

NORTHEAST VOICE

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

November 2019



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**KILKENNY PANCAKE
BREAKFAST
NOVEMBER 30,
11 AM TO 1 PM,
AT KILKENNY COMMUNITY
HALL**

Yoga at Evansdale - It's Never Too Late!

Missed the first few yoga classes at Evansdale Hall? No problem! Fees can be prorated at \$11/per class if the remainder of the classes are paid in full, up front. Or if you require a more flexible schedule, drop-in fees are available at \$13/class. Payment is cash only. Do your mind and body a world of good and give yoga a try!

12 Thursdays
7:30pm - 8:30pm
September 12 -December 5
No class October 31
Evansdale Hall
9111-150 Ave



Please bring a mat, towel and water

Contact evansdaleyoga@gmail.com for more information.



AMY'S HOUSE
A Home Away
From Home
for Cancer
Patients

**Amy's
House**

More info
on pg. 5

Humanities 101 Classes Available in Dickensfield



Humanities 101

In partnership with the University of Alberta, Capital Region Housing will host a Humanities 101 program this Fall.

Humanities 101 is a free university-level class that will meet once a month. Course work will be done during class time and supplies and ETS bus tickets are also provided. A light lunch will also be served before class!

To register, or if you have questions, contact Katie at: katie.macdonald@crhc.ca or by phone at: (780) 702-9652

Register Online!

www.cognitiforms.com/CRH1/CRH-Humanities101Registration

Child care will be provided and classes will run the first Friday of every month at Amity House Dickensfield:

9213 146 Ave NW, Edmonton, AB T5E 6N4

Classes are from 11:30 am to 1:30 pm and will be held on the following dates:

Friday, Oct 4, 2019

Friday, Nov 1, 2019

Friday, Dec 6, 2019

January, 2020: **no classes**

Friday, Feb 7, 2020

Friday, March 6, 2020

Friday, April 3, 2020

Please note, you are not required to attend all classes.



In partnership with the University of Alberta, Capital Region Housing will host a Humanities 101 program at Amity House Dickensfield this Fall. You are not required to attend all classes.

Humanities 101 is a free

university-level class that will meet once a month. Course work will be done during class time and supplies and ETS bus tickets are also provided. A light lunch will also be served before class! See poster for more details.

Upcoming Events in the Northeast

November:

1: Dinner Theatre & International Dance Show at NESA; doors 6pm, show 7pm

1, 8, 15, 22, 29: Teen Gaming at EPL Londonderry; 5-6pm

2: Parenting in 2 Cultures at EPL Londonderry; 1-4pm

2: Seniors' Health and Wellness Forum at Central Lions Seniors Rec Centre (11113 113 St NW); 9am-2:30pm; free registration, lunch and refreshments, and parking; email: mstover@mysage.ca or 780-809-8604

2, 9, 16, 23, 30: Makercade at EPL McConachie; 3:30-4:30pm

3, 10, 17, 24: Practice English @ Your Library at EPL Londonderry; 1:30-3pm

4, 6, 11, 13, 18, 20, 25, 27: Hapkido at Northmount; 7:30

4, 11, 18, 25: Makercade at EPL Londonderry; 4-5pm

5, 12, 19, 26: Minecraft Club at EPL Londonderry; 4-5pm

6, 13, 20, 27: Baby Laptime at EPL McConachie; 2-2:30pm

7: Understanding Contracts Workshop at EPL

Londonderry; 1-2:30pm; free drop-in event

7, 14, 21, 28: Lego at the Library at EPL McConachie; 3-4pm

8: Ladies Night at Northmount; 7pm

8: Remembrance Day Tribute & Tea at NESA; 1-3pm; purchase tickets by Nov 1 (\$5)

9, 16, 23, 30: Parenting in 2 Cultures at EPL Londonderry; 1-4pm

16: Arts, Crafts & Bake Sale at NESA; 9am-3pm

30: Blood Drive at Northmount; 9am-2pm

December:

1, 8, 15, 22, 29: Practice English @ Your Library at EPL Londonderry; 1:30-3pm

2, 9, 16, 23, 30: Makercade at EPL Londonderry; 4-5pm

3, 10, 17, 31: Minecraft Club at EPL Londonderry; 4-5pm

4, 9, 11, 16, 18, 23: Hapkido at Northmount; 7:30

4, 11, 18: Baby Laptime at EPL McConachie; 2-2:30pm

5, 12, 19, 26: Lego at the Library at EPL McConachie; 3pm

6, 13, 20, 27: Teen Gaming at EPL Londonderry; 5-6pm

7, 14, 21, 28: Makercade at EPL McConachie; 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:

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

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 Explorerz Director	780-984-3298	programs@evansdale.ca
Jim Ragsdale	Director at large		
Vacant	Newsletter & Social Media		newsletter@evansdale.ca
Jeff Muiselaar	Area 17 Representative	780-478-1759	pastpresident@evansdale.ca
Shannon Moses	Belle Rive/Poplar Park 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

Dance the Calories Away at Wednesday Night Zumba



Join this fantastic Zumba® married couple instructors, Emilio & Amanda for an hour of sweating, laughing and dancing to International Rhythms to help you achieve your fitness goals—while you're having fun.

No dance experience necessary. All you need is your excitement, enthusiasm and great attitude and you'll be wondering why you haven't

done this earlier.

Time: Every Wednesday evening at 7:00-8:00 PM, until Dec 4, 2019

Place: Evansdale Community Hall, 9111 - 150 Avenue

Cost: \$13 drop-in

Bring: Water-bottle and small towel

Contact Emilio & Amanda @ 780-238-6919 to pre-register. Limited space so register early to reserve your spot.

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 Face-

book!

Website: www.evansdale.ca
Facebook Page: www.facebook.com/evansdale-communityleague

Evansdale Hall Rental Information

Hall capacity 230
\$50/hr meeting
\$350/day Mon-Thur, \$350 damage deposit
\$450/day Fri/Sat/Sun, \$400 damage deposit
All weekend \$650, \$600 damage deposit
Dishes \$100
BBQ \$75
Sports Building capacity 50
\$25/hr meeting
\$35/hr function
\$125/day, \$100 damage
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.

