

NORTHEAST VOICE

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

June 2019



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Homes for Heroes

By Jeff Muiselaar,
President, Evansdale Community League

Evansdale Community League heard a presentation from Dave Howard of the Homes for Heroes Foundation on the Homes for Heroes project for veterans housing proposed for 94 A Street and 153 Avenue in Evansdale on November 13, 2018.

From the Homes for Heroes website: "Edmonton's first village of tiny homes could be ready with a year to give military veterans experiencing homelessness a place to rebuild their lives."

"The Homes for Heroes Foundation secured a lease for a small wedge of vacant public land in Edmonton's Evansdale neighborhood. The proposed village would have roughly 20 tiny homes, as well as a community garden and park at 94A Street and 153 Avenue."

See website for more details: <https://homesforheroesfoundation.ca/>

The location is a small wedge of land on 153 Avenue east of 94A Street almost



to 93 Street (it is mislabeled on the map).

In November, the Community League executive indicated that the project sounded like a good idea, but asked questions about the location and indicated that it is crucial that the project proponents conduct good public engagement in the community for the project.

Public Meeting on May 8

The first public meeting was held on May 8th at Evansdale Community League and was attended by 85 residents. Most people who attended the meeting supported the concept of the project, creating housing for veterans transitioning back into civilian life.

But many residents had questions about the project and many questioned the location of the proposed project.

Due to the format of the meeting many people indicated they were not able to get their questions answered. Evansdale Community League will be sending a letter to Councillor John Dziadyk requesting that a process be identified for answering all of the questions and continuing the public engagement process.

We are publishing a letter from Maxine Piche (top of page 3), which asks many of the typical questions raised at the first public meeting.

If you are interested in this project please visit the Homes for Heroes Foundation website and look at the concept for their project and the Evansdale project in particular.

Contacts:

Jeff Muiselaar: president@evansdale.ca

Councillor Jon Dziadyk: jon.dziadyk@edmonton.ca

NORTHEAST COMMUNITY Summer Festival 10th Anniversary

Join us for an exciting day!

June 15, 2019
11am-6pm
Londonderry Junior High School in the field

Fun for the whole family.

FREE!

Want to Volunteer? edmonton@fusioncanada.ca

Festival Skills Training Night May 31st 6pm - 8pm @ Crossroads Lutheran Church

Questions? 780-699-1087

Fusion S.A.N.A.T.A. "United with Love" fusioncanada.ca

Edmonton

For a full list of sponsors and for more details without the festival check out NortheastCommunityFestival.ca

Upcoming Events in the Northeast

June

- 1 & 2: Northmount's 4th Annual Softball Tournament
- 3: Senior's Week Events at NESAs; Tea & Vintage Fashion Show; 1-4pm
- 3: Senior's Week Events at NESAs; Art Show & Sale
- 3, 5, 10, 12, 17, 19, 24, 26: Hapkido at Northmount; 7:30pm
- 4: Senior's Week Events at NESAs; Recital
- 4: Family Storytime: World Language Mandarin at EPL Londonderry; 6:30-7pm
- 6: Homework Help at EPL Londonderry; 6:30-8:30pm
- 9: Superhero Day at Northmount 1-4pm
- 13: Pride in the Park at Northmount
- 22: McLeod Adult Slo-Pitch at McLeod Hall; Full Day
- 22: Fast Forward into Summer at EPL Londonderry (9:30am-5pm) and EPL McConachie (10am-5:30pm)
- 25: Impawsible Pets at EPL Londonderry; 2-2:30pm
- 27: Campfire Tales at EPL McConachie; 2-2:45pm
- 28: Make it Messy at EPL Londonderry; 2-3pm

July:

- 2: Campfire Tales at EPL Londonderry; 11-11:45am
- 3, 8, 10, 15, 17, 22, 24, 29, 31: Hapkido at Northmount; 7:30pm
- 12: Commotion in the Ocean at EPL Londonderry; 2-2:45pm
- 18: Puppet Party at EPL McConachie; 2-2:45pm
- 18: Green Thumb at EPL Londonderry; 2-2:45pm

July continued

- 22: McLeod Annual K-Days Pancake Breakfast at McLeod Hall; 8-10am
- 26: World Traveler at EPL McConachie; 2-2:45pm
- 31: Battle Botts at EPL Londonderry; 3:30-4:30pm

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

Location Addresses:

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

Soccer WRAP UP PARTY

JUNE 14
6-9PM
TICKETS AVAILABLE VIA YOUR COACH

DJ DANCE PARTY
GLITTER TATTOOS
BALLOONIST
HOTDOGS & POP

KILKENNY HALL: 14910-72 STREET NW

Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires

Evansdale Community League Board & Committees

Jeff Muiselaar	President	780-478-1759	president@evansdale.ca
Shawna Walsh	Past President	780-237-2169	pastpresident@evansdale.ca
David Dodge	Director of Sustainability	780-478-6162	sustainability@evansdale.ca
Vacant	Soccer Director		soccer@evansdale.ca
N/A	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	Programs/Sport Explorers Director	780-984-3298	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
Vacant-volunteer today!	Belle Rive Sign Volunteers		signs@evansdale.ca
Jim Young	Evansdale Sign Volunteer		signs@evansdale.ca
N/A	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

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

Yoga at Evansdale Runs Until June 27

There's still time to join us at Evansdale Hall (9111-150 ave) for a little relaxation and rejuvenation.

Classes run Thursdays, 7:30-8:30pm, until June 27.

