

NORTHEAST VOICE

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

November 2018



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

Community GARAGE



**Saturday
NOVEMBER 10, 2018
9 am - 4 pm**

JOIN US

SALE

**Londonderry Community Hall
14224 - 74 Street NW**

**Limited Number of Tables Available
First Come, First Pick for Spot**

\$10 - LCL Members
\$20 - Non-Members
\$20 - Home Based Businesses

*Includes one 8' rectangular table & 2 chairs
Setup on Friday, November 9, 2018 6 pm - 8 pm*

Register at:
president@londonderry.online

Fall Green Shack

The City of Edmonton has extended the Kilkenny Green Shack program into October & November! Come and join us for games, crafts, sports, outdoor cooking and more! This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend. For more information, please visit: edmonton.ca/dropincommunityprograms or call 311. Mon & Wed: 3:30-6:00pm Sat: 1:00-5:00pm at Kilkenny Community League 14910 72 St from October 13 - November 7.

FREE DROP-IN

FALL GREEN SHACK

LOCATION	DATES	DAYS	TIMES
Kilkenny Community League 14910 72 St	October 13 - November 7	Mondays, Wednesdays, Saturdays	Mon & Wed: 3:30-6:00pm Sat: 1:00-5:00pm

Our Green Shack program is now running in select locations in the fall months. Come and join us for games, crafts, sports, outdoor cooking and more!

This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.

For more information, please visit:
edmonton.ca/dropincommunityprograms or call 311.

[@GreenShacks](https://www.facebook.com/GreenShacks)



Upcoming Events in the Northeast

November

- 1: Career & Resume Workshop; EPL Londonderry; 6:30pm
- 1, 8, 15, 22, 29: Hatha Yoga at Northmount; 5:45pm; \$10
- 3: Paint Night; Northmount; 7:30pm; \$40 pre-reg
- 4: Practice English at Your Library; EPL Londonderry; 1:30pm
- 4, 11, 18, 25: Bootcamp at Northmount; 6:45pm; \$10
- 5: No Stone Left Alone Remembrance Ceremony at Little Mountain Cemetery; 10:30am
- 5, 12, 19, 26: Hapkido at Northmount; 7pm (children/teen); 8pm (adult)
- 7: Puzzle Sale; NESAs; 9am-12pm
- 7: Baby Laptime; EPL McConachie; 2pm
- 7, 14, 21, 28: Hapkido at Northmount; 8pm (adult)
- 7, 14, 21, 28: Dances at NESAs; 7-10pm; \$8/member or \$11/non-member
- 9: Remembrance Day Tribute & Tea; NESAs; 1-3pm; \$2; on sale until Nov 2
- 10: Garage Sale at Londonderry Hall; 9am-4pm
- 14: Jewelry Sale; NESAs; 10am-2pm
- 15: Fall program registration at Northmount; 7:30-8:30pm
- 16: Holiday Bake Sale; NESAs; 9am; cash only
- 17: Christmas in November Arts & Crafts Show; NESAs; 9am-4pm
- 20: Minecraft Club at EPL Londonderry; 4:00pm
- 21: Parchment Plus Cards Sale; NESAs; 10am
- 23: Ladies Night at Northmount; 7pm; \$7
- 24: LEGO at the Library; EPL Londonderry; 4pm
- 28: Silversmithing Jewelry Sale; NESAs; 10am

December

- 1: Pop Up Makerspace; EPL McConachie; 3:30pm
 - 5 & 12: Dances at NESAs; 7-10pm
 - 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
 - 16: Practice English at Your Library; EPL Londonderry; 1:30pm
 - 31: New Years Eve Dinner & Dance at NESAs
- If you have an event that you would like to see on this list, please e-mail 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

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

Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires

Evansdale Community League Board & Committees

Address: 9111 - 150 Avenue, Hall Phone 457-0948

Mailing address: Box 71023 Northwood Mall Post Office, Edmonton, Alberta T5E 6J8

E-mail address: www.evansdale.ca

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

Yoga at Evansdale



14 Thursdays

7:30-8:30pm

September 13 - December 13

9111-150Ave

\$150 for 14 weeks

\$13/class for drop-in

Cash or cheque only

Contact evansdaleyoga@gmail.com to register or for more information.