Healthy drinks during the holiday season

With Christmas, Hanukkah and other major holidays around the corner, many people think about the food celebrations that may come with it, but not the drink choices. Rethinking your drink can be helpful since what you drink doesn't help you feel full. This makes it easy to consume extra sugar from drinks and not even notice.

What is a healthy drink?

The 2019 Canada's Food Guide includes healthy drinks. Water is encouraged as the "drink of choice" to keep you hydrated.

Other healthy drinks include unsweetened lower fat white milk, unsweetened fortified plant-based beverages such as soy beverage and almond beverage and unsweetened coffee and teas.



Help Wanted - Volunteer Social Media/Communications Director

Seeking motivated individual with great writing and communication skills to assist in preparing posts on our Facebook page and website. Responsibilities also include

editing articles for our monthly newsletter and participation on the Evansdale Executive Board. Training available! Contact newsletter@evansdale.ca for more details.

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

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

Since many celebrations include drinks that have a higher fat and sugar content, here are a few ways to cut back on one or both.

Choose black coffee, tea or herbal tea (with or without two-per-cent, one-per-cent or skim milk).

Instead of a sugary drink like pop or juice, add flavor to water with cucumber slices, cranberries, sliced oranges or other fruit.

If you choose to enjoy regular pop or fruit punch, cut back on the amount by alternating each sugary drink with water.

For hot chocolate, you can try adding less chocolate mix or mixing ½ hot chocolate with ½ coffee or ½ steamed milk. For eggnog, you can try ½ egg nog/ ½ lower fat

milk

Alcohol

If you choose to drink alcohol, remember alcohol adds extra calories to your diet, along with the potential for other health risks and harms.

There are lower risk drinking guidelines for Canadians which if followed can reduce health risks:

Limit of 10 drinks a week for women with no more than 2 drinks a day most days

Limit of 15 drinks a week for men, with no more than 3 drinks a day most days

For more information on reducing the risks associated with alcohol go to the link below. <https://www.camh.ca/-/media/files/canadas-low-risk-guidelines-pdf.pdf>

13 Essential Spices for Your Kitchen



Even though spices are not as exotic, rare and expensive as they once were thousands of years ago, they are still a considerable investment and one most families would like to get the most from. They are best when at their freshest, and can enhance many of your favorite dishes.

The real question is what cuisines you enjoy. Choosing the most versatile spices will mean you can mix and match them, and enjoy deliciously seasoned recipes from around the world.

Here are some suggestions for a well-stocked kitchen, based on general need and particular cuisines.

The Basics

1. Sea salt – A little salt enhances the flavor of most savory dishes and is sometimes required to get the right rise and texture for baked goods.

2. Black and white pepper – These also enhance almost any dish. White pepper is milder and finer. It won't affect the appearance of a dish.

Italian Food

3. Oregano is the main seasoning, and is used in soups, stews, and sauces.

4. Basil is more aromatic, and can be used along with oregano. Use fresh basil with some olive oil and pine nuts. Place in a blender and process until smooth, then

add to your favorite pasta as a quick sauce, or use as a spread or the base for a salad dressing.

5. Fennel seeds give sweet Italian sausage its unique taste, so you can get the flavor in your red sauce even if you are vegetarian. Fresh fennel makes a delicious salad.

Mexican Food

Oregano is also used a good deal in Mexican recipes, especially those with tomatoes.

6. Coriander can be used in moderation either fresh or dried. It gives a savory taste with a hint of lemon.

7. Cumin is usually used with coriander. It has a deep, earthy taste that is a bit peppery.

Indian Food

Coriander and cumin are also used in Indian food, so they are a good addition to any spice rack. But there are many other wonderful spices to explore.

8. Cinnamon sticks and ground cinnamon are often used in savory dishes, especially in ones with tomato-based sauces. Cinnamon is of course also incredibly useful for your favorite baked goods.

9. Curry powder is a blend of a range of spices, and is an easy shortcut if you want to get an authentic taste of In-

dia without buying a lot of different items. You can also make your own blend.

10. Garam masala is also a standard Indian blend you can buy to take the guesswork out of your seasoning. It is a "finishing spice" that you add just before you serve, rather than cook it.

11. Turmeric is a root related to ginger root. It is bright yellow, with a mild flavor. It gives curry powder its color. It's useful as a natural dye for foods and will enhance any rice dish.

12. Ginger root is used in both sweet and savory dishes. It's also used for candy and tea. It is a bit pungent, but goes well with chicken. It can be used fresh or dried and powdered. It is a staple of Chinese cuisine as well.

Chinese Food

Ginger is found in many recipes, in both its fresh and dried forms. You will also find coriander, fennel and cinnamon in Chinese dishes.

13. Star anise is very popular. This dried flower with seeds is used whole, or ground into powder. It is one of the five spices in Chinese 5-spice powder, along with coriander, fennel, cloves, and Szechuan peppercorns.

With these spices in your kitchen, you will be able to enhance and vary the taste of all your favorite meals.

Five Fun Science Experiments to Do at Home

There are several fun science experiments you can do at home with children of all ages. It is just a question of gathering the supplies and making sure you pay attention to health and safety. Choose age-appropriate activities and watch your children's love of science grow.

1. Large Magnets

Get a few magnets to illustrate attraction and repulsion. Make sure they are large enough so a child can't swallow them. You can create a maze on a piece of paper or cardboard and place a metal object like a paperclip on top. Slide the magnet underneath to drive the paperclip through the maze.

2. Coke Bottle Geyser

Get a 2-liter bottle of diet cola and a tube of mint Mentos candy. Go outside into an open space. Drop 7 Mentos into the bottle, preferable at the same time, and run away. Watch the soda shoot straight up out of the bottle like a geyser.

