

# NORTHEAST VOICE

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

October 2018



Published by Calder Publications. To advertise please call 780-918-0336 or email [josh@communityleagueneews.com](mailto:josh@communityleagueneews.com)

## Halloween Colouring Contest

Enter our Halloween colouring contest for a chance to win a box of Halloween Purdy's chocolates! A \$25 value!

Participants must be 12 years old and under. Enter before Saturday, October 27 - a winner will be chosen at noon that day.

Drop off your entry at 8644-152B Ave or scan your entry and e-mail it to: [newsletter@evansdale.ca](mailto:newsletter@evansdale.ca) or text it to 780-680-9408. Please provide your name, age, and telephone number on your entry. Happy colouring!



## 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/dropin-communityprograms](http://edmonton.ca/dropin-communityprograms) 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.

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

### Upcoming Events in the Northeast

#### October

- 1, 15, 22, 29: Hapkido at Northmount: 7pm (children/teen); 8pm (adult)
- 3, 10, 17, 24, 31: Hapkido at Northmount: 8pm (adult)
- 4, 11, 18, 25: Hatha Yoga at Northmount: 5:45pm; \$10 drop in
- 5: Grand Opening of the new Londonderry Branch at EPL Londonderry; 10:30am
- 10: Baby Laotime at EPL McConachie; 2:00pm
- 12: McLeod WEM Galaxvland Event; 730pm
- 14, 28: Bootcamp at Northmount; 6:45pm; \$10 drop in
- 18: Blood Drive at Northmount; 2pm-7:30pm
- 19: Family Halloween Party at Northmount with Amity House; 6pm-9pm
- 20: McLeod Kids' Halloween Party, time TBC
- 20: Sing, Sign, Laugh and Learn at EPL Londonderry; 2:30pm
- 20: Leagues Alive training event; [www.efcl.org](http://www.efcl.org)
- 25: Fall program registration at Northmount; 7:30pm-8:30pm
- 27: Pop-up Makerspace at EPL McConachie; 3:30pm
- 31: MLA Sweet's Halloween Tent at Dr. Donald Massey School
- 31: Pumpkin Carving Contest at Northmount

#### November

- 1, 8, 15, 22, 29: Hatha Yoga at Northmount; 5:45pm; \$10 drop in
- 3: Paint Night at Northmount; 7:30pm; \$40 pre-registration required
- 4, 11, 18, 25: Bootcamp at Northmount; 6:45pm; \$10 drop in

#### November continued

- 4: Practice English at Your Library at EPL Londonderry; 1:30pm
- 5: No Stone Left Alone at Little Mountain Cemetery at 1030am
- 5, 12, 19, 26: Hapkido at Northmount; 7pm (children/teen); 8pm (adult)
- 7, 14, 21, 28: Hapkido at Northmount; 8pm (adult)
- 15: Fall program registration at Northmount; 7:30pm-8:30pm
- 20: Minecraft Club at EPL Londonderry; 4:00pm

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

#### Location Addresses:

Centrepointhe Church – 5940 159 Avenue  
 Clareview Rec Centre – 3804 139 Avenue  
 Evansdale Hall – 14811 95A Street  
 G Edmund Kelly Spray Park – 15005 79 Street  
 Heritage Hall – 7406 139 Avenue  
 Kilkenny Hall – 14910 72 Street  
 Kingsway Legion – 14339 50 Street  
 Lago Lindo Hall – 17123 95 Street  
 Little Mountain Cemetery – 16025 54 Street  
 Londonderry EPL – in Londonderry Mall  
 Londonderry Hall – 14224 74 Street  
 McConachie EPL – 16607 50 Street  
 McLeod Hall – 14715 59 Street  
 North Edm Seniors Asscn (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

## 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 By-laws and it would be good to get everyone's input.



## Community GARAGE



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



# Evansdale Community League News

*Serving: Evansdale – Belle Rive – Eaux Claires*

## Evansdale Community League Board & Committees

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

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

E-mail address: [www.evansdale.ca](http://www.evansdale.ca)

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

## Spray Park at Poplar Park Playground News



The next phase of the Poplar Park Playground and Spray Park development should be starting in September! We had a few delays in the summer but have been told that construction should be starting soon. An additional play

pad with more swings and a water spray pad with lots of cool features should be up and running by next summer when the city flips the switch for summer fun. Watch for more news on the grand opening party next year!