Come out and enjoy some “me time” in caring, supportive, positive environment. Yoga is a great way to de-stress while improving strength, flexibility, balance and posture. No previous experience required. All participants are encouraged to work at their own level. To register or for more information, please email evansdaleyoga@gmail.com.

Community League Memberships

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

\$25 family

\$10 single

\$10 seniors

\$15 single parent

\$15 couple with no children

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

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

Visit Our Website and Facebook Page

Get the latest information, our most recent newsletter, contact information and lots of other great stuff! Also get involved, join us on Facebook!

Website: www.evansdale.ca

Facebook Page: www.facebook.com/evansdalecommunityleague

Benefits of Community League Membership

Free community league swims:

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

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

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

Discount on City of Edmonton annual wellness passes

Hall rental discount

Discounts for community league events and programs

Play community sports such as soccer

Who Wants to Zumba®?



Classes starting October 16 for eight weeks.

Location: Evansdale Community Hall

When: Every Tuesday evening at 7:00-8:00 PM

Cost: \$80 for 8 weeks of International rhythms, hottest songs, laughter and get fit while you are having fun. Drop-ins welcome (\$13/pp).

Contact Emilio Consul Jr. at 780-238-6919 or email at Emilio.Zumba@shaw.ca if you have any questions.

Evansdale Hall Rental Information (NEW Rates!)

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

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.

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Kilkenny Community League News

Presidents message

I hope everyone is enjoying their fall. It has been busy around the hall. Come in and see the new flooring at the rink and sound proofing in the hall. What a great Halloween party! Thank you to all that attended and of course to the volunteers that made it happen.

I should reiterate that vehicles parked in our side of the parking lot overnight, when they are not part of an event at the hall, will be towed at the owners expense. The parking lot is private property.

I would like to thank all the volunteers that helped us with our Sport Registration, Casino, and all of our events. If it wasn't for you we would

not be able to do these activities.

November 8th will be our AGM in the meeting room. Come and join us. We are always looking for Members at large and your opinions and ideas matter to us. There will be some substantial changes to our bylaws, please come and have your say.

Please keep an eye out for any suspicious activity, call the police line 780-423-4567 with any concerns. This is your neighborhood, let's work together to keep it safe.

Need to rent the hall or the meeting room? Please check our website at www.kilkenny.ab.ca

**Thank you to everyone.
Anna**

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.

Kilkenny Community League Annual General Meeting

Become a part of your community and get involved! Board meetings are held the second Tuesday every month (excluding July & August) from 7:00pm – 9:00pm in the Meeting Room of Kilkenny Hall.

Please be in attendance for our Annual General Meeting which is being held November 8th at 6:00pm. There will be some major changes to the existing Kilkenny Bylaws and it would be good to get everyone's input.

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.

Kilkenny Rink Manager

Kilkenny Community League (14910-72 St Edmonton AB)

Kilkenny Community League is looking for an energetic Rink Manager to supervise all day to day operational aspects of the Kilkenny Ice Skating Rink. The ice skating rink operates from November through February (approximately 10 -20 weeks on average). The ice skating will be open to the public M-F (5-9) and S-S (12-5).

This position will be responsible for, but not limited to, the efficient operation and hands on management of ice quality (resurfacing), maintaining outstanding cleanliness of the facility and equipment in addition to generating revenue in ice rentals, and concessions. Other tasks will include the responsibility of processing public skating income, memberships and other charged events along with providing superior customer service to



the public. Kilkenny will supply the equipment for ice resurfacing and required training. The rink manager will be responsible for maintaining the equipment in good working order.

