	U10	2008-2009
U11	2007-2008	U12	2006-2007
U13	2005-2006	U14	2004-2005
U15	2003-2004	U16	2002-2003
U17	2001-2002	U18	2000-2001
U19	1999-2000		

Please note the introduction of the U19 age group. This will allow players to play an extra year if they desire. The new age groups roughly translate to the old age groups. For example, U10 team consisted of 16 players and played 7v7. U9 will be the age group that replaces U10.

The greatest impact of this change will be felt when a player in the first year of the old age group registers for the upcoming season. This may lead to teams being restructured. For example, a player born in 2009 would have registered for U10 under the old system and could have been playing on a team where the coach had a child born in 2008. Now, the player born in 2009 would register for U9. If you want to play on the same team, the player would now have to register for U11 as 2008 is the first year of that age category. Players would have been in this situation during the 2018-2019 indoor season, as age group birth years are adjusted every indoor season. This age group realignment accelerates this scenario by one season.

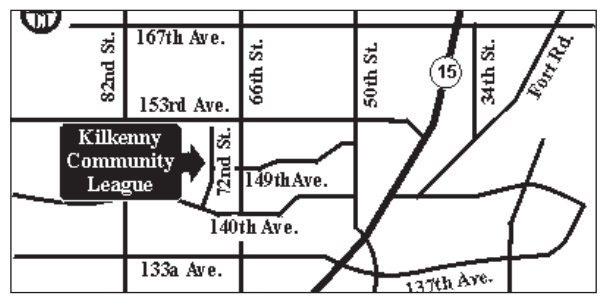
Hall Rental

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

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

Discounts available for those who hold a consecutive membership for a minimum two years with Kilkenny Community League.

For all Auditorium & Meeting Room rentals, please check our sidebar Calendar for availability and email President@Kilkenny.ab.ca



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

You or someone you know celebrating an anniversary, birthday big or small, engagement, special achievement?? Team achievements, staff challenges, we would like to hear from you!! Feel free to send in a picture and the appropriate information and we will include it in the next newsletter!! Please send it to Sean, Kilkenny Publicity Director at publicity@kilkenny.ab.ca.

Family Day

Have your family join us and other families for a pancake & sausage brunch followed by horse-drawn sleigh rides, skating, & tobogganing. Because who doesn't like tobogganing with a belly full of pancakes and sausages?!?!

When: February 17, 2018 @ 11:00 – 2:00pm with a movie to follow @ 2:30pm.

Where: Kilkenny Community Hall

How Much: FREE!!

Happy 66th Birthday to Diane Schnabl!

Sending you smiles and hugs for every moment of your special day! We love you mom! Xoxo Brad, Chrisa, Zoe & Andreas

Hockey & Skating

The Rinks are Open!! (But will be closed during inclement weather or if the temperature is below -20°c)

Rink 1:

Public Skate Hours:

Monday – Friday: 5:00 pm – 7:00 pm (if there is no Hockey Practice, Public Skate will run 5:00pm – 9:00pm)

Saturday – Sunday: 12:00 pm – 5:00 pm

Closed: stat holidays

Hockey Practice:

Monday – Friday: 7:00 pm – 9:00 pm

Please contact the rink during operating hours or email IceRink@Kilkenny.ab.ca to book your ice time

Rink 2:

Public Shinny Hours (all abilities welcome!):

Monday – Friday: 5:00 pm – 9:00 pm

Saturday – Sunday: 12:00 pm – 5:00 pm

Closed: stat holidays

Community League members: FREE (please ensure you have current skate tags)

Non-Community League members

Skating: Adult $2.00, Child (12 & under) $1.00

Shinny: Adult $3.00, Child (12 & under) $1.50

Ice rink rental: $75.00/hour

Please contact the rink during operating hours or email IceRink@Kilkenny.ab.ca to book your ice time.

Little Kickers Is Back At Kilkenny

We would like to let you all know, that Kilkenny will be going back to running a "Little Kickers" program. This would fall in the U5 category (instead of U 4). If you have, or know anyone who has children 3-4 years old that are interested in this program, please spread the word!

We will be offering both the U5 program AND the Sport Explorerz program, in the spring of 2018!

President's Message,

I would like to thank all those who participated in the planning and running of the 25th Stan Gantar hockey tournament. I hope that all the players and their parents enjoyed the tournament.

Thank you to all the volunteers that helped with tournament.

Anna

Indoor Soccer Wrap Up Party

When: March 2, 2018 6:00 – 9:00pm

Where: Kilkenny Community League Hall

Activities: Hotdogs, & pop (Is that an activity??) There's gonna be a DJ! And someone who will put paint on your face, but in a nice way… And there's going to be… well I guess you'll just have to come and see the rest.

Sports Registration Dates

February 27, 2018 @ 6:30 – 8:00pm

March 3, 2018 @ 9:00 -12:00pm

March 15, 2018 @ 6:30 – 8:00pm

2018 OUTDOOR SOCCER

CONTACT US AT: soccer@kilkenny.ab.ca

The season is just around the corner. In 2017 we had 20 outdoor teams representing approximately 297 players, and we are anticipating approximately the same number of players for the 2018 Outdoor season. The season is scheduled to start the first week of May.

As in prior seasons, please register players using the EMSA soccer portal. If you are new to the EMSA soccer program, please create an EMSA soccer account using the parent's or guardian's primary email address and name. Then, add players to the account and register them for the outdoor season. You can go to EMSA North - Play - Register - Community Soccer to access or create your account and register for the upcoming season. The website is compatible with your laptop, tablet and smartphone. The EMSA soccer portal opens February 1, 2018 for registrations.

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

Fees are based on team registration fees, referee fees, equipment, first aid supplies, coach development and of course jerseys. In order to help control the rising costs we will be continuing the $75 jersey deposit for all U9 and up teams. U9 and up, you will need to provide your coach with a $75 cheque post-dated for July 1, 2017 payable to Kilkenny Community League. Your child will not receive a jersey until the coach has the $75 jersey deposit. If the jersey is not returned at the end of the season or is returned in an unusable condition, your cheque will be cashed. Please note: U7 and down players keep their jerseys.