All levels welcome. Bring a mat, water, and a towel or blanket. \$13 per class, cash only. 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

Hall Rental Information

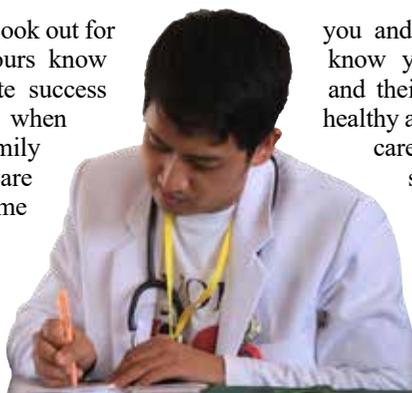


Hall capacity 230
\$50/hr meeting
\$350/day Mon-Thur, \$350 damage deposit
\$450/day Fri/Sat/Sun, \$400 damage deposit
All weekend \$650, \$600 damage deposit
Dishes \$100
BBQ \$75
Sports Building capacity 50
\$25/hr meeting
\$35/hr function
\$125/day, \$100 damage
Weekend \$350, \$300 damage deposit
References may be requested. Discounts available for community members of one year or more. Contact Terri at 780-478-4444 or hallrentals@evansdale.ca.

Doctors Want To Know Your Story

In rural Alberta, people look out for each other. Your neighbours know your story. They celebrate success beside you and recognize when you need a hand. Your family doctor or regular healthcare provider can be that same support for your health.

Having an ongoing, trusting relationship with your family doctor or nurse practitioner helps them get to know



you and your family. When they know your story, your provider and their team can help you stay healthy and connect you to the right care if you need a little extra support.

Your family physician or nurse practitioner and their team will be your medical home — your home base for health through different stages in your life.

Stay connected to your medical home with these tips:

- Visit your regular family doctor or nurse practitioner when you have a health-related concern or question
- If your regular provider is unavailable, seek care from other members of the team or clinic who will then share information with your regular provider
- If you need urgent medical attention from the emergency department, follow-up with your family doctor to continue any communication or treatment given

in the emergency department

- If your medical status changes, book an appointment with your medical home. They will help manage any changes and treatments that may be needed to help you get as healthy as possible quickly

Don't have a family doctor? Two ways to find one:

- Call Health Link at 811
- Visit albertafindadoctor.ca to search online for a family doctor accepting new patients near you

Your Mental Wellbeing Check-Up

From time to time we should remind ourselves to stop and reflect on how we are feeling mentally. We all have mental health, and much like our physical health, we need to take care of it. While mental illness affects 1 in 5 Canadians, mental health affects every one of us.

Alberta Health Services has online resources that can help you in your mental health wellness journey.

- Ways to Wellness, a mental health challenge, provides seven different tips and ideas to encourage you to engage in physical activity, eat healthy foods, practice

gratitude and have fun as some small steps to improve your mental health and help to reduce stress. Learn more about the simple steps you can take by visiting: <https://www.albertahealthservices.ca/info/Page13769.aspx>

- Help in Tough Times [<https://www.albertahealthservices.ca/news/Page13094.aspx>], has resources and services available to help you or someone you know who may be struggling. It has information, resources, tools and important contact information to help you, including self-help tips to ease some of the stress you

may be feeling.

If you are struggling, whether day stresses, a loss of a love or job, or family crisis, know alone. There are supports in you cope. Help can come in and for some of us we may port than others.

For more information on ad mental health services near Link at 811 or visit: ahs.ca/a



Open Letter from Evansdale Resident on Proposed Veteran Housing

Before I begin with a few comments and concerns, I would like to mention that the [open house] notification letter has a glaring spelling mistake in the header, and specifically in the name of your organization. Someone has spelled "Heroes" incorrectly.

First, a little history. We are long-time residents in the Evansdale community and take great pride in our home and property. Of course the neighbourhood has changed over the last 45 years; however the changes have mostly been positive. The most significant upgrade to our area (153 Avenue and 94 Street) happened many years ago with the widening of 153 Avenue. It grew from 2 lanes to what we see today - a very busy 4 lanes with a median. The only entrance into our area, from 153 Avenue, is at 94A Street. We, as a community, had to aggressively pursue this entrance/exit onto 153 Avenue. And, we were blessed with a small amount

of green space, complete with 30 trees. These trees are now fully developed and provide a bit of noise barrier for the traffic on 153 Avenue.

I have read your proposal letter many times and I have a few concerns and questions.

Population of this village: In your letter, it states that your "mandate is to provide the framework needed to ensure all military veterans are given the opportunity to successfully reintegrate into civilian life. " My question is: are you talking about ALL veterans, or only Homeless Veterans? I ask this question because I find it hard to believe that ALL veterans will benefit from this tiny village. For the record, the only reference to homelessness came from an article in the Edmonton Journal. The reference did not come from you, which is surprising, given that your organization is the main push behind this project. A little more transparency would be appreciated.

Community Design: As of right now, the area in question is a lovely green space and it's taken 30 years for it to mature. I realize that our councillor, Mr. Jon Dziadyk, refers to this space as an awkward, "orphaned parcel" of land, but I can see the space from my property and I don't see it as awkward or orphaned. I agree with Mr. Dziadyk that it is incumbent on us all to do a little bit to help out wherever we can, but taking away a parcel of land (at this location) does seem like he's asking us to do more than a little bit. I understand that the lease price of the property is extremely attractive and that may be a determining factor. But the location is less than ideal.

Social Services: Your proposal letter tells us that the community will be professionally managed by the Mustard Seed and that the service support will be on-site. Does this mean that there will be someone there, 24/7?

And, can you be more

specific as to the additional support from Veterans Affairs Canada? What form of support will be provided? And, you refer to Audeamus Dog Services - what will their contribution be?

Lastly, you refer to an ambiguous selection of "several local employment placement organizations". Can you be more specific? What organizations will be used and what will their mandate be?

Mr. Dziadyk acknowledges that the location is not ideal for easy access to social services, most of which are found in the city core. This proposed location is on the north side of the city and access to these services is inhibited. And while ETS does have service all along 153 Avenue, I think we can all agree that a bus trip from this location to downtown takes at least an hour (or more in the winter).

Land Zoning: It's a known fact that the land lease has been approved, at an Executive Council Meeting. However, what is the status

of the city's land use and zoning process? The land in question has been surveyed and marked for power and gas - does this mean that approval has been given for the project?