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

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

## Benefits of Community League Membership

Free community league swims:

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

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

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

Discount on City of Edmonton annual wellness passes

Hall rental discount

Discounts for community league events and programs

Play community sports such as soccer

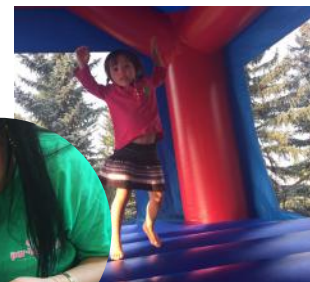
## Evansdale Hall Rental Information (NEW Rates!)

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

## Great Fun at Community League Day

Community League Day, held on Sept 7 at Evansdale Hall, was a huge success. Over 200 people attended the event! Community members enjoyed snacks and hot dogs, bouncy castles, face painting, and games. Approximately 76 people stayed for the movie "Show Dogs".

Thanks to all the volunteers and community members who helped make our Evans-



dale Community League Day a success. Special thanks to Shawna Walsh for organising the event and making it all happen!

## Evansdale Hockey Director Start of Season Address

Hello Evansdale players & families,

The 2018/19 hockey season is upon us. Hockey try-outs are well underway for all the Eagles teams. The teams will soon hit the ice for what is hopefully a fun filled successful year. I'd like to welcome all the new families to the Evansdale Community League and wish players, coaches and families all the best for an awesome season.

On a very sad, sombre note I would like to address some terrible news regarding Ronan Smyth, a long time Eagles goalie who played last season for the PeeWee 2 team. He has been stricken with Diffuse Intrinsic Pontine Glioma (DIPG), a terminal, inoperable brain tumour. Ronan's life expectancy is measured in months now but with radiation treatment and therapy, family and friends hope that he can gain some valuable time to help make his final months memorable for him



and his family.

Ronan is not only my son Ethan's hockey and soccer teammate, he's a teammate and friend to many hockey and soccer players in Evansdale and other communities. Ronan, to me as a parent watching from the sidelines, is the epitome of what a great teammate should be - kind, caring, respectful and a great sportsman.

We will miss Ronan between the pipes in his familiar #31 Eagles Jersey as his teammates hit the ice. For this season and beyond, you will be sure to see many Eagles players wearing the special commemorative goalie mask sticker designed in his honour. A Go Fund Me account has been set up for Ronan. Please share with everyone you know. <https://www.gofundme.com/ronan039s-cancer-fight-amp-dreams-fund>

God Bless,

Todd Sharkey

Evansdale Hockey Director

## Zumba Fall Session - Call For Interest

Evansdale Community Hall is planning to resume ZUMBA® beginning in October for a 8 week session – Tuesday evenings @ 6:30pm. We need a minimum number of 15 ZUMBA® enthusiastic people to start this session.

Please reply if you are interested in signing up. Also indicate whether Tuesday or another day of the week would work best for you.

Contact Emilio Consul Jr. at 780-238-6919 or email at [Emilio.Zumba@shaw.ca](mailto:Emilio.Zumba@shaw.ca) if you are interested or have any questions.

## 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](mailto: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](mailto:evansdaleyoga@gmail.com).

## Visit Our Website and Facebook Page

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

Website: [www.evansdale.ca](http://www.evansdale.ca)

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

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

# Kilkenny Community League News

## 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](mailto:President@kilkenny.ab.ca).

### Job Type:

Contract

Experience:

Ice rink management

Ice making

Equipment maintenance

Building maintenance

Location:

Kilkenny Community League

## Kilkenny Indoor Soccer

The indoor season kicks off October 13th at Edmonton's three soccer centres. Kilkenny has 10 teams registered this season in age groups from U7 to U17. We sincerely wish all teams playing indoor soccer good luck.