Registration will take place as follows:

Kilkenny Community Hall -
Tuesday, February 27th – 6:30 pm to 8:00 pm
Saturday, March 3rd – 9:00am to 12:00pm
Thursday, March 15th – 6:30pm to 8:00pm

Age Category	Birth Year	2018 Playing Days	2018 Regular Fee	Early Bird Fee Effective Until March 3
U5 B/G/Mixed	2013-2014	Tues and Thurs	$175.00	$150
U7 B/G	2011-2012	Mon and Wed	$185.00	$160
U9 B/G	2009-2010	Mon and Wed	$200.00	$175
U11 B/G	2007-2008	Tues and Thurs	$240.00	$215
U13 B/G	2005-2006	Tues and Thurs	$270.00	$245
U15 B/G	2003-2004	Mon and Wed	$280.00	$225
U17 B/G	2001-2002	Sun and Thurs	$280.00	$225
U19 B/G	1999-2000	Sun and Thurs	$280.00	$280.00

Please note playing dates are subject to change.

One Volunteer Commitment Per Player to a maximum of three per family - Volunteer Deposit of $250.00. A Post Dated Cheque made out to Kilkenny Community League. Cheque will not be cashed (unless you don't show up to the volunteer commitment).

Getting to know our Community

This year I'd like to take time to get to know some of the folks that make up our wonderful Kilkenny Community. I was walking past Capital Pizza and thought I'd stop in to have a chat with Tom. He and his brother Faisal have run the local business since 1976 which has been around for 41 years. That's a long time, so I asked Tom what has kept him going? What keeps him in Kilkenny? "Well Buddy…" (I love the fact that everyone is his "buddy") "Very Good People." He pointed to a couple sitting across the room from us. They were a senior couple enjoying a nice and quiet lunch together. He tells me how he remembers when they first started coming to his restaurant as a vibrant young couple. The fact that they have kept coming back is what keeps him in the community. Tom went on to tell me about the families he has seen grow up before his eyes through their visits to his establishment. He loves seeing the kids that were brought in by parents so many years ago, now bringing in kids of their own. That friendship and sense of family is what Tom spoke most about. It made me realize that is what "Community" is all about: Family. Here at Kilkenny we are a family. Even if you think you find yourself alone, just remember you're a part of my Kilkenny family. This Family Day, why don't you stop in and say "Hi" to Tom for me. Make sure to tell him that his buddy sent ya.

-Sean

If there is anyone in our Community you'd like to hear from, or about, just drop me a line. (publicity@kilkenny.ab.ca) I'm always up for an interesting chat.

Ask Charles

I just bought a house, and on possession day, I noticed the movable island from the kitchen, which I loved when I viewed the property, was gone. Was the seller allowed to take it with them?

The short answer is yes, the seller was allowed to take the movable island with them. A movable island is an example of an unattached good, which are movable items that are not included in the sale of a property unless agreed to, in writing, by the parties.

Unattached goods include items such as wall art, area rugs, non-built-in appliances such as microwaves, and even curtains. Unless otherwise agreed to, sellers can take movable items from the property before the buyer takes possession.

The opposite of unattached goods are attached goods. Attached goods are items that you cannot remove from a property without causing damage to the property. For example, chandeliers, built-in appliances such as dishwashers, and curtain rods and brackets are attached goods. Unless otherwise agreed to, sellers are expected to leave attached goods behind.

However, the good news for buyers is, if there is something you like in a property you are considering buying, but it's an unattached good, all is not lost. If you want a particular unattached good included in your purchase of the property, list it as an inclusion in your offer to purchase. Now, it's subject to negotiation between you and the seller.
The seller may agree, or they may remove it from the list of inclusions in a counter offer. It is up to the buyer and seller, with the help of their real estate representatives, to negotiate the transaction, and that includes what items are included or not.

When it doubt, write it out. This is the best way to ensure you know what is included when you're purchasing a property. For larger more expensive items, you may wish to include the make, model, and serial number. This may eliminate a seller's urge to switch nice appliances, for example, with less expensive, used items.

Now, what do you do in the event the seller was supposed to leave something behind, but didn't? If you don't find out until after possession, you need to call your lawyer as it is now a legal issue between you and the seller. Your real estate professional can attempt to discuss the matter with the seller's representative, but if things aren't fixed to your satisfaction, your only recourse is to speak to your lawyer.

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

Feel better

From homemade chicken soup to a hot shower—everyone has their own remedy for a cold or flu. If you get sick this winter, health management nurse Tracy Mullen has seven tried-and-true suggestions to help you feel better.

1. Get lots of sleep. It's your body's way of healing itself. Getat least six to eight hours a night, and nap if you can.
2. Drink lots of water to prevent dehydration and loosen mucous.
3. Gargle with salt and warm water to relieve pain.
4. When you have a stuffy nose, try a humidifier. It hydrates and loosens the secretions in your sinus. You can also use a saline nose mist.
5. Talk to your pharmacist about safe over-the-counter medications for you.
6. Give your body time to heal.
7. Get the free flu shot to prevent future colds and flus.

Protect yourself from the cold
There's a reason the phrase "Jack Frost nipping at your nose" is so relatable. When the temperature drops, skin and the tissue underneath can freeze or get frostbitten. From tingling hands to frozen feet, frostbite becomes more severe the longer you're outside and the colder it is; if you think frostbite is severe, seek immediate help.

The best way to protect yourself is to dress for the weather. Remember these four layers before heading outside.

1. Inner layer: choose socks, long johns and long sleeves made of merino wool or synthetic fabrics to wick moisture away from the skin.
2. Middle layer: choose sweaters and pants made of fleece or synthetic insulation to trap warm air against your body.
3. Outer layer: add a jacket with material that cuts or blocks wind and repels rain and snow.
4. Final layer: wear boots, hats and gloves that can wick away moisture and insulate, and add a balaclava or scarf to cover your face.