Other components: These communities will have 24 hr. security monitoring. Does this mean that the security will be monitored remotely? or on-site? Who is responsible for this security?

Professionally maintained grounds: Has a company been hired to cut the grass, shovel the snow and take care of the public spaces? And will this maintenance stay in effect for the next 20 years?

My property values: At the moment, we are not looking to sell our home, but as time goes on, it will most likely have to happen. If this village becomes a reality, do I have any assurances that my property values will not decrease? I live on a block of single-family homes, and they are very desirable for young families. We are

within walking distance of two elementary schools, and close to shopping centres that are popular with young families. I would love to see more families join our neighborhood. I'm a bit worried that our homes will become unattractive to potential buyers if this project becomes a reality and, in the future, it ceases to be a well-managed project.

I've seen what happens when something goes ahead because of well-intentioned ideas, but the reality of the situation is that good intentions do not always stand the test of time. Mr. Dziadyk says he's heard positive feedback from neighbours. I would like to know why we were never contacted - we, at our location, will be one of the most affected by this if it goes through.

I plan to attend the meeting on May 8th. At that time, I'm hoping to hear some answers to my questions, or to have my concerns addressed.

**Thank-you,
Maxine Piche**

Hantavirus Protection

If you're cleaning your yard and find mice, be careful.

Hantavirus Pulmonary Syndrome (HPS) is a potentially fatal respiratory illness. It is caused by Hantavirus, a virus found in the saliva, urine and droppings of deer mice.

People can get Hantavirus by breathing in contaminated dust or particles from the mouse urine or droppings, or by being bit by a deer mouse.

Symptoms occur two to three weeks after being exposed to the virus. They are similar to the flu and may include headache, fever and chills, muscle aches and shortness of breath, as fluid builds up in the lungs.

If you or someone you

know shows symptoms and has been exposed to deer mice, seek medical care immediately.

And try to avoid exposure in the first place.

"The best way to prevent Hantavirus is avoiding contact with deer mice. Eliminate their potential food sources. Keep garbage covered in pest-proof containers and set traps to catch rodents at your home and workplace," says Alberta Health Services public health inspector Nicole MacIntyre.

"If there is evidence of rodents, you may need to call a professional exterminator."

If you have to clean the area where deer mice have been, do not stir up the dust by sweeping or vacuuming



the nest or droppings. Wear rubber or vinyl gloves and spray the urine and droppings with a disinfectant. Use paper towel to pick up the waste and dispose of promptly in the garbage. Thoroughly wash your hands with soap and water once you're done. For more information, search Hantavirus at ahs.ca.

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

Visit Our 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/evansdale-communityleague



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*conditions may apply

Kilkenny Community League News

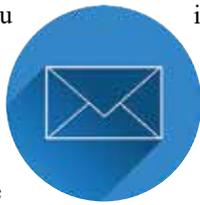
Hall Rentals

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.

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 informa-



tion 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.

Kilkenny League YARD SALE

JULY
5 noon-8pm
6 10am-6pm

TURN YOUR CLUTTER INTO CASH!
 Calling all to COME SELL & SHOP

For more information or to reserve your table, call Anna @ 780-478-2481
 Table Rentals: \$20 Reserve your spot by June 20 Vendors set up July 4 from 5-8pm

14910 - 72 Street NW

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.

Talents to Share? Want a New Program?



Are you interested in starting a bridge club, a fitness group, a new parents group? Do you have an idea for a social event? Are you willing to organize a block party or special event? We are open to your ideas, your passions, and your skills and would love for you to join us and bring more ideas, activities and events to our community. Please contact us

to share! We recently had some feedback from one of our board members at large hoping to see more programs at Kilkenny, and we couldn't agree more! If you are interested, contact us. There is assistance available to any who would like to start a new program but are daunted by the task. We just need people with "the will", we'll help with "the way"!

Kilkenny Community League Yard Sale

Do you find Garage Sales irresistible? Found a few extra items that need a new home during your spring cleaning? Kilkenny will hold a garage sale on Friday July 5th 12-8 and Saturday

July 6th 10-6. Set up will be the Thursday night prior July 4th 5-8.

Call Anna (780-478-3269) or email President@Kilkenny.ab.ca to book your table by June 20th (\$20).

President's Message

I would also like to thank our coaches who have stepped up to help us with our teams. Thank you for your support. Amber, our soccer director, and Char our baseball director, thank you for all the hard work that you've been doing with the teams. I hope that everyone is enjoying the season with their teams and coaches. There will be a Special Reso-



lution meeting on June 14 at the hall to have a final pass on the updated bylaws.

NEIGHBOURHOOD SUMMER DAYCAMP

AN ARTIST'S BISTRO

DATE	TIME	AGES	COURSE CODE	COST
Monday - Friday July 8-July 12	9:00AM - 4:00PM	6-9 years	657429	\$169

Kilkenny Community League

14910 - 72 Street

Exercise your creativity in the kitchen and the studio! Over the week of the camp, you will create both works of art and tasty treats. At the end of the week, you will set up an Artist's Bistro in which you will display your creations and serve your guests some of the recipes you've learned.

Registration Now Open!

To Register:

- Call 311
- Online at movelearnplay.edmonton.ca
- In person at any City of Edmonton Recreation and Leisure Centre

Thank you to the Kilkenny Community League for access to their facility

the Gutter Doctor

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*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

Londonderry Community League

AGM

Monday, June 10th, 2019
7:00 PM

**LONDONDERRY
COMMUNITY HALL**
14224 - 74 ST NW

REFRESHMENTS WILL BE SERVED

Londonderry Community League
Garage Sale - April 6, 2019

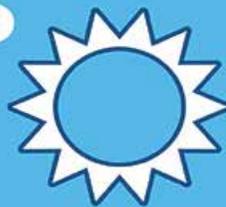


Thank you to all our vendors and customers who attended our Garage Sale on April 6th. We had a great turnout and everyone had a profitable time. See you in September at our next sale!