Prior experience in ice rink management and/or maintenance preferred. All candidates must be able to work evenings, weekends and holidays as needed and weather permitting.

If you require additional

information please contact Anna at 780-478-3269.

Please email resume to Anna at President@kilkenny.ab.ca.

Job Type:

Contract

Experience:

Ice rink management

Ice making

Equipment maintenance

Building maintenance

Location:

Kilkenny Community League

Save The Date



Kilkenny AGM: November 8, 6:00pm at Kilkenny Community Hall

Movie Night: November 23, at Kilkenny Community Hall

Do you have a 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 or leave a message at 780-807-6089.

Get ready for winter

Here are tips for getting your home, yard and car ready for the snow.

Inside your home: It's time to get your furnace and fireplaces cleaned, and ensure they're in working order. Install a carbon monoxide detector, or double-check that the one you have still works. Check weatherstripping on doors for cracks and replace if neces-

sary. (Remind your landlord if you rent.)

In the yard: Put away garden hoses. Rake leaves and put up your Christmas lights before the snow falls. Buy de-icer or sand for your sidewalks, and book a snow removal service if you don't like shovelling.

Car care: Install winter tires. Replace broken wiper blades and add winter wind-

shield washer fluid to your car's reservoir.

Check the battery. Ensure your car has an emergency kit, and add a shovel and a sleeping bag to your trunk, in case you get stranded or stuck.

Excerpted from the Fall 2018 issue of Apple magazine, on newsstands now. For a free subscription, email apple.mag@ahs.ca



Denture Specialist - Over 35 Years Experience

Londonderry Denture Clinic

FREE CONSULTATION

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R. Lucyshyn DD

780-476-2529

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- Repairs in 30 minutes
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TO YOU*

*Some conditions and restrictions apply.

www.londonderrydentureclinic.com 13594 Fort Rd. Northeast Edmonton

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

Karate

Satewin Karate Club offers an All Levels session as well as a more advanced session for Senior Belts.
(Children must be in Grade One to participate)



Registration on Now!

When: Tuesdays and Thursdays
6:00 p.m. during the month of
September and October

Where: Londonderry Community Hall
14223 74 Street

All Levels (Ages 6 - 13)
Tuesdays & Thursdays
6:15pm - 7:15pm

Senior Belts (Ages 14 - Adult)
Tuesdays & Thursdays
7:30pm - 8:30pm

Location

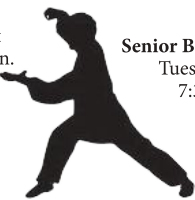
Londonderry Community Hall
14224 74 Street NW

Contact

Phone: (780) 478-6497
info@satewin.com

Cost

\$225/person
Full payment required at
the beginning of the season.
Full Cash (\$225) **or**
Postdated Cheques
(\$25/1st of each Month)



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

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

Talking about Cannabis

Although cannabis is now legal for those 18+, there are health risks. It's important that Albertans consider these risks and how use of cannabis can impact their day-to-day life, well-being and long-term health. With so much confusing information out there, AHS wants to clear the air and talk about what cannabis legalization means for you, the health risks that come with use, and what you can do to lower your risk if you choose to use.

There are many short and long-term effects of cannabis use. Some key effects include:

Cannabis use can impact brain development, especially in those under 25 because, up until that point, the brain is still developing.

Cannabis can also create lasting impacts that stay with you for life. It could affect your attention, judgment, de-

cision making and ability to learn.

And if you choose to use, choose lower-risk products, avoid mixing with alcohol, tobacco or other drugs, and do not use and drive. Also, be aware:

Cannabis is much more potent product than it has been in past

Cannabis affects everyone in different ways. Use as little as you can and wait to see how you react.

Effects can be felt within seconds to minutes of smoking, vaporizing or dabbing cannabis and can last up to 24 hours.