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

Our Executive Team

President .....Angie Ewanchuk
Vice President .....Dwight Hunter
Treasurer.....Tanya Fedora
Secretary .....Beth van den Elst

Directors

Membership .....Beth van den Elst
Bingo ..... Margaret Day
IT ..... Leo Bandara
Maintenance.....Randy Fuller
Graphic Arts..... Steff Levy

Presidents Message

I hope everyone had a wonderful Christmas and a very joyous and safe New Years!

This year Londonderry Community League will be celebrating its 50th Anniversary. This is a great milestone and we want to celebrate it in a very special way. To do this we need your help, we are forming a committee to gather history, create displays, sit on the planning committee to produce the events and to assist in the delivery of a one or two-day event. If you have any history or stories you would like to share please send via email to Beth at secretary@londonderry.online or if would like to be a part of this milestone, please contact myself at president@londonderry.online or call me at **780-819-1214.**

Angie Ewanchuk

Volunteers Needed

Londonderry Community League
needs volunteers to help at

Kensington Bingo

Thursday, February 22ND
Wednesday, March 14TH
Tuesday, April 3RD
Wednesday, May 2ND

If you or someone you know is interested, please contact Beth at secretary@londonderry.online or Angie at president@londonderry.online

Can't volunter but would like to support your community league? Come play Bingo at Kenginston Bingo on these dates!

Londonderry Community League can only keep the doors open by relying on dedicated volunteers.

We need your help!

Volunteers Needed

Londonderry Community League
needs volunteers on April 15th & 16th, 2018
at ***Century Casino***
13103 Fort Road NW, Edmonton AB

Postions & Shifts Available

Assistant General Manager
(1 per shift each day)
6:30 PM - 4:00 AM

Banker (1 per shift each day)
9 AM - 7:00 PM • 6:30 PM - 3:45 AM

Cashiers (2 needed per shift each day)
9:30 AM - 7:00 PM • 11:30 AM - 7:00 PM • 6:30 PM - 3:15 AM

Chip Runners (2 needed per shift each day)
9:30 AM - 7:00 PM • 11:30 AM - 7:00 PM • 6:30 PM - 3:15 AM

Count Room (6 needed each day)
11:00 PM - 3:15 AM

If you or someone you know is interested, please contact secretary@londonderry.online

Londonderry Community League can only keep the doors open by relying on dedicated volunteers.

We need your help!

Londonderry Community League

FAMILY DAY CELEBRATION

Saturday February 17TH, 2018 1 - 4 PM

Londonderry Community League
14224 - 74 Street NW

FREE hot dog & drink

FREE horse & wagon ride

Morning Coffee Group

Tuesdays • 10 AM - 12 PM

February 13th & 27th
March 13th & 27th
April 10th & 24th

Londonderry Community Hall
Upstairs Social Room

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

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

Contact Helen at 780-475-6728

Londonderry Community Market

14224 - 74 Street NW

GET MARKET READY

IS BACK!

Have something you'd like to sell?
Interested Vendors Contact Angie
780-819-1214
president@londonderry.online

Wednesday Evenings Beginning *February 7TH, 2018*
Join Us from 4 PM - 8 PM

CHECK THESE OUT AT OUR MARKET!

Pickled Jalapenos & Jelly • Spice Blends • Tacos & Burritos
Scones • Cinnibitz • Bread & Buns • Assorted Fruit Jams
Household Treasures • Jewellery • Customized Mugs & Glassware
Dressmaker & Alterations • Antique Dolls
Perogies & Cabbage Rolls • Dog Treats • and more...

Be sure to visit our Facebook page: Londonderry Community League or our website: www.londonderry.online

A flu free New Year

It's not too late for your influenza immunization

You resolve to start the year healthy. To eat well, be active… but what about your influenza immunization?

Influenza has arrived in Alberta. As of December 18, more than 1,470 cases of influenza have been confirmed in Alberta. Of these cases, 260 have been hospitalized. Tragically, 10 have passed away.

No matter how healthy you think you are, if you haven't been immunized yet this season, you're at risk of contracting influenza too.

The good news? Influenza immunization is still available, free of charge, to all Albertans six months of age and older.

Start your year healthy and stay that way; get immunized today.

For more information, including local clinic schedules, visit www.albertahealthservices.ca/influenza or call Health Link Alberta at 1.866.408.5465.

Ask Charles

There was a major hail storm after a seller accepted my offer to purchase their home, and the house needs a new roof. Who is responsible for it?

Until the deal closes and you take possession of the property, the seller is responsible for the property. Any damage to the property or to the items included in the sale, are the sole responsibility of the seller until your purchase funds are transferred and you take possession of the home.
When you take possession, the property – and its inclusions (appliances, etc.) – should be in the same condition as when you viewed it and submitted your offer to purchase.
Even if the property is vacant, and has been for weeks, it is still the seller's responsibility to maintain home insurance on the property.
As the buyer, you should make sure you arrange for your home insurance to begin on your possession day, even if you aren't moving in right away. As soon as you take possession, insuring the property is your responsibility.
If something such as a hail storm damages the property in the time between the seller accepting your offer and possession day, have your agent talk to the seller's agent to confirm the seller is handling the damage. If the seller confirms they're handling the repairs, you may wish to add an addendum to your accepted offer to purchase that outlines the seller's responsibility to replace the roof prior to possession day, or you may ask the seller to agree to you holding back a small portion of the purchase funds until the roof is repaired. Make sure any agreements between you and the seller are in writing.
If there is any resistance on the part of the seller, either to fixing the damage or to putting details and agreements in writing, you need to talk to a lawyer for legal advice. Likewise, if either party wishes to end the transaction in light of the damage done to the property, or if the seller refuses to repair the roof prior to possession, contact a lawyer for legal advice.