3. Invisible Ink

You will need half a fresh

lemon, some water, a cotton bud, paper, and a lamp. Juice the lemon into the bowl and add a few drops of water. Dip the cotton bud into the lemon juice and write a message on the paper. Wait for the juice to dry, so it becomes completely invisible. When you want to amaze people with the secret message, hold the paper close to the lamp or the bulb. The heat will make the writing appear.

4. Homemade Volcano

You will need a 25-ounce plastic bottle with the top cut off wide enough to place the ingredients inside. Place the bottle on top of a flower pot and surround it with dirt so that it does not wobble. Gather the following ingredients:

- * 1 tablespoon liquid dish-washing soap
- * 3 drops red food coloring
- * 1 cup vinegar
- * 1 1/2 cups warm water
- * 2 tablespoons baking soda

Add the soap and food coloring to the bottle. Add

the vinegar. Pour in the water and fill the bottle almost to the top. Place the baking soda in a small cup and add a little of the water to it to moisten. Pour it into the bottle and step back. The contents will start to flow like lava out of a volcano.

5. Homemade Slime

This fun, stretchy substance can occupy kids for hours. You will need:

- * 1/4 cup of water
- * 1/4 cup of white craft glue (like Elmer's glue)
- * 1/4 cup of liquid starch (used for clothes)
- * Green food coloring

In a mixing bowl, pour all the glue and add the water. Stir well. Add about 6 drops of food coloring. Stir in the starch. The mixture will soon bulge and you can start to stretch it and shape it. Store in a plastic bag when you are not playing with it so it does not dry out.

These experiments are easy to do, and can stimulate kids to take a greater interest in the wonderful world of science.



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Kilkenny Community League News

Kilkenny Community League Memberships

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

Benefits of membership include:

Free community league swim at

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

Grand Trunk Fitness & Leisure Centre, located at 13025-112 Street NW, every

Sunday from 4:15 pm – 5:45 pm and Fridays 7:15 pm – 9:15 pm.

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

Free outdoor skating at ANY Community League rink (ensure you have current skate tags).

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

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

Please come out and support your community!

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



Save The Date

Kilkenny AGM: November 7, 7:00pm at Kilkenny Community Hall

Kilkenny Pancake Breakfast November 30, 11 am to 1 pm, at Kilkenny Community Hall

Hall Rentals



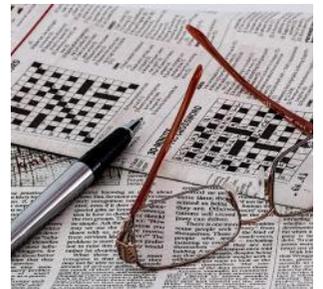
The Kilkenny Hall is available for rental!! It is the perfect space for your special event, meetings, weddings and any other social event. Please go to <http://www.kilkenny.ab.ca/facilities/view> to have a look and click on "Book Facility" to... you guessed it... book the facility! The website will also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

Do you have a special content you would like to see??

Do you or someone you have content that you would like in the North East Voice? We would like to hear from you!!

Feel free to send in a picture and the appropriate

information and we will include it in the next newsletter!! Please send it to Sean, Kilkenny Publicity Director at publicity@kilkenny.ab.ca or leave a message at 780-807-6089.



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 7th at 7:00pm.



Quitting tobacco



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

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

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

Within 20 minutes of quitting smoking for example, your blood pressure drops to a level similar to what it was before your last cigarette. Within eight hours, the carbon monoxide level drops in your body and the oxygen level in your blood increases to normal, and within 48 hours, your chances of having a heart attack start to go down and your sense of

smell and taste begin to improve.

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

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

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

People use tobacco for different reasons, and there is no shortage of good reasons to quit. Longevity, quality of life, the sheer cost of cigarettes or chewing tobacco, the impact it has on your friends and loved ones: these are all major factors that may

motivate you. But for all the motivation, quitting can still be a difficult process.

The nicotine in tobacco is an extremely addictive substance and when you stop using tobacco, your body reacts to the lack of nicotine in your system. Quitting can be done though, especially with the right planning, tools and support.

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

For more information on supports available to help you quit, visit www.AlbertaQuits.ca or call

1-866-710-QUIT.

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* Complete warranty details available from your local dealer or at www.daikincomfort.com. To receive the 12-year Parts Limited Warranty, online registration must be completed within 60 days of installation. Online registration is not required in California or Quebec.

**conditions may apply

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

VOLUNTEERS NEEDED

Londonderry Community League is looking for dedicated and enthusiastic volunteers to fill various board, committee and volunteer positions.

Various positions available!

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

We need your help!

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



PRESENTS

KARATE (CHITO RYU Style)

Ages 4 to Adult

Tuesdays and Thursdays



Beginner class 6:15 - 7:15 pm
Advance class 7:30 - 8:30 pm



14224 - 74 St NW

Instructor: 4th degree Black Belt: Bob Wilber

You can register at the hall either night or email directors@londonderry.online for more information

Amy's House

All proceeds from booth rentals, the silent auction, raffle and concession will be donated to Amy's House.

Fundraiser & Christmas Sale

Saturday
November 16, 2019
10 am - 6 pm
14224 74 St NW
Edmonton, AB

Presented by

VOLUNTEERS NEEDED!