When eating/drinking cannabis it can take several hours to feel the full effect. Start with a small amount and wait for several hours before you take anymore.

Talking to young adults and youth under 18

Have conversations early

that reflect your own values toward the use of drugs and other substances such as alcohol and cigarettes.

It's important to talk about the risks that come with using cannabis before 25. Until then, the brain isn't fully developed and cannabis use can lead to problems that impact memory, learning, attention, judgment and decision making.

A good approach is to understand the facts. Taking anything that changes the way you think, act and feel could have consequences on major life areas. This could include poor performance in school and dropping out of things you enjoy.

If you know someone who is under 18, and they're using or considering using cannabis, encourage them to think about where they do it, who they are with, why they are using, and what they are

doing while using.

Remember this. Whether or not they express it, youth and teens care about your opinion. It matters and can help with decision making.

If you have children

Consider how to keep children safe in relation to cannabis:

Do not smoke cannabis in the home or around children. Keep cannabis and all drugs (alcohol, tobacco and tobacco-like products) locked up, out of sight, out of reach and in their original containers

If a child is exposed to cannabis and shows signs of distress, contact Poison & Drug Information Service (PA-DIS) (toll free 1-800-332-1414) or Health Link (call 811 or 1-866-408-5465 for internet phone users).

For more parenting resources, please visit Healthy Parents, Healthy Children.

Crib Night

Interested in playing doubles?

Join us in the social room at
the Londonderry Community Hall
(14224 - 74 Street)
every second Friday to play cribbage.

**2018 -2019 Season
begins October 5th**

Strict 7:00 p.m. start time - come early!
Bring your partner and join us for crib and snacks.

The cost is \$5 *per person* with optional fees
for a 50/50 pool and the 29 hand pot.

Beginners are welcome!

Step into winter

When it comes to choosing a practical pair of winter boots, it's important to think about more than style. Look for a winter temperature rating to ensure the pair you pick is warm, and shop for a comfortable pair with anti-slip soles, too.

Cathy Harbidge, Calgary Fall Prevention Clinic coor-

dinator with Alberta Health Services, says it's important to look for boots with:

Adequate support through the sole and around the ankles
High-traction anti-slip soles

The correct size. If they're too big, you may twist an ankle or even have your boots fall off when you're walking



Adjustable laces or laces with a zipper. Sometimes

people's feet swell, Harbidge says, so laces allow you to

adjust the boots for comfort.

Harbidge also recommends shopping for footwear later in the day, when your feet are likely at their biggest. Have de-icer on hand for sidewalks and steps to reduce the risk of falling, and try attaching anti-slip shoe grips to the exterior of your boots to increase trac-

tion if you're walking on a lot of ice.



For independent third-party ratings on specific winter boot brands, go to www.rate-mytrails.com.

Excerpted from the Fall 2018 issue of Apple magazine, on newsstands now. For a free subscription, email apple.mag@ahs.ca

www.communityleagueneews.com



McLeod News

 [McLeodCL](#)
 [@McLeodCommunity](#)
14715 59 Street
www.mcleodcommunityleague.ca

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

McLeod President's Message

As we head into the last few months of 2018, I want to take a moment to thank all of the volunteers who have spent countless hours making their community a better place to be. This includes all of the wonderful people who have taken Board positions and dedicated a large portion of their personal lives towards McLeod. Your efforts are always noted and appreciated.

I have a great update for you about our ongoing efforts to get answers from the City of Edmonton's Citizen Services on why community leagues were not consulted on changes directly affecting their ability to operate. Ward 4 Councillor Aaron Paquette has heard our concerns and placed a formal Councillor's Inquiry in August 27, 2018's Executive Committee meeting:

Can administration please provide the following in the form of a brief report to Council:

1. What indicators or metrics is administration using to measure the benefits that the recent Neighbourhood Services staff role change from Community Resource Coordinators to Neighbourhood Resource Coordinators has for communities?