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

City Services & General Information

Visit www.edmonton.ca/311 or call 311 for information and access to City of
Edmonton programs and services such as:
•Inspections, licenses, permits
•Comments, commendations, bylaw complaints
•Roadway & waste management
information
•Program registrations and bookings
•Transit information
311 agents are available 24 hours a day, every day.

Community League Wellness Program

The Edmonton Federation of Community Leagues and the City of Edmonton are pleased to offer the Community Wellness Program exclusively for community league members.

The Community League Wellness Program offers community league members opportunity to purchase an annual pass or multiple admission pass packages to City of Edmonton sports and recreation facilities at a substantial savings.

• Annual Membership - 20% discount on Adult, Family, Child, and Youth/Senior Annual Memberships

• Multi Admission Pass* - 15% discount on our already discounted multi admission pass (5+ visits)

• Continuous Monthly Membership - 20% discount off an on-going monthly membership using our convenient Pre-Authorized Debit Program.

Facilities and amenities include swimming pools, wave pool, dive tanks, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton, tennis and basketball courts, indoor running tracks, gymnasiums and pro shops. For more information, please call 311 or visit www.edmonton.ca/wellness

OVARIAN CANCER CANADA WALK OF HOPE
Walk for HER

Volunteers Needed

We are currently looking for people like YOU to volunteer and help plan the 2018 Walk in your community to allow us to do even more in the years to come. Under the guidance of Ovarian Cancer Canada staff, Walk committees design, implement and host their community Walk.

This opportunity is great for individuals who are dedicated, looking for something new, enjoy planning events, want to gain leadership experience and meet new people in their community.

If this sounds like you or someone you know, please email Carrie Mahuran, Walk of Hope Coordinator, at cmahuran@ovariancanada.org or give her a call at 1-877-413-7970 x236. We would love to have you as part of the team!

www.ovariancanada.org

Come to my Job Fair

Kingsway Legion, Royal Branch 175
14339 - 50 St NW, Edmonton
March 10th, 9am—noon

Heather Sweet

MLA, Edmonton Manning

Phone: 780-414-0714
14904 - 50 Street, Edmonton, Alberta, T5A 5H7

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*Some conditions and restrictions apply.

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SIGN UP TODAY!

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www.progressiveacademy.ca/mas
780-455-8344

HeLa Ventures
PROGRESSIVE ACADEMY

Save the Date!

A Taste of Decore
April 28, 2018
12 p.m. to 4 p.m.

Northgate Lions Seniors Recreation Centre
7524-139 Ave NW

If you are interested in performing or having a table at the event, please e-mail Maria-Elizabeth Vicente at: Edmonton.Decore@assembly.ab.ca

Chris Nielsen

MLA, Edmonton-Decore

Constituency Office
#5, 9228 - 144 Avenue
780.414.1328
Edmonton.Decore@assembly.ab.ca

IN THE VERY NEAR FUTURE
NOT SO FAR AWAY...

FAMILY DAY FESTIVAL

Monday February 19
12:00 – 4:00 pm
Steele Heights Baptist Church
5812-149 Avenue

Entertainment by comedy duo Bare N' Von Hair
Music by Cantoo
Free food, sleigh ride, space maze, glow room, planetarium and more!
Bake Sale in support of the Mosaic Centre

For more info call 780-478-1553
or visit our website at shbc.ca
(sleigh ride provided by McLead Community League)

McLeod News

McleodCL
@McLeodCommunity
14715 59 Street
www.mcleodcommunityleague.ca

www.mcleodcl.ca | 780-475-5712 | Rink: 780-473-8993

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

McLeod President's Message

As a follow-up to my last message in 2017, McLeod has requested, on behalf of itself and the community leagues of Evansdale and Northmount, that a formal Councillor inquiry be made into Citizen Services' lack of Public Engagement with community leagues. Ward 4 Councillor Aaron Paquette has already reached out to City administration and we hope this results in some answers as to why we were never consulted on the changes that directly impact us.

A special thanks goes out to Tim Boschman for making McLeod the beneficiary of EPCOR's Helping Hands Grant Program. Due to Tim's application, EPCOR has donated $300 towards McLeod's soccer program. Thank you Tim!

During the winter season, snow shoveling can be very difficult for seniors and those with physical limitations. McLeod would like to offer the Snow Angels Program but we need someone to coordinate it. This work includes recruiting volunteers to shovel and matching them to people who need shoveling help. If you are interested, please contact me at president@mcleodcommunityleague.ca.

Leanne Rosinski

McLeod Hosts Newcomer Skate

McLeod's second annual Newcomer Skate was hosted at McLeod Rink on January 6th. We had about 80 skaters out, at varying levels of skill. Skaters took advantage of free admission, skate loans, and hot chocolate. The weather was perfect, with the sun shining bright all day, and the temperature sitting right around freezing. Rink volunteer Joe Tovey's ice was perfect, which was especially challenging given the extreme cold snap that we had just endured.

Thanks to CityTV, CTV News, and Member of Parliament Ziad Aboultaif for helping to make our event a success. Most of all, thanks to all those who came out to try this very Canadian experience!

McLeod Outdoor Soccer

Spring registration for Outdoor soccer will take place on February 7, February 27 and March 7, 2018, from 6pm-8:30pm at McLeod Hall.

NEW THIS SEASON: Age groups are now based on odd year age groups and the introduction of U19 soccer!

As per prior seasons, we will be using the EMSA Soccer Portal to register players for the upcoming season. Please go to the EMSA North website at www.emsanorth.ca, click on Play at the top of the page, click on Register in the dropdown menu and follow the instructions. If you have played since the 2015/16 indoor season, you will already have an account and will simply need to register your child for the outdoor season.

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

Registration fees are as follows.

Last outdoor season, our program consisted of 597 players on 32 teams. We will most likely be short coaches in the younger age groups so please consider coaching. Coaching younger age groups is about making new friends, having fun and snacks. All new coaches are enrolled in coaching clinics where you'll learn soccer basics to ensure you're successful. Many of our 2017 outdoor coaches will be returning again for the upcoming season.