Key Dates:

October 13 – season starts

December 4– team pictures at Kilkenny hall

December 21 – start of Christmas break

January 5 – league play resumes.

sumes.

Please email [soccer@kilkenny.ab.ca](mailto:soccer@kilkenny.ab.ca) if you have not heard from your coach by October 7th.

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

**Amber**

**Kilkenny Soccer Director**

## Halloween Party Coordinators Needed

Kilkenny's Community League needs a group of people to help out at our yearly Halloween Party in October on the 27th.

Anyone interested in helping out are asked to please contact Anna at 780-478-3269.

## Save The Date

Rink Clean Up: October 14 at Kilkenny Community League Kids Halloween Party Set up: October 26 at Kilkenny Community League Kids Halloween Party: October 27 at Kilkenny Community League

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

## Hall Rentals

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

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!

## 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. If you have any other questions, please email [Membership@Kilkenny.ab.ca](mailto:Membership@Kilkenny.ab.ca)

## Welcome Back Everyone!

I hope everyone has had an enjoyable summer. It has been busy around the hall. Come in and see the new flooring at the rink and sound proofing in the hall. Community Day went well, even though there was a bit of bad weather.

Thank you to Bob Guest for helping with moving items out of the Concessions and repairing of a sign on our fence.

I need to send out a warning: all vehicles parked in our side of the parking lot overnight, when they are not part of event at the hall, will be towed at the owners expense.

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.

Thank you to everyone - **Anna**

## IT'S TIME TO PARK IT.

Please move your RV or trailer to your back yard or a storage facility.

Bylaw officers are out in our communities to make our city better.

Learn about RV parking rules at [edmonton.ca/recreationalvehiclebylaw](http://edmonton.ca/recreationalvehiclebylaw)



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[www.londonderrydentureclinic.com](http://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

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[wjheats.com](http://wjheats.com)

## Londonderry Community League

14224 - 74 Street NW, Edmonton, AB

### Londonderry Community League Membership Drive!

The league is pleased to offer affordable memberships for the 2018 - 2019 season to interested community members.  
Come down to the hall and get your new membership card!

#### Rates:

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

#### Membership Registration Nights

September 24 6 p.m. - 7 p.m.  
October 15 and 22 6 p.m. - 7 p.m.

#### 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

### 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!*

### 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

### We need your help!

Londonderry Community League is looking for dedicated and enthusiastic volunteers to fill various board, committee and volunteer positions. If you or someone you know is interested, please attend our monthly meeting, held every 3rd Tuesday of the month at the community hall, or contact our Secretary Beth, at [secretary@londonderry.online](mailto:secretary@londonderry.online) or our President Angie, at [president@londonderry.online](mailto:president@londonderry.online)

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

### 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

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

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



**Contact**  
Phone: (780) 478-6497  
[info@satewin.com](mailto:info@satewin.com)







# McLeod News

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

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

## McLeod Hosts Another Successful Community Day



Members of the 501st Badlands Garrison and the Rebel Legion joined us in costume for Community League Day



EPL was one of the participants for Community League Day

On Saturday, the 15th of September, McLeod Community League hosted another successful Community League Day. Despite the bad weather, about a hundred people came out to enjoy a variety of events:

- Face painting
- Balloon animal lessons
- Kids' crafts
- The Edmonton Public Li-

brary brought interactive displays

Alberta Treasury Branch brought free juice

**Free hot dogs and popcorn**  
Norwood Child and Family Resource Centre promoted their great variety of free programs

Northeast Edmonton Early Childhood Development Coalition promoted their educa-

tional tools

MLA Heather Sweet provided free birthday cake  
MP Ziad Aboultaif provided free Canada flag pins

City Councillor Aaron Paquette visited with constituents

Members of the 501st Badlands Garrison and the Rebel Legion joined us in their very elaborate Star Wars costumes

## McLeod President's Message

Thank you to everyone that came to our Community League Day event on September 15, 2018 despite the snow and rain that was present throughout much of the day. In case you missed it, more details are in the article in this newsletter and there are photos on our Facebook Page.