Contact Angie for more information at president@londonderry.online OR 780-819-1214 and leave a message

Londonderry Community League

Hall Rental

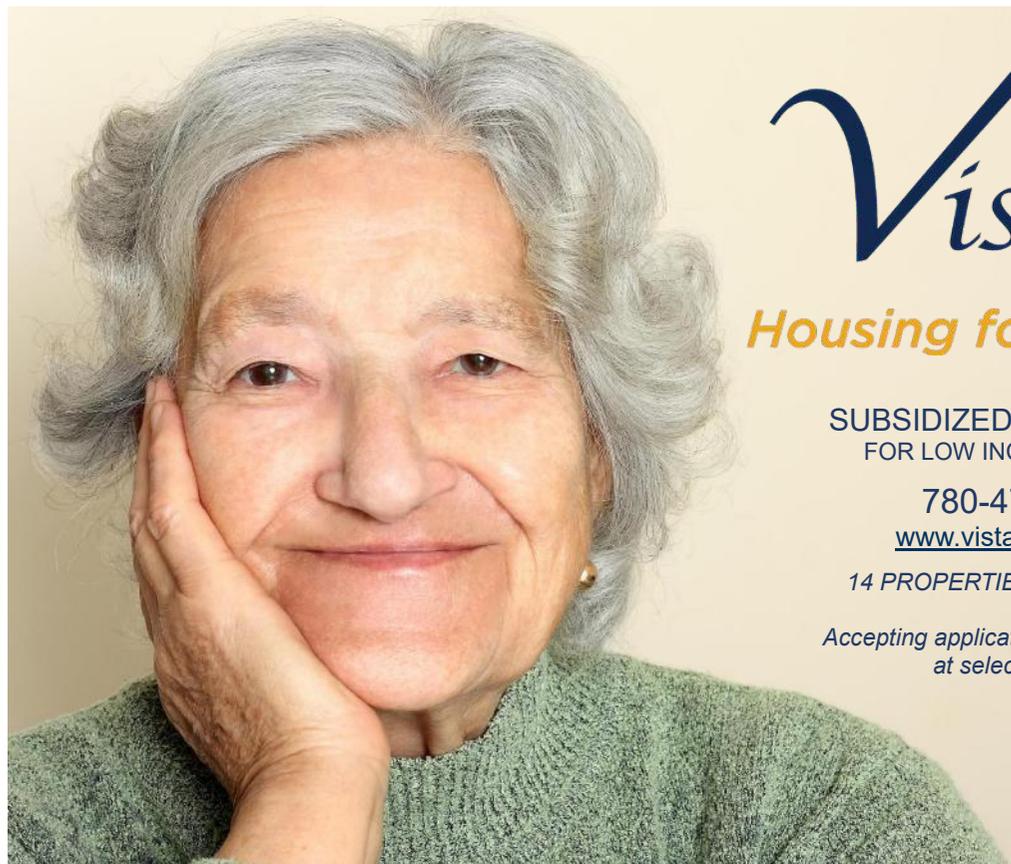
Check our website:
www.londonderry.online



Chris Nielsen
MLA for Edmonton-Decore

My staff and I are here to help you with provincial government departments, programs and services.

 Unit 203, 8119-160 Avenue NW
 edmonton.decure@assembly.ab.ca
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How to Find New Craft Ideas

If you are a crafter, chances are you have run the gamut of places to look for new and innovative crafts. If you are always searching for something new in the craft world, here are a few ideas on how to achieve that goal.

Make Something New from Something Old

Although the internet and social media are wonderful ways to find new and innovative crafts to try out, sometimes old things are of just as much use.

Garage sales - These are a wonderful playground for crafters. You can find so many goodies to turn into crafts. Most if not all garage sales sell leftover holiday decorations. An old wreath, for example, is a foundation for new wreath waiting to be born.

Some homes have a family member who was into jarring and canning. Mason jars found at garage sales are a major find. Mason jars are useful in construction in so many ways.

Estate sales - If you have never been to an estate sale, grab a newspaper and get

ready to hit the ground running. Items such as an old sewing kit filled with different and interesting buttons or ribbons can make any crafter smile with glee.

Parts and pieces from old watches and stopwatches, as well as pins, brooches, and charms are useful for the jewelry crafter.

Become a Crafty Detective

If you feel your ideas are running on empty lately, take some time off, step away and become a craft detective. Attend craft shows as a customer. Browse the aisles and aisles of tables. Talk to the vendors; find out where they get their ideas and where they find their craft materials.

This is a great and creative fun way to spend the day without having to do any work. In addition, you will be surprised at the bevy of ideas you come home with to add to your crafty ones. You can take an idea that you spot at a flea market or craft sale and improve upon it until you make it your own.

The Internet and Social



Elfie's Early Christmas Shopping Blitz

November 3rd, 11-5
November 4th, 10-4

@ Ukrainian Youth Unity Centre

Fabulous Vendors
Free Admission
Free Parking
Free Draws

Enter to win your Christmas Dinner on Us!

Media

Of course, no crafter would be complete without the use of the internet and social media. You can utilize some of the internet's word tracking systems and type in your specific craft or hobby to find new links to new ideas.

Standard social media entities such as Pinterest, Facebook, and Twitter are great places to keep up with new craft ideas. And don't forget to check out the blogs and websites of others to get your creative juices flowing once again.



Interested in having your brain scanned for research?

We are looking for **healthy kids (ages 5-17)** to undergo an **MRI of their brain** for research

If you would like to learn more, please **contact us** by
e-mail: brainmri@ualberta.ca
or phone: **(780)983-7232**





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McLeod News

 McLeodCL
 @McLeodCommunity
14715 59 Street
www.mcleodcommunityleague.ca

McLeod Community Safety Director

Alberta Traffic Safety Calender 2019 Focus is Occupant Restraints. The correct use of seat belts, child car seats and booster seats is one of the most important and easiest ways of reducing death and injury from vehicle collisions. One of the offenses I see commonly is drivers wearing shoulder belt under their left arm. With the shoulder belt under your arm your upper body will not be held back in a collision. The fine amount is the same as not wearing your seat belt at \$155.00 under the Alberta Vehicle Equipment Regulations.

Car Seats- I am a certified Child Passenger Safety Technician and I want to provide you with some guidelines on how to properly install and use car seats.

Rear Facing

Before you install a rear facing car seat you need to do the following.

If the seat is not purchased new, check and ensure it is not expired. On the back of the seat there should be a manufacture and expiry date. Do not use a car seat that is expired or been in a collision.

Read the manual for the car seat on how to install. If you cannot locate it you can search for the manual online.

Read your vehicle's manual to find out which locations can be used to install the car seat.