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

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

Todd

McLeod Soccer Director

Age Category	Birth Year	Playing Days	Early Bird Fee	Fee Effective February 28
U5	2013 - 2014	Tues & Thurs	$115	$140
U7	2011 - 2012	Mon & Wed	$125	$150
U9	2009 - 2010	Mon & Wed	$140	$165
U11	2007 - 2008	Tues & Thurs	$180	$205
U13	2005 – 2006	Tues & Thurs	$210	$235
U15	2003 - 2004	Mon & Wed	$220	$245
U17	2001 - 2002	Sun & Thurs	$220	$245
U19	1999 - 2000	Sun & Tues	$220	$245

McLeod Community Safety Director

Welcome 2018. It's been a cold start to the new year. I thought I would start off regarding warming up your vehicles. Thank you to those that are brushing the snow off of your vehicles and ensuring your license plates are not covered and your windows and mirrors are clear.

Over the last month I have heard a few stories of folks that started their vehicle to warm them up, leaving the key in the ignition and forgetting to lock the doors which resulted in their vehicles being stolen here in the north end of the city. Have I done this exact thing in the past and got lucky that no one stole my vehicle? The answer is yes. No judgment here but car thieves are out and about looking for these types of incidents. I now have car starters for my vehicles and recommend you have a car starter installed for yours. If that isn't an option, then cut a spare key and ensure the doors are locked. If you do choose to do this ensure no other keys are left on the key that is in the ignition. Additionally, I suggest you purchase and place a steering wheel club lock on the steering wheel.

It is recommended you do not store your garage door openers in your vehicle. If you do make sure it is not easily visible. I recommend before going into your residence you double check to make sure your doors are locked on your vehicle.

Before going to bed I also recommend you double check your doors and windows at your residence to ensure they are locked.

TRAFFIC SAFETY

In the month of February, the Alberta Traffic Safety Calendar primary focus is distracted driving. Distracted Driving is an ongoing issue here in the Alberta which causes collisions that result in injuries and fatalities.

Here is what you cannot do while driving

1.Hold or manipulate cell phones

2.Use electronic devices such as laptops, video games, cameras, video entertainment displays, program audio players, enter info on GPS systems

3.Read printed material, print or sketch

4.Engage in grooming or personal hygiene

Did you know all these activities are not permitted when stopped at red light or in a drive thru? Fine amount is $287.00 and three demerit points.

Be aware:

Fully licensed Drivers become suspended 30 Days when demerit points reach 15 in a two-year period on first suspension.

GDL Drivers license becomes suspended 30 Days when demerit points reach 8 in a two-year period on first suspension.

Additional suspensions within certain time frames, your license suspension length increases.

Please be aware that once your suspension is up you cannot resume driving until you speak to Alberta Transportation to have your drivers license reinstated.

Here is what you can do

1.Drink a beverage-Coffee, Tea, Juice, Water or Pop

2.Eat a snack

3.Engage in conversation with passengers

4.Smoke a cigarette, as long as there are no minors in the vehicle

5.Use hands-free devices

6.Use Two Way radios when a driver is required to remain in contact with employer.

7.Use GPS if mounted and information is entered before driving

8.Vehicle information system that provides information of location of vehicle and vehicle operating systems. Can be a gauge, instrument, or device.

9.Use collision avoidance system

10.Use alcohol ignition interlock device

11.Use a dispatch system for transporting passengers or logistical transportation system that track location, driver status and/or delivery of commercial goods.

12.Use portable audio system if set up to use before driving

13.Hold your phone to call 911 for emergency call

Under the Traffic Safety Act, a emergency vehicle includes Police, Peace Officer, Sheriff, Fire Response Units, Ambulance and Gas Disconnection Units. Drivers of emergency vehicles are permitted to use handheld communication devices or any other electronic devices when acting within the scope of their employment.

Go to: http://www.transportation.alberta.ca/distracteddriving.htm for more information.

HOME SAFETY

Laundry Detergent and Dish washing Pods. They are small and colorful which to young children can appear to be candy. Parents or Caregivers please speak to your children about these pods and store them where they cannot be easily accessible. If you suspect your child has consumed one of these pods call The Poison Control Center at 1-800-332-1414 or Healthlink at 811. If they develop a serious reaction call 911 or take immediately to the nearest emergency health center.

Maximum Intensity Cardio Kickboxing at McLeod

Hello all McLeod Community Members. I invite you to try out our Maximum Intensity cardio Kickboxing class. It is held on Tuesday and Thursday evenings at 14715-59 St NW from 7-8. Drop in cost is $10 per session or sign up for $50 For 10 sessions. Lead by an instructor with 30 years of martial arts and group training experience. The goal is to have fun while you get in shape and improve your life with physical fitness. I hope to see you there.

Lunar New Year

The North Edmonton Business Association is hosting a Lunar New Year event featuring festivities and entertainment at Londonderry Mall on February 25th. McLeod Community League plans to be there, and we hope to see you there as well! Free events run from 11am to 4pm, in the Mall.

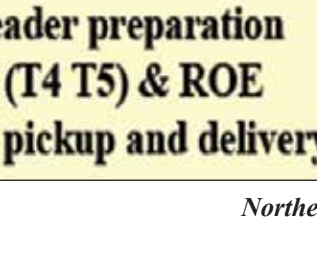
McLeod Hosts Del Golinoski Hockey Tournament

For the third consecutive year, McLeod hosted a men's 3v3 outdoor hockey tournament on January 20th. A crisp, cloudy day was the perfect setting, as 10 teams hit the ice. Hat Trick Swayze ultimately took the prize.