NEIGHBOURHOOD SUMMER DAYCAMP

Edmonton

LITTLE SPORTS OF ALL SORTS



DATE	TIME	AGES	COURSE CODE	COST
Monday - Friday July 29-August 2	9:00AM - 11:30AM	4-6 years	657291	\$90

Londonderry Community League

14224 - 74 Street

Preschoolers will have a ball at this camp! Learn basic skills such as jumping, skipping, hopping, galloping, and catching through relay races, obstacle courses and other sport related activities.

Registration Now Open!

To Register:

- Call 311
- Online at movelearnplay.edmonton.ca
- In person at any City of Edmonton Recreation and Leisure Centre

Thank you to the Londonderry Community League for access to their facility



Hall Rental

Check our website:
www.londonderry.online

Memberships

Membership Rates

- Family Membership \$20
- Individual Membership \$10
- Senior Membership is FREE
- Associate Membership \$10

Memberships are valid from September 1 to August 31 of the following year. In order to purchase a membership, you MUST live within the League's boundaries. If you live outside of Edmonton you may purchase an associate membership, which allows you to access league programs but does not allow you to vote at league meetings.

All Types Of Play Build Skills

Play is the foundation on which children build lifelong skills and positive relationships with themselves and others.

Who will be the princess and who will be the pony? How will we get across this lava to safety? In a make-believe world, those kinds of big, creative decisions build healthy bodies and minds. Children learn to build and explore their world and their relationships with others.

"Children are usually told to brush their teeth and go to school, where to sit, which clothes to wear and when to go to bed," says Laura Crawford, program facilitator with Alberta Health Services' Early Childhood program. "Play lets them take the lead. It helps them balance those daily routines and unwind by doing things the way they want to."

When kids lead play, they develop self-esteem and confidence. They learn to be creative and solve problems; their language skills grow. And when they name objects and describe their feelings, they make vital brain-cell connections that support learning and understanding.

Children play in different ways. Active play is running, jumping, kicking, throwing and catching. It gives children the chance to explore how their body moves, and move in increasingly complex ways. Pretend play is using imagination and acting out scenes and situations. It lays the foundation for language, literacy and problem-solving.

Creative play is making arts and crafts, building sandcastles and more. It lets children use their hands and minds to create. And it helps them learn to express themselves and tune their fine motor skills. Play can also provide a valuable emotional release. Children may not always have the words to express their feelings, but they can express them by playing a role, drawing a picture or telling a story. By playing together, kids learn to empathize with others and understand the give-and-take of relationships.

"The play experience helps children to broaden their understanding of the world. They learn how to get along with others, share, make friends, take turns and express themselves and their ideas," Crawford says.

**DAD—
YOU ARE
ONE OF MY
FAVORITE
PARENTS.
HAPPY FATHER'S DAY**

Sunday June 16

Chris Nielsen MLA Edmonton-Decore

Our constituency office team is here to help residents with provincial government departments, programs and services.

Constituency Office

#5, 9228 - 144 Avenue

780.414.1328

edmonton.decure@assembly.ab.ca



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Ushma Patel
Shireen Ateereh

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- All injections
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- Prescribing pharmacist available

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Our Hours

Monday-Friday
9am - 7pm
Saturday & Sunday
10am - 5pm

8216 144 Avenue
Edmonton AB T5E 2H4

780-478-7713

Evansdale Medical Clinic

Accepting New Patients

780-478-0975

Our Services

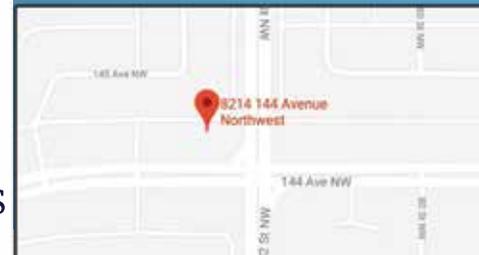
- Pediatrics
- Diabetes & internal medicine
- General medical concerns
- Drivers medical
- Wart treatment
- Flu shot and pneumonia injections

We're OPEN

6 DAYS a week

Monday-Friday
9:00am - 6pm
Sunday
10am - 2pm

8214 144 Avenue
Edmonton AB T5E 2H4



Dr. Kondi
Diabetes/Internal Medicine Specialist

Dr. Zubi
Pediatrics Doctor

Ask Charles

I want to buy a new build home from the builder, but I don't want to work with the builder's representative. I want to work with my own agent, is that allowed? Will it cost me more money?

Yes, you're allowed to work with your own agent. The builder's representative is representing the builder's interests, and your real estate professional will represent your interests in negotiations with the seller (builder).

RECA always recommends having your own representation when buying a property, whether it's a new build, resale, a condo, or even a commercial or rural property. While builders can't stop you from having your own representation, it is possible you'll come across one that wants to deal with you, as the buyer, directly. If that's the case, your real estate professional can offer you advice and guidance behind the scenes but they won't be dealing directly with the builder or the builder's representative.

When you hire a real estate professional to represent you, you're required to enter into a written service agreement. The written service agreement sets

out the roles and responsibilities of your real estate professional, and your obligations to that individual. It also sets out how your real estate professional will be paid.

Typically, buyer's representatives are paid through a portion of the commission the seller pays. Some builders, however, do not offer commission to buyer's agents. If this is the case, your real estate representative won't be paid in the usual manner.

Your agreement may contain a clause that sets out if your real estate professional will not receive a portion of commission from the seller's agent's commission, you will owe compensation to your agent upon completion of your purchase. This compensation could end up being an out of pocket expense for you.

You may come across builders that have programs to pay commissions to real estate professionals who introduce a buyer to the builder, but this is not the same as having representation from a real estate professional throughout the process. In these cases, the builder is willing to pay commission to a real estate professional who introduces you

– but then the builder expects to deal directly with you as the buyer, and you may not have the benefit of advice from your real estate professional.