Rear Facing the harness must be at or below the shoulders of the child

Check the tightness of the car seat harness near the child's chest and shoulders once buckled. Attempt to pinch the webbing of the harness with your thumb and forefinger. If you can hold onto a horizontal fold of the harness it is too loose. Tighten it further. Do not over

tighten.

Chest Clip should be placed at armpit level.

Harness Straps have to be flat

Your child should wear thin, warm layers of clothing. After the harness system is fastened properly then blankets may be put on top. Bulky clothing may interfere with the harness straps.

Rear Facing Seats are outgrown when weight limit or height limit has met the maximum of the seat. Some rear facing seats have a "fit requirement" which is the how close the top of the head is to the top of the car seat reference point. Normally, it is 1" (2.54 cms). You can find this information in your car seat manual. If it is less than the distance set in the seat's manual, then the seat is outgrown.

Not every car seat fits well with every vehicle. Different approved locations in the vehicle work better than others.

It is a myth that if your child appears to run out of leg room that the child's legs will break in a crash. Rear face as long as possible to the limits of the seat.

Forward Facing Car Seats

Before you install a forward-facing car seat you need to do the following:

If the seat is not purchased new, check and ensure it is not expired. On the back of the seat there should be a manufacture and expiry date. Do not use a car seat that is expired or been in a collision.

Read the manual for the car seat on how to install. If you cannot locate it you can search for the manual online.

Read your vehicle's manual to find out which locations can be used to install the car seat.

In Canada all forward fac-

ing harnessed seats must be tethered. The tether reduces the amount of a child's head can move forward in a crash.

Tethers must be connected to the designated tether anchor for the seating position being used. Do not use cargo hook or other vehicle components for tether anchors.

Harness Straps must sit just above or at the child's shoulders.

Tips of the child's ears must be below the top of the shell (unless otherwise indicated in the car seat manual)

Check the tightness of the car seat harness near the child's chest and shoulders once buckled. Attempt to pinch the webbing of the harness with your thumb and forefinger. If you can hold onto a horizontal fold of the harness it is too loose. Tighten it further. Do not over tighten.

Chest Clip should be placed at armpit level.

Child's bum should be at the back of the seat.

Harness Straps have to be flat

Your child should wear thin, warm layers of clothing. After the harness system is fastened properly then blankets may be put on top. Bulky clothing may interfere with the harness straps.

Rear Facing Seats are outgrown when weight limit or height limit has met the maximum of the seat. Some rear facing seats have a "fit requirement" which is if the top of ears become level with the car seat reference point or/and the shoulder's creeping above the top harness position then the seat has become outgrown.

Booster Seats

Before you install a forward-facing car seat you need to do the following:

If the seat is not purchased new, check and ensure it is

not expired. On the back of the seat there should be a manufacture and expiry date. Do not use a car seat that is expired or been in a collision.

Read the manual for the car seat on how to install it properly. If you cannot locate it you can search for the manual online.

Read your vehicle's manual to find out which locations can be used to install the car seat.

Ensure the should belt is centered over the collarbone and touching the chest, not on face or neck, not slipping off shoulder, not floating off chest

Lap belt should sit low on child's hips and touching thighs. It should not be far down on the thighs and should not be riding up on the belly

Booster seat is outgrown when Weight or Height limit has been met, fit requirement when the child's ears are above the shell of the seat or the vehicle head restraint or belt fit becomes poor.

Adult Seat Belt

A person may safely ride in a lap/shoulder belt when all FIVE conditions of the Five-Step Test are satisfied.

Back must be able to fully rest against the vehicle seat back

Knees bend comfortable at the edge of the vehicle seat with feet touching the floor

Should Belt makes contact with chest and is centered at the collarbone

Lap Belt must sit low across the upper thighs and make contact with the hip bones

Person must remain seated in position as described in steps 1-4 for the entire ride.

This time of year is when workplaces start having their Christmas parties for their staff. Most parties have al-

cohol being offered to their staff. If you're going to drink or use cannabis please don't drive. Here are some tips if you choose to have one drink and drive afterwards.

Eat food to help balance alcohol consumption

Don't mix alcohol with prescribed medications

Drink water before and after having a drink

After having a drink, wait a minimum of one hour before driving

If you plan on consuming multiple drinks I ask you to please plan ahead. Have a designated sober driver, call a taxi, take public transit or call one of these companies listed below that can take you and your vehicle home.

Alberta Designated Drivers

780-616-7140

Dedicated Designated Drivers

780-819-8175

Reliable Ride Designated Driving Service

780-633-1610

Drive Smart Designated Drivers

780-544-9292

I loved Edmonton Police education campaign of store your skunk (Cannabis) in the trunk. This also goes for alcohol.

Vehicle Safety

While warming up your vehicle only use remote starters. Do not leave keys in the ignition. Do not leave children unattended at any time in a vehicle. If you observe a child left unattended in a vehicle, please call the police at 911. Please do not leave until police or the parents arrive. Do not engage the parents.

While away from your vehicle doing your shopping if you need to leave bags or packages ensure you leave them out of sight. This also applies to loose change, ga-

rage door openers, wallets or purses. Ensure your vehicle is locked at all times.

Winter Driving

I recommend getting an app on your cell phone and keeping up to date on the weather conditions. This will help you to plan ahead. When the weather takes a turn for the worse here is some tips to help keep you safe on the road.

Slow Down. The speed limit listed is for ideal conditions.

Give yourself extra space between vehicles

Slow down approaching icy intersections

Avoid spinning when attempting to accelerate from an intersection when the light goes green. This creates ice.

Do not use cruise control in winter conditions

Signal Well in advance before turning. Turn on your headlights and ensure your taillights are on.

Unless travel is necessary during storms please stay off the roads

Home Safety

When you leave or go to bed ensure all your doors and windows are locked. Ensure your vehicle doors are locked. If you have a security system ensure it is armed. After Christmas is over avoid placing high-ticket boxes or store bags out on the curb that are visible to everyone. Take larger boxes to the recycle depot and place store bags and wrapping paper in black garbage bags before putting in blue or clear recycle bags.