Several volunteers contributed to the success of this event. Joe Tovey's ice withstood hours of hard skating, and stayed in great shape right until the last shot of the tournament. Dennis Soderglen went above and beyond, crafting a new flooding machine from scratch to help keep the ice in perfect form. Chad Urschel coordinated the hockey, and recruited the teams. Board Members Cheryl Petruk and Fadi Khair coordinated the small army of workers needed to pull an event like this off.

Most of all, thanks to the 55 skaters who demonstrated the 'work-hard, play-hard' ethic that we see at rinks all over Canada!

Stay and Play at McLeod



McLeod Community League and the Norwood Child + Parent Resource centre will be partnering to offer a new program for parents and children.

Starting January 15, 2018 every Monday except the stat holidays there will be a Stay and Play group offered out of McLeod Community League. Time of the group 10:00-12:00. It is a drop-in (NO REGISTRATION REQUIRED) group. Come and participate in an open play environment for children and families to learn through play with a focus on the development of the whole child. There is no charge for this program.

Professional facilitators are available through all that time to answer any questions related to child development, community resources or if you are interested they will support you and your child with the ASQ (Ages and Stages Questioner) developmental screening.

Email questions to programs@mcleodcommunityleague.ca

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@mcleodcommunityleague.ca or Joe at rink@mcleodcommunityleague.ca to arrange a time to drop them off.

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Alberta Health Services

Emergency Medical Services

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing, may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.
February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any, or all, of these signs & symptoms may occur)

- Chest discomfort described as crushing, squeezing, pressure, or heaviness;
- Discomfort that moves beyond the chest, such as the shoulder, arm, neck, or jaw;
- Shortness of breath, sweating, or nausea and vomiting.

Reduce your risk

Heart attack risk factors include:

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital, so definitive treatment can begin immediately upon arrival;
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

www.albertahealthservices.ca

What is the Proper Registration Process for McLeod Soccer?

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

Below are the general guidelines for registering for community soccer.

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

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

Todd
McLeod Soccer Director

McLeod Soccer Gear Donated to Schools in Uganda

Edmonton resident Joyce Williams recently facilitated the donations of soccer gear to a school in Masaka, Uganda. Shoes, jerseys, and other equipment were donated. They were shipped via Emirates Air.

Akimu, a pupil in Primary Five, said, "We are saved from being under looked at the play fields when playing with other schools."

Keep up the great work, Joyce!

Mark Your Calendars for Upcoming McLeod Events

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

February 7, 6:00-8:30pm: Sports and Programs Registration

February 19, Noon-4pm: Family Day Festival at McLeod Hall and Steele Heights Baptist Church

February 25, time TBC: Slime Party

February 27, 6:00-8:30pm: Sports and Programs Registration

March 7, 6:00-8:30pm: Sports and Programs Registration

March 16, doors open at 5:30pm: Movie Night

Benefits of Community Soccer

Parents often ask "Why sign up for community soccer?"

The most obvious benefit of community soccer is exercise. The average season goes from May 1st to June 30th, with post season opportunities in July for older teams. Players can expect one practice and two games per week, each approximately one hour in duration. The community program focuses on friends playing with friends and having fun. When registering for the McLeod soccer program, players can request to play with a certain friend. We try to honour the request as best as possible. There are occasions when friend or coach requests cannot be filled, as every team has a team player limit. Players can expect fair field time in regular season games. There are other leagues out there that organize players by skill level and age with an emphasis on winning and unfortunately not all players get an opportunity to play or play with their friends.

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

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

We hope to see you at one of our upcoming registration sessions starting in February 2018. For more information, please see the McLeod website at **www.mcleodcommunityleague.ca.**

Edmonton Minor Soccer Association Online Registration and Payment

When registering for soccer using the EMSA Soccer Portal, do not select the Credit Card (Online Payment) option. Select the payment option of Other and pay at McLeod hall during a community registration session. If you do select the Credit Card (Online Payment) option, a $10 surcharge will be added to your registration fee.

The EMSA Soccer Portal contains a feature allowing registrants the ability to pay their soccer registration fee online. Proceeds from the online payment are directed back to the player's home community, not the community the player ultimately plays in. This becomes problematic when registration fees are paid online and players register directly with communities other than their home communities. Soccer Directors must then contact the player's home community and request the registration fee be transferred. Occasionally, home community Soccer Directors become frustrated when registrants do not follow proper protocol, registering with the home community, signing up for a home community volunteer commitment and then requesting a transfer. Additionally, registration fees vary by community. This leads to confusion regarding registration fee discrepancies when attending the desired playing community's registration session.

Fees paid online via the EMSA Soccer Portal are subject to a credit card transaction fee, much like retailers pay. ENZA subtracts the credit card fees from the registration fees remits the remaining amount to community leagues. When paying registration fees at McLeod community league by credit or debit card, the community will absorb the transaction fees and they are not charged back to the sports programs.

For the outdoor season, McLeod will add a $10 surcharge to registration fees when the EMSA Soccer Portal payment option of Credit Card (Online Payment) is selected to accommodate credit card fees and administrative overhead. This surcharge will not be added to registration fees when paying by credit or debit card at McLeod hall.

Here are the definitions for the EMSA Soccer Portal payment methods.

Credit Card (Online Payment) – Credit card information will be collected and credit card will be immediately charge the fees posted on the EMSA Soccer Portal. ENZSA will forward the soccer registration fee less the credit card transaction fee to the home community.

Cheque – Player registration fees will be paid by cheque at a community league payment session.

Cash – Player registration fees will be paid in cash at a community league payment session.

Funding Plan Request – This is an informational checkbox indicating a subsidy request will be made at a community league payment session. The EMSA Soccer Portal does not contain functionality to complete or submit a subsidy application.

Other – This indicates a payment method other than those listed above will be used to pay player registration fees at a community payment session.

To summarize, McLeod community members selecting the Credit Card (Online Payment) option will incur a $10 surcharge as payment is made directly to ENZSA. All other payment options will result in payment at a McLeod community league payment session. Valid payment methods for McLeod community league are cash, credit, or debit. Those paying by credit or debit at a McLeod hall will not incur a $10 surcharge.