RECA recommends carefully reviewing the fee portion of your written agreement before signing it.

If there is no mention of how your real estate representative will be paid in the event the seller or seller's brokerage is not offering commission to a buyer's representative, you need to talk about it with your real estate professional. If you have concerns about a possible out of pocket expense in terms of compensation for your real estate representative, get that out in the open at the beginning.

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

SERVING THE PEOPLE OF EDMONTON MANNING

If I can be of assistance to you on any federal matter, please do not hesitate to contact my office.

- Canada Pension Plan/Old Age Security
- Guaranteed Income Supplement
- Citizenship Inquiries
- Immigration Matters
- Canadian Passport/Consular Affairs
- Business Opportunities/Grants & Funding
- Student Loans
- Taxation Issues

ZIAD
ABOULTAIF MP
EDMONTON MANNING

SUITE 204A 8119 - 160 AVE.
EDMONTON, AB T5Z 0G3
ZIAD.ABOULTAIF.C1@PARL.GC.CA
780-822-1540
WWW.ZIADABOULTAIF.CA





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

Hi everyone,
 At a special dinner in May, McLeod celebrated our Volunteer of the Year, Julie Vandermeer for her outstanding efforts as McLeod's Community Service Director. In this role, Julie provides support at our sport and program registration sessions, working to streamline the registration process for community members. She follows up with event organizers and parents to ensure that everyone is kept informed of the event. Julie also serves as a member of McLeod's Matt Berry Community Hub Steering Committee and is committed to seeing this project realized for residents of our neighbourhoods here

in the Northeast.
 When Julie moved to Edmonton several years ago with her husband and two children, she settled in first and then started to seek out ways in which she could contribute to her community. That initiative alone already spoke volumes about Julie's character and what she personally valued. Before she agreed to stand for a Board position, Julie attended several Board meetings to get to know us and our activities. She then indicated interest in being the Community Service Director and requested training by shadowing the Board member in the role at the time. Julie diligently took notes about process and then

gradually assumed the duties of the position and has made it her own.
 No matter how difficult the situation is, Julie always maintains a measured and respectful response. One of the most stressful situations that she encounters on a regular basis is when a parent has not attended their scheduled community service and becomes angry when it cannot be rescheduled, or when their deposit cheque is cashed. Julie listens to the parent with a goal of understanding their situation and politely explains McLeod's policy. If there are exceptional circumstances, she advocates to the Board that an exception be made. Throughout all ex-

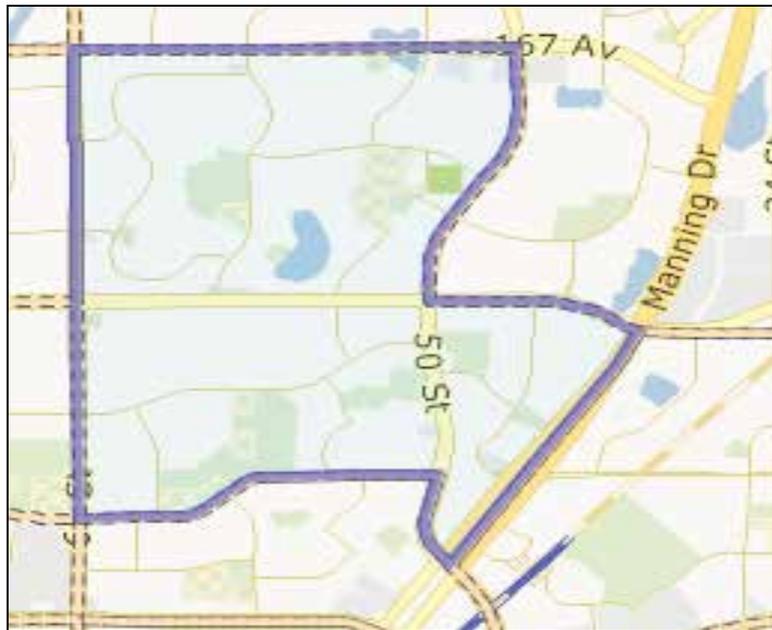


Julie Vandermeer & Family

changes, Julie demonstrates empathy and sympathy, and strives for a positive outcome for all parties.
 Julie embodies the characteristics of what any volunteer organization would love to see in a volunteer and McLeod is proud to recognize her as our Volunteer of the Year.

Regards,
Leanne Rosinski

McLeod Community League Boundaries



Soccer Teams Bring Home the Hardware

The McLeod U13 girls won gold in the Duggan Mother's Day tournament. The girls played hard and had fun.

It was a great weekend of sportsmanship and skill development.
 The McLeod U9 boys and their families celebrating

winning gold in the Mother's Day annual tournament.



McLeod Community Safety Director

The month of June Alberta Traffic Safety Calendar focus is Commercial/Passenger vehicle safety.

Here are some tips to the Commercial Vehicle Drivers to help keep you and others on the road safe!!

- Pull over when feeling tired
- Leave adequate space between you and the vehicle in front of you
- Be aware of what other drivers are doing
- Know your units blind spots
- Have your mirrors properly adjusted
- Ensure you are using your signal lights well ahead of your turn
- Complete proper pre and post trip inspections
- Ensure your vehicle is properly maintained.
- Ensure you are getting any re-torques on tires completed with the distance advised
- Do not overload your units
- Ensure your Commercial Vehicle gets its yearly inspection if required on time and the sticker is displayed with the copy of the inspection in the unit.

Passenger Vehicle Safety

A lot of the points above can also be applied to Passenger Vehicles. In addition, here some more tips:

- Ensure your headlights and taillights are on during Dawn and Dusk or/and adverse weather conditions. I am seeing too many vehicles driving in the dark with no headlights and/or taillights on.
 - Ensure all passengers are wearing their seat belts.
 - Whenever possible have children in the back seat where they are safer due to air bags
 - Don't allow passengers to put their legs on the dash or out the window. If you are in a collision, the air bags or force of the collision could result in serious injuries
 - If your windshield has cracks in your sight lines have the windshield replaced
- Stay off your phones. Do not hold, view or text while operating. This also applies at red lights. You can receive a \$287.00 Fine with 3 Demerits.