Do not place presents under a Christmas Tree that can be easily viewed from the outside of your home. Be cautious with candles. Do not leave them unattended.

Hope everyone has a Merry Christmas and a Happy New Year!!! Be safe!!!

McLeod Enjoys WEM Waterpark

McLeod Community League ran another successful WEM event and fundraiser for the community. This most

recent event took place Sunday October 6 and McLeod was pleased to be able to offer tickets with a free "Stay All

Day" option. Families could enjoy a full day at the Waterpark for just \$15 per person. Board members worked

together as a team to sell tickets and promote this fun event for McLeod. Over 1200 people attended the event! As

well, McLeod was pleased to partner with Cameron Heights Community League to help this league in their fundrais-

ing efforts as well. The camaraderie between leagues is something McLeod loves to celebrate.

McLeod President's Message

Hi everyone,

This is my last message to you as President; I am moving out of the area and thus no longer within jurisdiction to be part of the McLeod Board. Over the past six years as President (and a few more as a Director), I have the absolute pleasure of working with volunteers who have demonstrated unbelievable commitment to your communities.

I can honestly say that

these people, your neighbors and friends, have made McLeod Community League one of the most envied within the Edmonton Federation of Community Leagues.

Fellow Board members, your dedication is unparalleled, and I will miss your comradery and friendship terribly.

On a similar note, our City of Edmonton Neighborhood Resource Coordinator, Norma Lorincz, is also moving

on to a different area of the City. Norma has been the City contact for our Board for many, many years, supporting us to be stronger and more effective.

On behalf of the Board, I thank Norma for her tireless community advocacy as we navigated City bureaucracy to make good things happen in our neighborhoods. Norma, you will be very much missed.

**All the best,
Leanne Rosinski**

McLeod Supports the Edmonton Multicultural Coalition

Edmonton Multicultural Coalition provides a range of programming for residents of Northeast Edmonton. Below is a description of those programs and some of EMC's needs.

Free & Fun English Language Program

This volunteer-taught program teaches English as an additional language in an intercultural setting, and acts as a community development program as we seek to help participants better participate in all elements of life in Edmonton. This involves zero-budget field trips, workshops from outside groups, creative projects about daily life, and other initiatives in addition to learning English for daily use and personal enrichment.

Timing: This program runs Wednesday and Thursday mornings from 10:00-12:15, September through to June, with a two week break in the winter.

Food: Wednesdays a community member is employed to cater a snack for us, and Thursdays we each bring food to share with one other.

Childcare: Onsite childcare is provided by a community member.

Transportation: Bus tickets are provided, and those who attend regularly qualify for a part or full subsidy for a Ride Transit or Senior's Bus Pass.

Qualification: Any person, regardless of citizenship or status, is welcome to attend this program. No pre-registration is required – please just show up!

Our current situation:

Last year we experienced an exceptional spike in attendance – increasing from

having 25 or so regular attendees to 40-45, and continue to have new students join us on a weekly basis. In response we have increased the number & levels of classes we offer, in order to keep class sizes small and to cater to different learning desires. Beyond this, the increase in attendance has stretched our financial resources – specifically in terms of our capacity to support transportation - and we do not want to be turning people away because of this. Additionally, we have realized that supporting regular participants by helping people apply to the Ride Transit or Senior's bus pass program actually costs us less than providing two bus tickets per day, and supports the overall dignity and well being of participants in their daily lives, as they are not only supported to come to and from the program, but can access transit any day of the week, for any reason.

Ways we could use support:

Any financial support or donation of bus tickets would be very welcomed. If any organization out there is looking to support a community-based program, we would welcome them doing a fundraiser for us! Please pass along this request as you see fit, and be in touch if you'd like to organize a fundraiser or simply are able to donate some money to help support this program.

We are also always looking for volunteer instructors. Someone who can come once or twice a week is welcome so that we can further increase the number of classes we offer. We also wel-

come volunteers who can be on call to give our regular instructors a break as needed!

Additionally, please continue to refer people to this program. While we clearly can't keep having the increase in numbers we have been seeing, we also want to ensure that people have access to the program as needed. It is a particularly excellent fit for people who do not qualify for other English language programs due to status, and people looking for a community program in the area around Londonderry Mall.

Also, if you have any suggestions about different workshops or programs that could come to us, or that would be easy for us to get to (i.e. at the mall), we welcome the opportunity to be able to have people more involved in a diversity of daily community life activities.

Community Garden Friendship & Sunshine Vines Community Garden is a lively and abundant program based at St. Michael and All Angels Anglican Church in the McLeod Community. We added eight beds to the existing four this year, and welcomed three new families to the gardening community. We are grateful for the support of McLeod Community League, Salisbury Greenhouse, Clean It Green It, Jil's Landscape Supply, and Communities Chooswell in ensuring the success of the garden this year!

Please contact Kim Smith at kim@emcoalition.ca if you would like any more information or would like to support any of our programming.

McLeod Looking for Rink Attendant

Are you interested in a rewarding part-time, physically demanding job over the winter months? McLeod's outdoor skating rink is a very busy facility, with lots of skat-

ers of all ages. We are currently looking for a rink attendant. The hours are weather-dependent, but the job normally starts in mid-November and wraps up in April. The rink is

open weekday evenings and weekend afternoons, plus a couple of special events with longer hours. If you might be interested, please email rink@mcleodcl.ca

Matt Berry Community Hub

Work continues towards the development of a Community Hub for residents of Matt Berry and Hollick-Kenyon. We are still searching for a project partner.

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 follow-

ing:

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 in-

terested 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

Supports Seniors' Health and Wellness Forum

McLeod brings you the following message from Sage Seniors' Association.

It is our pleasure to bring the annual Seniors' Health and Wellness Forum to your attention. This informative, free event is being held on Saturday, November 2, 2019 at the Central Lions Seniors Recreation Centre (11113 113 Street NW).