2. How will administration ensure that community organizations (specifically community leagues) have a meaningful role in engaging with the City of Edmonton on decisions that have a primary effect directly on these organizations?

McLeod wishes to thank Councillor Paquette and Jocelyn Johnson, Executive Advisor – Ward 4, for their ongoing support.

On another community league matter,



the Edmonton Federation of Community Leagues (EFCL) celebrates its 100th anniversary in 2021. All 157 community leagues have provided financial support for an upgrade to Hawrelak Park which will see the development of a Community League Plaza among other public amenities. This project still requires significant financial support and in-kind donations. If you are interested in supporting this project, please contact Allan Bolstad, 100th Anniversary Project Steering Committee Chair, via Nora.Begoray@efcl.org. More information about this amazing project can be found here: <https://efcl.org/events--projects/efcl-100-year-anniversary/>.

**Regards,
Leanne**

McLeod Community Safety Director

Cannabis is now legal in Canada. Here is some 'cans' and 'cannots' in Edmonton. Just remember every municipality will have its own bylaw on what you can and cannot do. Please research this before use.

Your Home

Can:

In your own home and yard. It's important to know, however, that property owners, landlords, condo boards and rental companies can further restrict the smoking and growing of cannabis on their properties and common areas.

In some parks and trails in Edmonton
Can, except as outlined below.

Can't:

When the park contains:

A playground

A sports field

A skate park or bicycle park

An outdoor theatre

An outdoor pool or water spray park

A seasonal skating rink

An off leash area

On or within any:

Hospital property

School property

Child care facility property

City-owned golf course

Cemetery

Ski hill

Bus terminal or light rail transit platform

Within:

Sir Winston Churchill Square

Fort Edmonton Park

The John Janzen Nature Centre

The Edmonton Valley Zoo

The Muttart Conservatory

William Hawrelak Park

Within an area designated as a no smoking area for cannabis.

Inside any building, including bus shelters, LRT stations and cannabis retail stores.

Sidewalks:

Can:

On some sidewalks in Edmonton, except as outlined below.

Can't:

Within 10 metres from a bus stop or the doorway, window or air intake of a building or patio.

On a patio.

Vehicles

Can't:

Just like alcohol, you cannot consume in a vehicle. This includes public vehicles like buses, taxis and LRT.

Can:

In a vehicle being used as a temporary residence, such as a parked RV.

If transporting cannabis in a vehicle, cannabis will need to be contained in closed packaging and out of reach of the driver and any other occupants of the vehicle.

Failure to do could result in the vehicle and all occupants be removed by a peace officer and searched as per the Alberta Gaming, Liquor and Cannabis Act.

Festival and Events

Can:

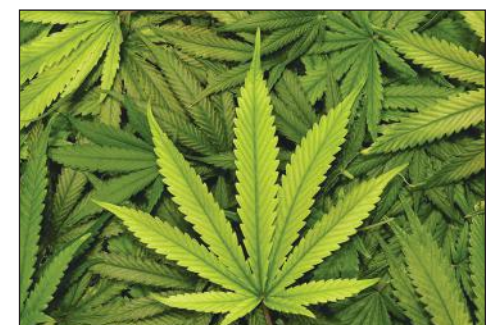
At some festivals and public events, but only in designated areas. Policies for these areas are being developed.

Information mostly taken from City of Edmonton Website.

Go to City of Edmonton Website, Call 311, or search on the intranet for Alberta Gaming, Liquor and Cannabis Act for more information.

Holiday Season:

Christmas parties will be going on in No-



vember and December. I ask you not to drink or consume cannabis and drive. Plan ahead and have a designated driver, call a cab, take public transportation or use designated driving services to take you and your vehicle home.

Please do not post checkstops on social media. Law enforcement is setting these up to help catch impaired drivers so they do not injure or kill themselves or you or me. If you spot an impaired driver, call 911. Provide as much as information to the police such as make and model of vehicle, licence plate, and direction of travel. If you can, and it is safe, try to follow the vehicle until police can locate and stop the vehicle. Do not break any rules of the road or do anything unsafe to follow.