For more safety tips and information about Commercial and Passenger Vehicle

www.communityleagueneews.com

Safety month, visit www.saferoads.com.

Parking Safety

Parking on/across sidewalks:

Please do not park on or across sidewalks at any time. This forces pedestrians, including children or parents pushing strollers, to have to go onto the roadway. The section that cover this under the City of Edmonton Traffic Bylaw #5590 is Part 2 Section 4. Ticket for this offense is a penalty of \$50.00 or it may be issued under the Alberta Use of Highway Rules and Regulations Section 44 (d) which carries a penalty of \$78.00. Your vehicle could be towed as well at your cost.

Unattached Trailers:

You are not permitted to leave your trailer unattached for any period of time on the roadway. The section that cover this under the City of Edmonton Traffic Bylaw #5590 is Section 20. Ticket for this offense is a penalty of \$50.00. Your trailer could be towed as well at your cost.

On another note please do not park you trailer on/across your sidewalk. You could be issued a ticket the same as a vehicle parked on or across the sidewalk as I have indicated above. Your trailer even though it is parked on your driveway can still be towed at your cost if it is on or across the sidewalk.

If you see any parking offences you can call 311 or download the 311 app on your phone.

Animal Safety

The temperatures are finally going up into the double digits. Please do not bring your dog or cat with you if you are shopping or going to an appointment. Even with parking in the shade or leaving the windows down the inside of your vehicle can heat up. Leaving the vehicle running unattended with the air conditioning on is not recommended. The vehicle could stall, or the air conditioning could stop working.

Officers get a lot of complaints in the warmer months for animals left in vehicle. Officers appreciate the public keeping an eye on our furry friends but unless the dog is showing signs of distress leaving an animal in a vehicle even on a warm day is not illegal. Here are some things to

look for before phoning.

Excessive panting or drooling

Dog's tongue has turned purple

Behaving frantically, pawing at any cracks in the window, digging under seats or trying to stick their head outside

Loss of Bowels

Dog appears unresponsive or Lethargic

If you observe any of this behavior please call 311 immediately. Information the Officers will need is

Vehicle Description which includes Make, Model, Color and Licence Plate

What kind of dog

Is there any water in the vehicle

How long have you observed the dog

It is advised against trying to get the animal out yourself, pets are considered property and you could risk being charged.

You could also attack from the animal you're trying to free or the animal could get out and run off or get injured.

If the driver of the vehicle comes out, do not confront. Only note the description of the person for Officers. Let the Officers deal with the person. Even if the vehicle leaves the Officers will be able to track them down if you provided a Licence Plate Description.

Animal Owners. Be warned that if you leave your animal in a hot vehicle and it goes into distress you may be charged under the Animal Protection Act with fines up to \$20,000, your animal and/or other animals may be seized and you could receive a ban from owning or having animals in your custody. In addition if your vehicle is damaged by Officers trying to rescue your animal you are responsible for any damage or repairs that may be needed.

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

McLeod WEM Event Fun For All

McLeod Community League recently held our bi-annual WEM Event. McLeod typically hosts two events each year – either Galaxyland or Waterpark. Ticket sales for these WEM Events support sport and program registrations. As well, revenue from sales continues to provide funds for McLeod events at our local community hall.

Our most recent event was an evening (7:30-10:30PM) at WEM Waterpark in April.

Our next event will be Sunday, October 6, 2019. We're excited to be offering a "Stay All Day" event in October – ticketholders will have exclusive access to WEM Waterpark from 9-11AM and then can choose the "Stay All Day" option

to enjoy the park as long as they'd like.

Ticket sales for our next event will begin in September 2019. Ticket cost is \$15 each. Tickets are available to all (you do not have to be a McLeod CL member to purchase).

Email service@mcleodcl.ca with any questions or for more information.

McLeod WEM Event Supports Local Charities

This year McLeod CL was pleased to partner with Dickensfield Amity House and The Vault Youth Centre located near Londonderry Mall. McLeod donated tickets to each organization in thanks for the services they provide and to extend the gift of play and enjoyment at WEM to more families, youth and children in our community who might not otherwise be able to have this experience.

Dickensfield Amity House

is a family resource centre providing support services to the community since 1972. They offer a wide range of programs and services to individuals as well as families. Their programs are designed to fill gaps in community services, which help to build a sense of community and reduce social isolation.

The Vault (Youth Unlimited) sees the hope and potential in every young person. Their vision is to be a primary

influence within the youth culture of the capital region, in order to foster the transformation of current negative elements of the culture into one of love, hope, realized potential, and positive social action. They are working to see the marginalized accepted; the needy helped; the victimized restored: the type of work that was exemplified by Jesus.

Email service@mcleodcl.ca with any questions or for more information.

Matt Berry Community Hub

Work continues towards the development of a Community Hub for residents of Matt Berry and Hollick-Kennyon. We may have finally located a project partner; we will announce this once the information becomes publicly available.

If you know of a non-profit or cultural group that is looking for a permanent home, please put them in touch with us. If you are able to commit to helping out with the project, we are still in need of volunteers. Any volunteer is

welcome, but we are specifically looking for the following:

- Project management experience.
- Fundraising experience.
- Communications experience.
- Construction experience.
- Residents opposed to the project.
- Seniors.
- Residents with mobility challenges.
- People who enjoy talking to their neighbours.

We are also looking for local businesses that are interested in sponsoring the project. Presently, we are looking for a sponsor for a neighbourhood mailout.