Its aim is to provide seniors and their caregivers with an excellent opportuni-

ty to learn more about health and wellness related resources that support older adults in the Greater Edmonton area.

The Seniors' Health and Wellness Forum Planning Committee kindly asks your assistance in bringing this event to the attention of staff and seniors in your organization and community.

We have attached a poster that highlights the focal aspects of the event, and ask that you display this promi-

nently within your organization. Additional information about the session topics and registration process is available online at <https://www.mysage.ca/events/health-and-wellness-forum>.

Do not hesitate to get in touch should you require more details regarding the Forum. Inquiries may be directed by phone at 780.701.9010 or by email to mstover@mysage.ca.

Supports Matt Berry Community League Day

In addition to the regular Community League events at McLeod Community League, McLeod also sponsored Community League Day at Matt Berry Park. We had about 100 people come out for free hot dogs, face painting, and balloon twisting. MLA Heather Sweet supported us with cupcakes and also dropped by in person. Councillor Aaron Paquette stopped in as well. Habitat for Humanity was there to talk about their upcoming project in Hollick-Kenyon.

Thanks to all those who stopped by and made it a successful event!



McLeod Members with Muttart Passes

Some of you may be holding passes to the Muttart Conservatory with an expiry date that overlaps with the period during which the

Muttart is closed for renovations.

The renovations are scheduled to complete in January of 2021. The City has indi-

cated that any passes will have their expiry date extended to 6 months after the Muttart re-opens, whenever that is.

Edmonton leading the charge on home solar energy

Edmontonians can now apply for solar installation rebates through the City's Change Homes for Climate - Solar Program. The new incentive rate of \$0.40/watt will cover roughly 15 per cent towards the cost of a home solar energy system installation. Previously, Edmontonians applied for solar rebates through Energy Efficiency Alberta, with \$0.90/watt coming from the province and a top-up of \$0.15/watt from the City of Edmonton.

The City is committed to delivering a solar program to help Edmontonians invest in local, renewable energy generation while continuing to

help create economic opportunities in the solar energy sector.

"While the costs of solar have fallen dramatically in recent years, our climate targets, like those in the Edmonton Declaration, require us to move further and faster than ever before," said Mayor Don Iveson. "Creating incentives for renewable energy sources like solar power is one of the most impactful ways of building a climate resilient city while also creating jobs and diversifying Edmonton's local economy."

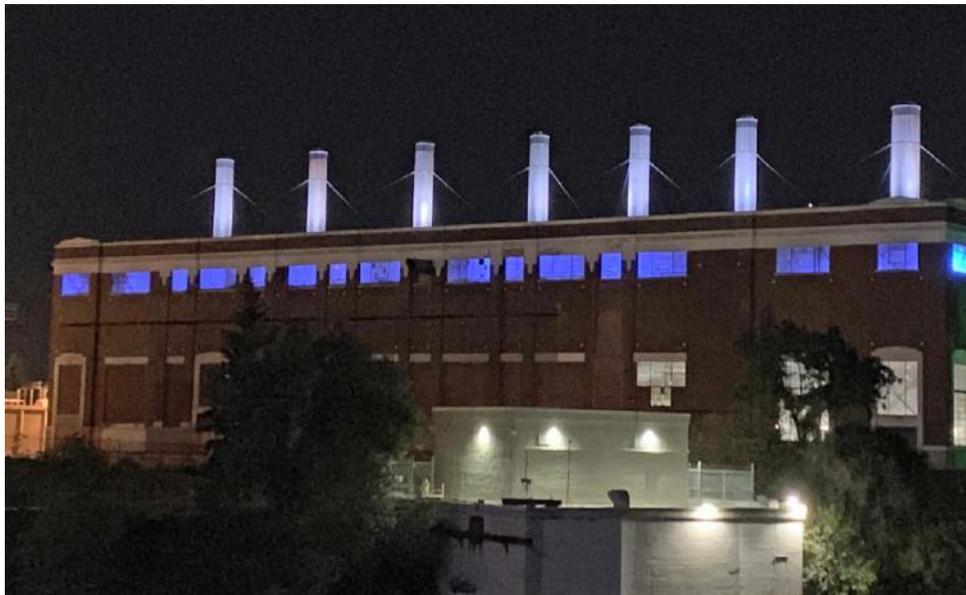
Edmonton is one of the sunniest cities in Canada with approximately 2,300 hours of sunshine per year.

This makes it a great place to invest in solar technology with panels supplying up to 100 per cent of electricity home needs.

Every solar installation helps bring down the collective carbon footprint of the city, improve air quality and create a stable source of energy that shields homeowners against energy price fluctuations.

Past solar programs in Edmonton have resulted in more than \$15 million in local economic activity and reduced more than 3,000 tonnes of greenhouse gas emissions per year—the equivalent of taking 1,000 cars off the road.

New lighting illuminates history of Rossdale Power Plant



October marks the 18th anniversary of the provincial historic designation of the Rossdale Power Plant.

The power plant will be lit by 35 light stands in its mezzanine floor windows and 28 lights on the smoke stacks.

"It's wonderful to use lighting to highlight the beauty of this historic industrial structure," said Erik Backstrom, Senior Planner, Planning Initiatives. "The Rossdale Power Plant is a landmark in Edmonton's River Valley. It powered Edmonton's economic development for decades, and will be a key spark to bring new life to the area through the River Crossing initiative."

The project cost

\$200,000, with \$180,000 coming from a \$3.2 million power plant stabilization project, and \$20,000 funded by a grant from the City's Lighting Heritage Buildings Pilot Program, an initiative of Edmonton's WinterCity Strategy. The lights were installed by EPCOR.

"The river crossing has been a gathering place for 10,000 years," said Geoff Wagner, Senior Manager, Project Development. "The new, decorative lighting system continues this celebration of our past, and creates excitement for what the building and the site can become in the future."