I also want to thank 630 CHED content producer Kelsey Campbell for arranging for me to be on a panel discussing community leagues with radio host Ryan Jespersen (<https://omny.fm/shows/ryan-jespersen-show/sept-14-jespersen-11-the-community-league-friday-r#sharing>). The hour-long program went by much too quickly and I'm sure I never got a chance to mention how appreciative I am of the Board members that I support. These wonderful community-minded neighbors make McLeod one of the most productive and best-run leagues in the City. I think it says a lot about a group of 25 volunteers who can take on the roles of 27 Board positions with enthu-

siasm and cooperation.

If you are interested in being part of a great group of community leaders, our AGM is taking place on October 27 at 6pm in the programs room (left doors, McLeod Centre, 14715-59 St). Here are the positions up for election (2018-2020):

Vice President (VACANT-must be elected from current Board members only)

Membership Director (incumbent)

Treasurer (incumbent)

Soccer Director (incumbent)

Baseball Director (VACANT)

Softball Director (incumbent)

Hockey Director (incumbent)

Programs Director (incumbent)

Safety Director (incumbent)

Volunteer Director (incumbent)

Miller Community Director (incumbent)

Casselman Community Director (VACANT)

Matt Berry Community Director (incumbent)



Hollick-Kenyon Community Director (incumbent)

McLeod Community Director (VACANT)

If you are interested in a position, please contact me at [president@mcleodcl.ca](mailto:president@mcleodcl.ca).

Some vacancies are as a result of some wonderful people moving on. McLeod wishes to express its gratitude to Ron Locke (Baseball Director), Cheryl Petruk (Vice President), and Joe Tovey (McLeod Community Director and rink volunteer). These amazing neighbors have contributed a huge amount to their community and their involvement will be greatly missed.

**Leanne**

## McLeod Supports Fine Arts

Fine arts is a very important part of a child's growth and development. We generally think of fine arts as drawing, music, dance, and drama but it's so much more! When children participate in fine arts they are building skills such as imagination, creativity, self expression, confidence, motor skill development, critical thinking, coordination, socialization, inventiveness, and positivity. These skills contribute to a child's overall ability to learn and extend into all areas of a child's life.

Of course we can't forget how much fun the fine arts are. Fine art experiences allow children to use their minds and explore in playful and exciting ways. When creating, there is no right or wrong, just discovery and

expression. Children love to pretend, create, be silly, and imagine and fine arts is a way to do all of this and more.

Here are a few fun and easy fine art ideas that you can try at home.

Have your child tell a story while you write down what they are saying. Have your child illustrate their story to create their own book.

Put out a bunch of craft supplies such as toilet paper rolls, popsicle sticks, cardboard, scrap paper, elastics, bread ties, or pretty much anything else you have around your house. Give them some tape, glue, crayons, and scissors and just let them create whatever they want. You'll be amazed with what they come up with.

Let your child plan a show. It could be dancing, a speech, puppets, a story, singing, or anything else. Watch the show when your child is ready to perform. The entertainment is priceless.

If you are interested in enrolling your child in a fine arts program, McLeod runs an exciting fine arts class called Imagination 101. The program is for Preschoolers, Grades 1-3, and Grade 4-6 children on Wednesdays. Activities include a weekly art project, music, movement, and lots of fun. If you want more details about Imagination 101, please contact Kara at [kara@kara-jensenphotography.com](mailto:kara@kara-jensenphotography.com).