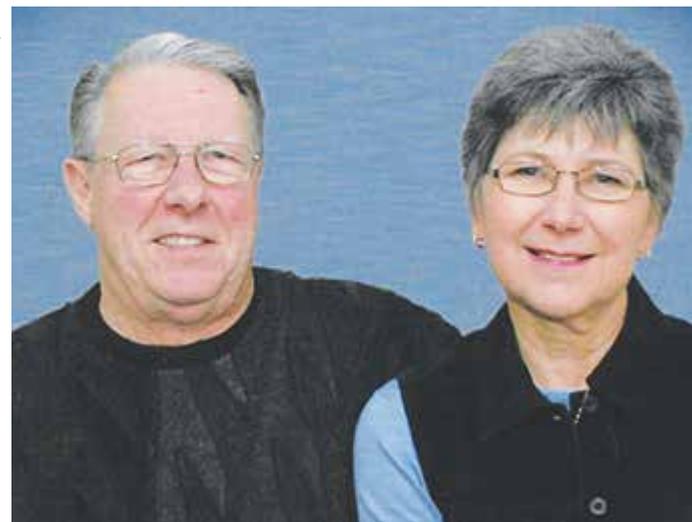
We are also considering a snowbank rink for the upcoming winter, but we need a volunteer who lives in the area who is able to help with the maintenance of this rink. If you're interested, please reach out to us.

Questions or offers of assistance can be directed to secretary@mcleodcl.ca

McLeod Celebrates

We are trying something new this month. If you would like a significant birthday or anniversary noted here, please send an email to secretary@mcleodcl.ca

This month, we are wishing a Happy 50th Anniversary to Harry and Pat Edge. Their family wishes them much love and gratitude on this very special day.



McLeod Annual KDays Pancake Breakfast

Please come out and join us for our fourth annual KDays Pancake Breakfast. We will be at the Hall serving up free pancakes from 8am to 10am on Monday, July 22nd. The Hall is locat-

ed at 14715 59 Street.

If you would like to come volunteer for a fun morning of mixing and serving pancakes, please email secretary@mcleodcl.ca

If the weather is good, we

will be serving and eating outside. This event is always lots of fun, and our elected officials routinely stop by to try their hand at pancake flipping.



MLA Heather Sweet and Community League members flip pancakes at the 2018 KDays Pancake Breakfast

McLeod Supports Early Childhood Development

You may have heard the expression: "It takes a village to raise a child." The "village" that surrounds our young children makes a HUGE difference to the kinds of opportunities and resources available during the first years of their life. The Early Childhood Coalitions of Alberta seek to help build and support children's "villages" Their focus is on helping us, as a community, to do the best job of providing our young children with what they need to thrive. Did you know that there are seven (7) Early Years Coalitions in Edmonton, and just short of 100 Coalitions across Alberta?

We would like to introduce you to the NE Edmonton Early Childhood Development Coalition. Most young children living in NE Edmonton are doing well. However, research (using the Early Development Instrument) has shown that nearly one third (1/3) face challenges that leave them

vulnerable in one or more developmental areas. These challenges can range from not having the food and proper clothing to prepare



North East Edmonton ECD Coalition

them for a day of learning to not having the opportunities to practice important skills. This can result in delays in their development or make it difficult for them to engage fully in the learning environment of a Kindergarten class.

We are a group of people who want to change this. So, what are we doing to build the capacity of our communities to support young children's development and reduce the per-

centage of children who are vulnerable? First, we share knowledge and information. Second, we bring people together. We believe that the more informed and connected that people are, the more we can be a resource to each other -and the stronger the "village" will become.

Want to know more? Follow us on Facebook for information about things that are going on in the community (events, workshops, etc.), tips for things to do with children, Coalition news and updates, and a whole lot more! The link is www.facebook.com/nearlyyears. For more information about the Coalitions in Edmonton, including a map of their areas and contact information, go to the website: www.earlychildhoodedm.ca. If you are interested in becoming involved with the NE ECD Coalition, or just have questions, you can e-mail our Coalition Assistant Marketa. Her e-mail is: edmontonne2@fcssaa.org.

-Amanda Gibson (Chair)

McLeod Adult Slo-Pitch June 22nd



On Saturday, June 22nd, McLeod will host its 2nd annual adult slo-pitch tournament, rekindling an old tradition. We are looking for full teams (\$100 entry fee) or individual players (no fee) who want to come out for a light day of slo-pitch. Each team will have at least three games, and

we will follow it up with a bbq, music, and refreshments in the rink shack at the Hall.

If you're interested in signing up, please email rink@mcleodcl.ca Players of all skill levels are welcome. This event is restricted to those aged 18 and up.



McLeod Hosts Second Annual Gord Matlock T-Ball and Coach Pitch Softball Tournament

The McLeod Community League hosted the second annual Gord Matlock T-ball and coach pitch tournament on May 11.

Eight teams enjoyed beautiful sunny skies and a wonderful day of softball. South Edmonton, Bannerman, Homesteader, and McLeod all had teams participate in this event.

Each team played two games at diamonds near the McLeod hall, and enjoyed some gigantic bouncy castles between games and after the tournament.

The tournament is named after Gord Matlock, who

was the softball director for McLeod Community League for 25 years. Gord made tremendous contributions to the game of softball and is the primary reason that so many kids in North East Edmonton have an opportunity to play this great game. Gord's daughter Cassie is a very accomplished softball player and has played for Team Canada in the past and is currently playing college softball in Kentucky. We were fortunate to have Gord's wife Mary Jane Matlock attend this tournament and hand out medals to participating teams.

This year the tournament was run with a charitable focus. Over \$320 in cash donations were raised, along with a very large collection of non-perishable food items. Both the cash and the food were donated to the Edmonton Food Bank.

Both, soccer teams, who were at the hall for team photos and participating softball teams contributed greatly to this impressive donation.

Thank you to all the players, coaches and volunteers from the McLeod u19 softball team for participating in this great day of softball.