Northmount Community League News

Northmount Board of Directors

POSITION	NAME	Contact	Contact
President	Meagan Plamondon	780-270-1212	president@northmount.ca
Vice President	VACANT		
Treasurer	Angela Purves	587-336-7699	treasurer@northmount.ca
Secretary	Michele Crocker		newsletter@northmount.ca
Grants	VACANT		
Past President	Terry Kitching	780-478-4147	
Social	Suzanne Ramdass	780-993-2064	social@northmount.ca
Facilities	James Crocker	780-717-5885	webmaster@northmount.ca
Area 17	Karen Plamondon	780-478-2010	
Newsletter	Michele Crocker		newsletter@northmount.ca
Memberships	Robin Wheatley	780-473-8634	
Adult Programs	Robin Wheatley	780-473-8634	
Senior's Programs	Suzanne Ramdass	780-993-2064	social@northmount.ca
Children's Programs	VACANT		
Hockey	TBA		
Soccer	Joanne Cheetham		soccer@northmount.ca
Softball/Baseball	VACANT		
Sports	VACANT		
Bingo	Angela Purves	587-336-7699	treasurer@northmount.ca
Casino	Sid Plamondon	780-478-2010	
Co-Sport Explorerz	Karen Plamondon	780-478-2010	
Co-Sport Explorerz	Sid Plamondon	780-478-2010	
Past President	Terry Kitching		

President's Message

Happy New Year everyone! I hope everyone was able to stay warm over the Holiday Season and to enjoy time with family and friends. Please join us at the hall for all the fun activities that are starting back up. Bring Your Own Craft Night is every Thursday from 7 PM until 9 PM. Senior's Coffee and Tea club, every 1st and 3rd Tuesday of the month from 9:30 AM until 11:30 AM. Northmount has hired Zumba and Yoga instructors! Please read through the newsletter to see what is available, join us for a night of dance or meditation!

Sport Explorerz is starting back up in the spring, please join us for registration on February 8th and 15th from 7:30 until 8:30 PM.

If you are still interested in completing this short survey it will be available for another month, the survey is asking about new physical activity programs you would like to see happening in your community. The link is, https://www.surveymonkey.com/r/PTRKXYZ If you would like to complete the survey over the phone, please call or text Meagan at 780-270-1212.

Thank you and take care,
Meagan Plamondon

Special General Meeting

Voting on Northmount Community League By-Laws

Our By-law committee has been working hard on updating our Community League By-laws. We need your support to vote on them Tuesday, February 20th at 7 PM. All members in good standing are eligible to vote. Please join us at this Special General Meeting! If you have any questions or would like to read them beforehand, please contact Meagan at president@northmount.ca or James at webmaster@northmount.ca

2018 Outdoor Soccer Registration opens February 1st

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

Please bring 3 copies of the forms, or 3 copies of the registration confirmation. Your child is not considered registered until online registration is confirmed and verified at the payment session. For the payment session, cheques will be required for volunteer commitments and uniform deposit.

Our registrations will be held between 6:30-8:30 PM on Friday, February 23, Friday, March 9 and Friday, March 16. Please remember to bring all the items mentioned above.

Prices are as follows:
U5 2013-14 $115.00
U7 2011-12 $125.00
U9 2009-10 $140.00
U11 2007-08 $180.00
U13 2005-06 $210.00
U15 2003-04 $220.00
U17 2001-02 $220.00
U19 1999-2000 $220.00

Northmount's Annual Garage Sale!

Once again Northmount will be hosting our annual Garage Sale in the community hall! The dates are Friday, April 27th and Saturday, April 29th. Tables rentals are $10. For more information, or to book a table, please call Robin at 780-473-8634.

Get Fit with Hapkido

Northmount is hosting a low-cost martial arts class for anyone over the age of 10 with a community league membership.

Your first month is free!

If you trained before in Karate, Boxing, Judo, Wrestling or Taekwondo you will enjoy this class. Advance at your own pace No experience is necessary. Come learn kicks, hand-to-hand techniques, throws, cane, and knife defense skills.

Children and Teens from 7-8 PM on Monday nights and Adults will run every Monday and Wednesday from 8-9:30 PM. For more information or to register, please contact: sidplamondon@outlook.com or at 780-478-2010.

Please note, there will be no class on Family Day - Monday, February 19th.

Talk it out for your mental health

It can help to talk with someone about how you're feeling. They can listen to you or help you look at things differently. They might also be able to help you figure out why you feel like you do.

Talking about things can be helpful in itself. Sharing can make you feel less alone and help relieve the stress of coping by yourself. The other person may be able to offer reassurance, support, information, or help you connect with services.

When choosing someone to talk to, look for someone you're comfortable with and trust—will respect your privacy, will take you seriously, and will be understanding and accepting.

Things to think about before the conversation:

What Kind of Help do I Want From Them?

- Just to talk
- To find out where you can get more info
- Help finding services such as counselling

How Do I Want to Communicate?

- Face-to-face
- Phone
- Online
- Email

Starting the Conversation

- Let them know you have something you want to talk about. You might want to write down what you want to say.
- Start by explaining that you need some help with a problem. Think of some examples from your life as this may help them to better understand what's going on.
- If you're not sure how the person will react, try "testing the waters". For example, talk about a story you read in the news and see how the person reacts. This will give you an idea of their views and whether they're likely to be sympathetic.
- You could also start conversation more generally—talk about how you've not been feeling great, rather than saying you're feeling depressed, anxious, or stressed.

Be prepared for a range of different reactions. Remember that someone's first reaction won't be the same as their reaction when they've had time to process what you've said. Life's full of ups and downs, and sharing our experiences with the people who care about us is natural and healthy.

Exciting NEW Programs at Northmount!