"Imagination is more important than knowledge."  
-Albert Einstein



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**Tom Pettifor, CFP, PFP**

Investment Specialist and Financial Planner

780-246-5050

tom.pettifor@scotiabank.com



\* To redeem for this offer you must present this advertisement upon completion of your financial review conversation with a Scotiabank Investment Specialist on or before October 31, 2018. Upon completion of the review, you will receive a special offer code and a reward code to redeem from your choice of The Ultimate Dining® E-Promo Card, Indigo® E-Promo Card, Esso™ E-Gift Card or Cineplex® E-Gift Card at [www.scotiabank.com/reviewreward](http://www.scotiabank.com/reviewreward). A valid email address is required in order to receive the E-Promo or E-Gift Card. E-Promo Cards are valid for 90 days after activation. E-Gift Cards do not expire. No purchase required. Maximum one offer per customer. Offer is non-transferable and cannot be duplicated. ®\* Registered trademark of The Bank of Nova Scotia, used under licence. Scotiabank includes The Bank of Nova Scotia and its subsidiaries and affiliates, including Scotia Securities Inc. As used in this document, "Investment Specialist and Financial Planner", "Scotiabank Investment Specialist" and "Financial Planner and Investment Specialist" refers to a Scotia Securities Inc. mutual fund representative or, in Quebec, a Group Savings Plan Dealer Representative who is also registered in the category of Financial Planner. Scotia Securities Inc. is a member of the Mutual Fund Dealers Association. ®™ Trademarks of Cara Operations Limited and its affiliates. Indigo, Chapters and Coles are registered trademarks of Indigo Books & Music Inc. ™/® Cineplex Entertainment LP or used under license. Esso is a trademark of Imperial Oil Limited. Imperial Oil, licensee. Imperial Oil is not a sponsor or co-sponsor of this promotion. Indigo Books & Music is not affiliated, sponsoring or endorsing the contest or any Scotiabank products or services.

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## Free Rec Centre Access Purchased by McLeod

Show your membership card to the cashier, and your family can use the facilities for free during these times every Saturday evening.

Commonwealth  
5 pm – 7 pm  
Sat. Sept 8 thru Sat. Oct 27 2018

City of Edmonton Aquatics Bookings has just notified us that there is no parking for community league members

at Commonwealth on Eskimo football home game days. Ride the LRT? Get an Uber? You should check the Eskimos schedule. They also said “Please also encourage them to sign up for our notifications so that they have notice of parking availability, pool closures, etc.”

Clareview  
6 pm – 8 pm  
Sat Nov 3 2018 thru Sat. Aug 31.2019

## McLeod to Lay Wreaths

We join with the No Stone Left Alone Memorial Foundation, and Dr. Donald Massey School, in honoring the sacrifice and service of Canada’s military. The school children will place poppies on the headstones of veterans, and McLeod Community League

will lay a wreath for each service person buried at our local cemetery. [www.nostoneleftalone.ca](http://www.nostoneleftalone.ca)

Monday, November 5, 2018  
10:30 am  
Little Mountain Cemetery  
16025-54 Street NW

## McLeod’s in “Recreation and Wellness Directory for Older Adults”

McLeod strives to do events and programming for all ages. We are happy to be included with other organizations who promote arts, fitness, technology, health and recreational activities for adults 55+.

Health & Wellness Forum  
Saturday November 3, 2018  
9 am – 2:30 pm

Central Lions Seniors Rec Centre  
Call 780-809-8604 to register

A searchable form of the directory is available at [www.seniorscouncil.net/programs](http://www.seniorscouncil.net/programs). To order print copies of the directory, contact Edmonton Seniors Coordinating Council at 780-423-5635 or [info@seniorscouncil.net](mailto:info@seniorscouncil.net)

## McLeod Encourages Lifelong Learning

Edmonton Lifelong Learners Association (ELLA)  
Spring Session April 29 to May 17, 2019

“ELLA partners with the University of Alberta, Faculty of Extension to offer a 3-week program of topical and enlightening courses in the arts, fine arts, sciences, humanities and wellness. There are no prerequisites, exams or homework and the program is

very affordable with bursaries if needed. Spring session is for adults over 50 and emphasizes learning in a comfortable environment, lively discussion and the opportunity to meet new people.” Go to their website or contact them for more information. Join them in 2019!