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Matt Berry Facility Steering Committee

The Matt Berry Facility Steering Committee is considering renaming our project, to better reflect its community focus. A poll is available on the McLeod web site (www.mcleodcl.ca) and on our Facebook page. Please visit one of those places and make your voice heard.

We are still seeking a project partner. If you know of a non-profit group or cultural organization that is looking for a long-term

home, please put them in contact with us.

We are also looking for volunteers who live in Matt Berry or Hollick-Kenyon to help with the project. We are especially looking for those with an engineering, project management, construction, or architecture background, and somebody to represent the seniors demographic.

If you're interested in any of the above, please email secretary@mcleodcl.ca

McLeod 3v3 Hockey

McLeod Community League will be hosting the Del Golinoski 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 Golinoski, 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 secretary@mcleodcl.ca

Mark Your Calendars for Upcoming McLeod Events

McLeod has two major events at our rink in January: Newcomer Skate: Saturday, January 5th, from 1pm to 3pm

All are welcome to this free event Del Golinoski 3v3 Hockey Tournament: January 26th, all day \$200 per team; email secretary@mcleodcl.ca to register. Watch our Facebook page for upcoming movie nights



McLeod Newcomer Skate



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

Last year we had approximately 70 people, including many new Canadians and first time ice skaters come out to this event and we are hoping for a great turnout again this year. The event is scheduled for 1pm to 3pm on January 5, 2019, weather dependent.

Feel Better

From homemade chicken soup to a hot shower—everyone has their own remedy for a cold or flu. If you get sick, 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," Mullen says. Shoot for at 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, Mullen says.
4. When you have a stuffy nose, try a humidifier. "It hydrates and loosens the secretions in your sinus," Mullen says. Visit Facebook.com.applemag.ca for tips on cleaning your humidifier. 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.



**Remembrance Day is A Time to Reflect
Upon the Sacrifices Made by
Many Great Canadians
Lest We Forget**



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Behind The Honourary Name Change
of 97 Street to
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The Importance of Imagination in McLeod



Every person is born with an imagination. Imagination and pretending is an amazing and important part of childhood. Remember making delicious soup from rocks and leaves in your back yard? Remember pretending to be a rainbow unicorn and flying in the clouds? We all have memories of our childhood and the imaginative and magical games we played.

Pretending is not only fun, but teaches children about the world around them. Imagination encourages creativity and innovation that extends into all areas of development. Make believe is an expression of emotions and ideas that fosters growth. Imagination is essential.

Screen time and technology has become a regular part of life. Giving your child an iPad or watching a movie is easy entertainment. However, too much screen time can inhibit a child's imagination. Rather than actively playing or using their brains, children are passively learning in an artificial manner.

The great thing is that imagination and creativity is easy to encourage. Here are but a few ideas to help develop your child's creative mind:

Imagination 101 is a fine arts program for children at McLeod Community League.

During class time we dance, sing, be silly, laugh, play games, pretend, draw, paint, and create. All the young artists are given the freedom to use their imaginations in fun, innovative, and interesting ways.

Playing outside provides children opportunities for discovery and explorations. The natural world is the perfect place for kids to play, pretend, and develop their creative minds while interacting with the nature.

Role-playing is so much fun. Playing restaurant, building a city with blocks, being a veterinarian to stuffed animals, dressing up in super hero capes or silly hats, performing a puppet show, or making a post office will ignite a child's mind!

Making messes is what children are best at. Give your kids a bunch of mixing bowls, some spoons, and water and see what they make. Let your child play with shaving cream and sparkles in the tub. Play chef and make mud pies, dirt soup, and leaf salad. Getting dirty is what make believe is all about.