The power plant was built in phases between the 1930s and the 1950s and decom-

missioned between 2011-2012. On October 17, 2001, as a result of the efforts of organizations such as the Rossdale Community League and ConCerv, a group that advocated for the preservation of the plant, three buildings at the Rossdale Power Plant were designated as Provincial Historic Resources, protecting them for future generations.

The plant is widely recognized as an important part of our city's history. The City of Edmonton envisions the River Crossing area becoming a significant destination for Edmontonians and visitors, and an attractive community for thousands of residents.

City of Edmonton population vibrant and growing steadily



Mayor Don Iveson announced the results of Edmonton's 2019 Municipal Census today, with an official city population of 972,223 as of April 1, 2019. This represents an increase of 72,776 people, and an average growth rate of 2.6 per cent annually, since the last municipal census in 2016.

Edmonton's population is young by Canadian standards. More than half of the population is under the age of 39. The largest population segment is between 30 and 39, years when people typically establish their careers and start families.

"This is a great sign for Edmonton," said Mayor Iveson. "Edmonton's growing and young population presents a number of economic benefits for our city. It speaks to our vibrancy and strengthens our local business com-

munity's ability to attract and retain new investment."

Edmonton is on track for a population of over one million people by the end of 2020, and more than two million within thirty years if current growth rates persist. The city's growth rate for 2019 is predicted to be 2.1 per cent, higher than Alberta (1.9 per cent) and Canada (1.3 per cent).

This year's census demonstrated the City's commitment to diversity and inclusion. Edmonton was the first city in Canada to offer expanded gender identity options in a census, including trans, non-binary and two-spirited.

"We want our residents to feel valued for their uniqueness," said Barb McLean, Equity Specialist with the City of Edmonton. "Every Edmontonian has something

to contribute to our community, and including more gender options in the census gives representation to those who might not have felt valued before."

The official census population captures only those residents who completed the census questionnaire. Using a mathematical formula similar to the one used by Statistics Canada for the federal census, we extrapolated our census data for the dwellings that did not participate in the census to get an estimate of the total population. This is the unofficial population count and it is used to inform the City's planning work. The unofficial population count is 992,812.

More information on the census results, including further demographic and neighbourhood-level data, is available at edmonton.ca/census.

Online commercial permits save time, money

Permits to complete a range of commercial projects are now online at edmonton.ca/permits. These online services include development and building permits for new buildings, additions, alterations, tenant improvements, change of use, demolitions, as well as hoarding and cranes.

"Customers told us they wanted an easier and more convenient way to get permits and information needed to complete their projects," said Jason Doerksen, Customer Experience Manager.



"They can now access information about application requirements on our website and manage permit applications on the self-serve dashboard from their job site or office.

Not having to drive downtown, pay for parking and wait in line, saves customers time and money and contrib-

utes to their success."

Moving permit and inspection services online reduces paperwork and increases the efficiency of review processes. Most types of permits are available online, including housing and home improvement permits. Today, 90 per cent of house permits are applied for online.



Northmount Community League News

Northmount Board of Directors as of June 18, 2019

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	VACANT	
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. There will also be no classes on Monday, December 30.

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

AVON

To Sell or Buy Contact an Avon Rep.
with 18 years exp. **Angela 780-472-9388**

View brochure online:

<https://www.avon.ca/shop/en/avon-ca-next/brochure-list?BP=2gHsfrRhmbY%3d>

Shop estore: avon.ca/boutique/angelaze-nowski4u

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!

Northmount Blood Drive

Saturday Nov. 30th, 9 AM - 2 PM

Help Canadian Blood Service stock up on blood before the holidays. Cancer patients, transplant recipients, accident victims.

For these people and so many more, a timely transfusion of blood can be the life-saving difference. Half of all Canadians will either need blood or know someone who needs it. The need is constant.

One of those who has needed it is Robin Wheatley, a long-time board member who has dedicated many

hours to our community. Over the course of the last year she has had many blood transfusions. Robin and her family know how important blood donation is and are encouraging all community members to support our blood drives.

Book now to donate! It's something you can do today to ensure someone else is waking up healthy tomorrow.

To book your appointment please visit www.blood.ca or download the app to your phone or tablet, look for GiveBlood in your app store.

Volunteers Needed!



We are looking for volunteers for our upcoming bingos, please email Meagan at president@northmount.ca if you can help! This is what keeps the lights on at the hall! They are scheduled for the following dates, all

at Kensington Bingo Hall, 12538 132 Ave NW.

Monday, November 18, 2019

Thursday, January 9, 2020

Wednesday, March 18, 2020

Thursday, May 21, 2020

President's Message

Thank you to all our dedicated volunteers that made it out to help us with our past Bingo and Casino event! Your help made it possible to keep programs and the operation costs of the building going for the next year! We still have more upcoming Bingo's and if you would like to be one of our awesome volunteers please let me know!

It a great place to meet

your neighbours and to get involved in the activities connected with your community!

As we approach the end of the Year, programs and activities will start slowing down. Stay tuned in the next issue of the Northeast voice for new programs and events in the New Year!

Take care!
Meagan Plamondon (she/her) President

Northmount Annual Ladies Night

Friday, Nov. 8th, 7 - 9 PM

Come out and have fun! Ladies Night is Nov. 8th from 7 - 9:30 PM. A cold dinner buffet will be served during this time. Lots of door prizes to win! Lots of vendors! Do some early Christmas shopping!

The talented Colleen Rae

will be performing at our Annual Ladies Night! Don't miss it!

Tickets are \$8.00 + a can of food for the Edmonton Food Bank.

Phone Robin for more details at (780) 473-8634.

Tables for this event are now fully booked!

THE Sky's THE Limit



Just like the great aviator it was named after, Cy Becker expands the horizon and creates possibilities. With extensive green space, ample amenities and access to both the Clareview LRT Station and Anthony Henday Drive, Cy Becker lets you live **life in motion**.



CYBECKER.COM

QUALICO[®]
communities

SAVE UP TO \$8,000 NOW!

* See Showhomes for details.
Some restrictions apply.