780-492-5055  
[www.my-ella.com](http://www.my-ella.com)  
[exella@ualberta.ca](mailto:exella@ualberta.ca)

## Mark Your Calendars for Upcoming McLeod Events

NOTE: Subject to change, please check current details on our website [www.mcleodcl.ca](http://www.mcleodcl.ca) or Facebook page: McLeod Community League.

October 20, time TBD – Children’s Halloween Party  
More information to follow.  
November 5, 1030am –



Little Mountain Cemetery  
No Stone Left Alone Ceremony

## 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](mailto:president@mcleodcommunityleague.ca) or Joe at [rink@mcleodcommunityleague.ca](mailto:rink@mcleodcommunityleague.ca) to arrange a time to drop them off.

## McLeod Congratulates Amity House

Tracy Patience, executive director of Dickensfield Amity House, was recently recognized in the fall issue of Legacy in Action, a publication of the Edmonton Community Foundation.

Dickensfield Amity house is a resource centre for low-income families. “So twice a month, the preschool at Amity House becomes a dance studio – or an art studio, drama room or drum circle.

It just depends on who is leading the Arts for Tots that day.”

The program was funded for the first three years by the Lois Hole Care and Nurture Legacy Fund, and Patience has adjusted her budget so it would continue.

Congratulations Tracy, and Dickensfield Amity House, for delivering much needed arts programming to the community.

## McLeod Encourages Healthy Lifestyle Through Yoga

### Healthy Tips with Tegan Rosato

Face it, we are over-stimulated as a society. Being “busy” means your nervous system is in constant sympathetic (fight or flight) mode. That changes your body right down to a hormonal level; which brings about stress, weight gain, and illness. The good news? There are simple techniques to find a slimmer waistline, that also give you some inner peace!

Meditation. Find a quiet (if possible) space & a comfortable chair. Set your phone to “do not disturb”, and set a timer for however long you have, from 3-30 minutes (flip the phone over out of reaching distance). Sit with a relaxed, but upright posture. With eyes open, take 3-5 deep diaphragmatic breaths, and really pay attention to how each inhale & exhale make you feel. Close your eyes, and continue to breathe, slowly and deeply incorporating a tiny pause at the top of your breath in, and bottom of your breath out. It may be helpful to use the light and dark visualisation. Inhale whatever it is your body, mind, or spirit needs in a warm white light



(positivity, self love, courage, etc.) and exhale that which no longer serves you (stress, vices, self doubt, etc). Breathe it away like a dark smoke, never to return, never to bother you again. Repeat as long as you have. Finish your meditation by visualizing a happier, healthier version of yourself. Make this mini meditation a habit everyday, just like brushing your teeth. The goal isn’t to stop thinking, other thoughts will pop up, and that’s normal, instead choose to come back to your breath focus or visualisation for your allotted time. This will help your nervous system to shift into your parasympathetic mode (rest, digest, inner peace).

Want to learn more? Drop in to Yoga at McLeod Hall Tuesdays 630-8pm. Call to register 780-885-6222

## McLeod Supports Forest and Farmland Conservation



Ten years of local nature conservation is a big milestone for the Edmonton and Area Land Trust and to celebrate, we offered a chance for our supporters and local nature enthusiasts to experience our potential new conservation lands through a variety of unique tours.

On July 28th, attendees gathered on a special piece of land – 233 acres for farm and forest nestled within a dramatic curve of the North Saskatchewan River in NE Edmonton. Four tour options were available.

Nature Interpretive Tour: This tour was in the largest old growth forest in the City, and led by EALT experts. Participants learned about different plants in the forest, and saw some birds up close, too.

Forest Therapy Tour (Shinrin Yoku): This tour was run by qualified Forest Therapists, who enable people to become immersed in the forest, while slowly savouring their connection with the environment. It was a great opportunity for people to learn about the health benefits a forest gives.

Lady Flower Gardens Tour: This tour was of the community garden. Lady Flower Gardens works with community organisations to benefit underprivileged citizens, through a connection with the earth, helping to grow, weed and harvest produce. Not only the participants, but the Food Bank benefit from the fresh vegetables they pick.