Imagination is such an important part of life. We can foster a child's growth simply through play and creativity. Taking time to pretend is an amazing and rewarding experience in so many ways not only for a child, but for adults too.

McLeod Community League Fine Arts Programs

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

Preschool (Ages 3-5 years):

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

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

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

Parents must attend this class with their child

Minimum 6 children to run the class

Grades 1-3

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



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

Wednesday evenings 6:00 -7:15pm

Minimum 6 children to run the class

Grades 4-6

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

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

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

Minimum 6 children to run the class

City of Edmonton Rec Passes



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

In addition to the passes sold at sports registration, McLeod did purchase a few extra passes for certain attractions. A limited number of family passes are available for the Valley Zoo and family passes that can be used at any City of Edmonton Recreation Centre. Family Zoo Passes are available for \$31.00 and the regular price is \$45.50. Family Recreation Centre Passes are available for \$21.00 and the regular price is \$31.50. All passes expire on December 31, 2019.

Please contact Richard at softball@mcleodcl.ca should you have any questions or wish to purchase some of these remaining passes.

McLeod Remembers Veterans



No Stone Left Alone
Remembrance Ceremony
Little Mountain Cemetery
16025- 54 ST NW
Monday, November 5
10:30 AM
www.nostoneleftalone.ca
Roll of Honor
Private George Carnegie
Stephen Dwernichuk, WWII
Thomas Gifford Hutchings, LAC – RAF
Captain Benjamin McDiarmid, WWI
Private Duncan David McDiarmid, WWI
Private James McDiarmid, WWI
Sgt Donald William McIver, Supply Technician, Peacekeeping Missions
John L. Williams, LAC-RAF
James Maitland, aircraft mechanic, WWII
In early November, we'll again be joining the No Stone Left Alone Memorial

Foundation and Dr. Donald Massey School children, to honour our fallen military and educate students on the sacrifice of our veterans. The League will be placing a wreath at the headstone of each soldier buried at our neighbourhood's Little Mountain Cemetery. All are welcome to attend the ceremony.

Located in Hollick-Kenyon, this historic location records 123 years of settler history in our community. It is open from 5 am-11 pm daily and is suitable for a quiet, contemplative stroll. You'll notice markers from WWI and WWII soldiers, Spanish flu epidemic victims, and prominent farming and business families of the era.

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

www.communityleagueneews.com

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Northmount Community League News

Board of Directors for Northmount

POSITION	NAME	Contact	Contact
President	Meagan Plamondon	780-270-1212	president@northmount.ca
Vice President Operations	VACANT		
Vice President Programs	VACANT		
Treasurer	Angela Purves	587-336-7699	
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		newsletter@northmount.ca
Seniors Programs	Margaret Warwick		
Soccer	Joanne Cheetham		
Social	Suzanna Ramdass	780-993-2064	social@northmount.ca
Co-Sport Explorerz	Karen Plamondon	780-478-2010	
Co-Sport Explorerz	Sid Plamondon	780-478-2010	

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.

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!

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 or Meagan by phone at 780-270-1212 to let us know what you would like to see happening in your neighbourhood. Are there activities 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!

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!



President's Message

Community League Memberships are now on sale! If you have not been a Community League Member before, here is your chance! Purchasing a membership helps supports the programs that you see being run in your neighbourhood. Community Leagues are unique to Edmonton and no other City in Canada has a network of Community Leagues within their City, offering programs and activities for their residents. Community Leagues are run by volunteers that live in the neighbourhood, raising funds and planning programs that are important to the neighbourhood. It is a place where community members are understood and valued, and a place 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! Becoming a member will also support you in creating supportive networks and friendships with people who live in your neighborhood, it

can provide a place to socialize, and belonging to a community can improve your health. If you are new to the neighbourhood or want to learn more, please give me a call and I would be happy to have a conversation with you. I can be reached at 780-270-1212. If you would like to purchase a membership they will be on sale in person on October 25th and November 15th from 7:30 PM until 8:30 PM at the hall (9208-140 Avenue). You can also purchase a membership online at <http://efcl.org/membership> or you can call Robin at 780-473-8634.