The Gord Matlock Softball Tournament brought in loads of donations for the Food Bank



Northmount Community League News

Northmount Board of Directors

POSITION	NAME	Contact
President	Meagan Plamondon	780-270-1212 president@northmount.ca
Vice President Operations	James Crocker	780-717-5885
Vice President Programs	Robin Wheatley	780-473-8634
Treasurer	Margaret Warwick	780 914-5119 treasurer@northmount.ca
Secretary	Margaret Warwick	780 914-5119
Area 17 Council Rep.	Karen Plamondon	780-478-2010
Adult Programs Director	Robin Wheatley	780-473-8634
Bingo Director	VACANT	
Casino Director	Sid Plamondon	780-478-2010
Children's Program Director	VACANT	
Civics Director	VACANT	
Communications Director	Michele Crocker	newsletter@northmount.ca
Facilities Director	Terry Kitching	780-478-4147
Family Programs Director	VACANT	
Memberships	Robin Wheatley	780-473-8634
Past-President	Terry Kitching	780-478-4147
Seniors Programs Director	VACANT	
Soccer Director	Joanne Cheetham	780-477-6010
Sports Explorers	Karen Plamondon	780-478-2010

Martial Arts Class at Northmount - Hapkido

We train at Northmount Community Hall at 9208 140 Avenue. Monday & Wednesday: All ages and Drop Ins - 7:30 -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.

Note: There are no classes on statutory holidays.

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

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? Visit our website for more details <http://www.northmount.ca/rentals.html>

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!

Pride in Northmount Park



June 13, 6-9 PM

Join Northmount and Dickensfield Amity House for a free, family friendly evening of fun while we celebrate Pride. Food will be for sale or feel free to pack a picnic; there will be free fun activities, entertainment and much more!

President's Message

I would like to thank the previous board for all their hard work and dedication, and a special thank you to the board members for taking on new positions. Unfortunately, no one new joined the board, but some positions have shuffled between the previous board members. We are still in need of people to help us with various volunteer roles within the community. If you are interested

in giving back to your community, please let me know. I can be reached at president@northmount.ca or 780-270-1212.

Our third annual Superhero Day is taking place on June 9th, I hope to see you there with your family for a free and fun afternoon! All ages are welcome to dress up as their favorite hero! We are still looking for help with setting up and taking down of

the event, if you are interested in volunteering please let me know, without the help of our volunteers these events are not able to happen.

On June 13th Northmount will be celebrating PRIDE in our community for the second year. I hope that you will be able to join us for an evening of family fun! Stay tuned for more details!

Thank you,
Meagan Plamondon

Northmount's 4th Annual Softball Tournament - May 31, June 1 and 2

Join Northmount for a fun filled weekend of softball! Join a team or come cheer on Northmount! Concession items will be served all

weekend long. If you are interested in putting in a team, or joining the Northmount team, call or text Meagan at 780-270-1212.



Superhero Day - June 9, 1-4 PM



June 9th will be our Third Annual Superhero Day, join Northmount and Dickensfield Amity House for a free, family friendly day of fun and SUPERHEROS! Free Family BBQ, Games, Activities, Superhero Course, Superhero Parade (2 PM and 3 PM), Superhero Photobooth, and MORE!

Park Night with Amity House



August 21, 6-9 PM

Join Northmount and Dickensfield Amity House for a free, family friendly evening of fun while we celebrate Pride. Food will be for sale or feel free to pack a picnic; there will be free fun activities, entertainment and much more!

Volunteers Needed!



Northmount 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 meeting or contact Meagan by phone/text at 780-270-1212 or email president@northmount.ca for more details!

Northmount Community League can only keep the doors open by relying on dedicated volunteers. That is why we need your help!

We need help with the following committees:

- Playground Committee
- Volunteer Recruitment Committee
- Neighbourhood Engagement Committee
- Community League Day Celebration Committee

We need volunteers to help with:

- Bingo shifts (6-10 Bingo events per year)
- Casino shifts (1 Casino Event every 2 years)
- Ladies Night (1 event per year)
- Softball Tournament (3-

day tournament, once per year)

- Community League Day (1 event per year)
- Superhero Day (1 event per year)
- Pride in Northmount Park (1 event per year)
- Pumpkin Carving Contest (1 event per year)
- General help with maintenance/cleaning around the hall and grounds

Don't see a position or role you are interested in? Contact Meagan at 780-270-1212 to discuss what you want to see at Northmount.

66th Medical Clinic

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780-476-3344



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- Injections
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- Skin Biopsy Procedure
- Wound Care & Stitches
- WCB & Much More

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66 St

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LONDONDERRY MALL

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LOCALLY OWNED AND OPERATED, DISCOVER YOUR LOCAL PHARMACY



Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over a layer of shock-absorbing material.

Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres(*) high and have a self-latching, self-closing, lockable gate.
 (*Alberta Building Code)

Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors;
- If your child has received an 'EpiPen - Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

www.albertahealthservices.ca

Celebrating 60 Years of Sharing the Great Outdoors



CAMP WOHELO



It's Camp Wohelo's 60th Anniversary!
 Summer Camp Programming since 1959 at Pigeon Lake

**Celebrating the Past
 Challenging the Future**

Through reflection, written word, and art we will identify and celebrate our past successes and challenge our future goals.

To celebrate we have some awesome incentives

- Bring a friend to camp and you **both** will get **\$20 off** your total fees.
- Register by June 15th** and the Early Bird registration will get you **another \$20 off.**
- Rental groups** will receive a **10% discount.**

2019 Summer Camp Programs

- July 21-24** LIT Girls age 12 and up. Fee: \$216
- July 28-31** Junior Girls age 8 -12. Fee: \$216
- Aug 18-22** Teen Girls 12 and up. Fee: \$288
- Aug 6-11** Mom and Co-ed Kids \$72 adults, \$42 kids, per night
- July 13-14** Anniversary Weekend \$72 adults, \$42 kids, per night
Everyone Is Welcome!