Agriculture Tour: Doug

Visser, farmer and land owner, led this tour. Participants could see the place where local food security is in action: urban farmlands that provide food to Edmontonians and farmers markets.

We had a beautiful video created to summarize the highlights, viewable at: <http://ow.ly/XI0Y30IN1QQ> or on EALT’s YouTube channel or Facebook page.

Our research shows that this land is very significant, and supports a number of Species at Risk, underscoring the need to conserve the lands. Unfortunately, the Province turned down EALT’s 2017 application for Land Trust Grant funds. Such funds would have paid for the necessary legal and appraisal fees, as well as a conservation inventory and management plans.

Before we can actually secure the land, EALT needs the funds to pay for these costs.

We have created a campaign that will assist EALT with the costs associated with setting up a Conservation Easement on these precious lands.

Doug Visser has agreed to match any public donations up to \$10,000. He has previously donated \$70,000 to a matching stewarding endowment. We absolutely need our fundraising efforts to be successful! You can donate to this campaign by going to <http://ow.ly/tk1130IN1WI> or clicking the link at the end of the video, or contacting EALT at 780 483-7578.









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# Northmount Community League News

Board of Directors for Northmount

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

## 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 (No Class on October 7 and 21st)

Thursday Yoga 6:00 – 7:00 PM – Every Thursday

night from September 27 to November 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)

## Paint Night at Northmount

November 3, 2018 at 7:30 PM, Doors at 7:00 PM

You are invited to attend Northmount's Paint Night on November 3, 2018 starting at 7:30 PM, doors will open at 7:00 PM. We will have an instructor taking participants through a guided paint class (all levels of painters are welcome!) for \$40 you will get the instruction and supplies to complete a piece of art, as well as free coffee, tea, and light refreshments. Tickets for this event must

be pre-purchased as there will be a limited number of seats available. If you have any questions, please call or text Meagan: 780-270-1212. You will also need to have a Community League Membership to purchase a ticket. (Please purchase your membership from your home community). Please watch on Facebook to see the painting that we will be completing.

Registration: October 25th from 7:30 PM until 8:30 PM

## 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 this drinkable piece of art. All proceeds from the event will go towards the Playground re-build.

Tickets for this event must

be pre-purchased as there will be a limited number of seats available. If you have any questions, please call or text Meagan: 780-270-1212. You will also need to have a Community League Membership to purchase a ticket. (Please purchase your membership from your home community)

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

## Blood Drive

Thursday, October 18th from 2 - 7:30 PM

An hour of your time could save someone's life! To learn more about eligibility and the donation process, visit [www.blood.ca](http://www.blood.ca)

## 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!

## 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

## President's Message

Welcome Fall! I hope everyone had a relaxing summer and got to spend time with family and friends. Now that summer is over our volunteers will be hard at work putting on events and activities at the hall. Please join our Facebook Group to stay up to date with all the event details as they come up.

Our playground committee has started planning amazing events for the next year to help with fundraising for the playground. We had our first event of the season with a Car Wash, thank you to all the Volunteers who turned up to wash cars before the snow came down.

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**

## Northmount's 4th Annual Pumpkin Carving Contest

Here is how it works:

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

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

3. Carve your Pumpkin and upload a picture of your pumpkin to our Facebook

Group by 8 PM on Halloween Night. If you do not have Facebook have your pumpkin on your front lawn before 6 PM on Halloween Night.

4. Wait for our team of Judges to walk around or check Facebook to score each Pumpkin

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

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

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

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

## 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](mailto:sidplamondon@outlook.com)

## Family Halloween Party

October 19th from 6 – 9 PM

Northmount Community League is co-hosting a FREE family Halloween Party with Amity House on Friday, October 19th.

There will be carnival games, music and food. Dress up in costume! Fun for all ages!

Location – Northmount Community Hall – 9208 – 140 Ave. NW





# 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.

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- Eat when you like, sit where & with whom you want
- Spacious suites with private patios, large windows & high ceilings
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- Beautifully landscaped gardens & walking paths
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