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**

Playground Fundraising - Silent Auction

Northmount is holding a Silent Auction on Feb 16, 2019 at 7:30 pm. 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 re-build!

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

Exercise Programs

Yoga and Bootcamp are back on and there is still time to register. If you missed the registration dates please call or text Meagan at 780-270-1212 to join a class.

Sunday Bootcamp 7:00-8:00 PM - Every Sunday from September 16 to December 2, 2018

Thursday Yoga 6:00 – 7:00 PM – Every Thursday night from September 27 to No-

vember 29, 2018

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

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

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

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

Wine Glass Painting Party

December 7, 2018 at

7:30 PM, Doors at 7:00 PM

The Playground Committee has arranged to have an artist walk us through a Wine Glass Painting Class, tickets will be \$40, and it will come with instruction and supplies to complete two drinkable pieces 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. (Please purchase your membership from your home community) Please see Facebook for the full colour photo of the wine glasses that we will be completing.

Registration: October 25th and November 15th from 7:30 PM until 8:30 PM

Build Strength and Balance to Prevent Falls

Falls are the leading cause of injury among older adults. Our bodies naturally change with age which affects how we feel, move, and behave. The older we get, the greater the risk of falling. There's no doubt falls can have devastating consequences such as injury, chronic pain and a reduced quality of life, but by taking action you can prevent it from happening to you.

Most falls can be avoided by taking steps to reduce the risks. Seniors can prevent

falls by identifying reasons related to their health or environment that could cause them to fall. Having your medications reviewed yearly, visiting your eye doctor for an annual checkup, wearing supportive foot wear, and making your home safer by removing tripping hazards and improving lighting are all great things you can do. So is challenging your balance, building strength, and being active.

November is Falls Prevention month across Canada

and this year's campaign focuses on the fact that you're never too old to start being active and no matter what your abilities are today, you can always improve your strength and balance to prevent a fall.

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent many of the

health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

Older adults with muscle weakness are 4-5 times more likely to fall, so aim for 30 minutes or more of physical activity at least 5 days each week. Walking, dancing,

swimming and gardening are great ways to be active. Work on your balance by controlling your movements. Try reaching while standing, toe and heel raises, stepping in different directions, step ups or half squats. Yoga and tai chi are also great activities to try. Build strength by doing exercises for your leg muscles. Use bands, weights, or your own body weight to do

things like hamstring curls and side leg lifts.

Choose something you like to do as you are more likely to stick to it.

Remember, it's never too late to start being active!

To find out more about keeping active and falls prevention for older adults visit the Finding Balance campaign and My Health Alberta.



Sledding Safety



Emergency Medical Services (EMS) would like to remind parents and children about some sledding safety tips, as the winter season continues. Sledding injuries may result from collisions with stationary objects, such as trees & rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged, or missing parts, before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

Hazards

- Avoid hills that are too steep, or too icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose scarves or clothing containing drawstrings which can present a choking hazard if they become caught, or snagged.

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks, out of the cold, to warm up;
- Ensure frostbite hasn't affected any exposed skin;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite;
- If frost bite has occurred, treat it by first removing the individual out of the cold environment; Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm, *not hot*, water, until re-warmed.

www.albertahealthservices.ca

Retirement living has never looked so good.

When choosing a retirement living option, look no further than Revera's newest retirement residence McConachie Gardens, opening this Fall. Here, loved ones can age-in-place and continue to live life their way. You can gain the peace of mind you need knowing they will be close by.

- Three unique indoor/outdoor dining areas: full service restaurant, café-style bistro & licensed pub
- Eat when you like, sit where & with whom you want
- Spacious suites with private patios, large windows & high ceilings
- Garden year-round in the green house
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