ZUMBA® – Monday nights 5:45 to 6:45 PM, please arrive at 5:30 PM for check-in

Northmount would like to welcome Natasha as our Zumba® instructor! If you want to get dancing and have some fun, join us for a class! Zumba® involves dance and aerobic movements performed to energetic music. Join us for a 10 week session starting January 22, 2018. Buy a 10 week pass, or drop in throughout the session. If you have any questions, please call or text Meagan: 780-270-1212. You must have a Community League Membership in order to attend as a drop in or to purchase a 10 week pass.

Class dates: Every Monday night starting January 22, 2018- April 2, 2018 (no class on Family Day)

Drop in fee: $10

ZUMBA- GOLD® – Tuesday nights 6:15 to 7:15 PM, please arrive at 6:00 PM for check-in

Northmount would like to welcome Dany as our Zumba-Gold® instructor! If you want to get dancing and have some fun, join us for a class!

Zumba-Gold® involves dance and aerobic movements performed to energetic music, but at a slower pace. This is great for beginners or anyone who wants to try Zumba® at a slower pace. Join us for a 10 week session starting January 23, 2018. If you have any questions, please call or text Meagan: 780-270-1212. You must have a Community League Membership in order to attend as a drop in or to purchase a 10 week pass.

Class dates: Every Tuesday starting January 23, 2018- April 3, 2018 (no class on February 13, 2018)

Drop in fee: $10

HATHA YOGA – Thursday nights 6:00 to 7:00 PM, please arrive at 5:45 PM for check-in

Northmount would like to welcome Lusy as our Hatha Yoga instructor! Hatha Yoga is an umbrella term that embraces all styles of yoga. There are many styles, and all of them incorporate Hatha Yoga poses in various sequences and modes of practice. Ultimately, every yoga style is driven to improve both mental and physical well-being of the practitioners. Therefore, we invite you to join us in the exploration of Hatha Yoga. We will improve balance and concentration, increase flexibility and muscle strength and tone, learn to breathe and meditate. We hope there will be a challenge for everyone because this is where a positive change happens. Join us for a 10 week session starting January 25, 2018. Buy a 10 week pass, or drop in throughout the session. If you have any questions, please call or text Meagan: 780-270-1212. You must have a Community League Membership in order to attend as a drop in or to purchase a 10 week pass.

Class dates: Every Thursday night starting January 28, 2018- Mar 29, 2018

Drop in fee: $10

Getting Social with Northmount

NEW! Pancake Tuesday Dinner – Tuesday February 13, 2018 from 6 to 8 PM

Join us in celebrating Pancake Tuesday! Northmount Community League, in partnership with Amity House, is hosting a FREE Pancake Dinner where we will be serving pancakes, sausage, orange juice and coffee. Please RSVP by February 6th 2018, so that we will know how many to expect for dinner.

RSVP to our Event on Facebook, otherwise contact Suzanne at 780 993-2064

Bring your own Craft Night

Please join us at Bring Your Own Craft Night every Thursday evening from 7 to 9 PM. (Right after Yoga!) Free coffee and tea will be provided (we have decaf!) for anyone showing a current EFCL Community League Membership (from any community league.) Bring a friend or meet someone new, while enjoying a night of crafts!

Senior's Coffee and Tea Club

Please join us, along with friends from around the neighborhood. Free Coffee and Tea will be provided for anyone showing a current EFCL Community League Membership (from any community league.) Coffee and Tea will be served the 1st and 3rd Tuesday of each month from 9:30 to 11:30 AM.

The Early Learning Mobile Unit (EMU) is coming to Northmount!

Edmonton Catholic Schools is excited to offer an innovative program designed to create positive learning experiences for children and parents outside of an Early Learning classroom. The EMU will run out of the Northmount Community Parking Lot on Monday's from February 5th until March 12th (no program on Family Day).

The Early Learning Mobile Unit (EMU) is a free, interactive program that is located in a 39 foot motorhome. This program offers a cozy and unique environment where parents and children can interact with Early Learning Facilitators and engage in learn through play experiences. Children (age 2 1/2 to 5 years) can participate in developmentally appropriate activities and parents are able to connect with families and resources in their community.

The EMU offers 3 Programs daily, all programs are free:

9:30 - 11:00 AM (requires registration – please call 587-926-1665)

Drop In: 11:15 - 12:15 p.m.

1:00 - 2:30 PM (requires registration – please call 587-926-1665)

The program will be closed from 12:15 - 1:00 p.m.

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!

Article #10

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

Memberships

Become a Community League Member! Community League Memberships are now on sale. Purchasing a membership helps supports the programs that you see being run in your neighborhood.

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

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

Why?

• Discover what community can offer to you and your family

• Create supportive networks and friendships with people who live in your Neighborhood

• Ensure that everyone living in Northmount feels welcome and a chance to feel that they belong to a community

• Increase safety and security in our Neighborhood

• Belonging to a community can improve your health

• Discover a place to socialize

To purchase a membership please contact Robin at 780-473-8634 or purchase online at http://efcl.org/membership

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:

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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

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 can benefit from quitting and gain 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.

For example, within 20 minutes of quitting smoking, 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. 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 cost of cigarettes or chewing tobacco, the impact it has on your friends and loved ones: these are all factors that may motivate you. But even with all of the motivation, quitting can still be a difficult process.

The nicotine in tobacco is an extremely addictive substance and when you stop using tobacco, your body starts to recover and you may feel strong symptoms of this recovery. 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, and a group program called 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 or call

1-866-710-QUIT.

SAVE UP TO $8,000!*
*Restrictions apply

YOLO
LIVE IN CY BECKER!

PPL often say YOLO, so why not live in Cy Becker? This northeast award winning YEG community has PPL talking about its affordability and GR8 location.

BTW your kids will LOL & scream ILY over the new All Seasons Park with a splash zone, playground, ice rink and toboggan hill!

FYI...visit cybecker.com

CY BECKER

11 SHOWHOMES NOW OPEN
Pacesetter Homes | Daytona Homes | Rohit Communities | Coventry Homes | Sterling Homes

QUALICO communities