

NORTHEAST VOICE

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

April 2020



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Please confirm any events before attending. Most events have been cancelled or postponed due to COVID-19. Stay safe and healthy.

City protects public, workers from COVID-19 risks

The City of Edmonton is taking steps to protect people and places from risks associated with the COVID-19 virus.

City Council has suspended regularly-scheduled Council and Committee meetings and public hearings until Monday, March 30, 2020, and will reassess at that time.

“We understand that this is a very challenging time for our community. Right now we will focus our full attention on making the decisions necessary to deal with the public impacts of a rapidly-changing public

health situation,” said Mayor Don Iveson.

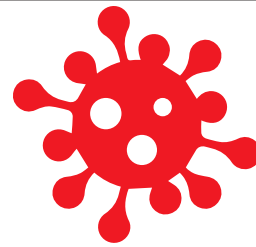
“As an organization responsible for public services and an employer committed to health and safety, we are following the direction of Alberta Health in keeping Edmontonians safe,” said Interim City Manager Adam Laughlin. “Cleaning practices, events and public programs will change.”

Edmonton Transit Service disinfects and cleans buses and trains daily as standard practice. There are also standard cleaning practices in recreation centres. Effective immediately, cleaning

activities for both services are being enhanced in both intensity and frequency.

To minimize the risk of exposure, the City is adjusting events and programs:

- While recreation centres will remain open, attendance at smaller leisure centres will be limited up to 50 people. Larger community recreation centres will limit attendance to up to 50 people per amenity (e.g. gyms, pools, fitness centres). Kids’ dens and indoor playgrounds will close. Registered and drop-in programs that are led by an instructor are cancelled until



COVID-19 Coronavirus

further notice. Programs not led by an instructor are still available at this time. All patrons are asked to practice social distancing, and those who are ill are asked to stay home.

- Mill Woods Seniors Association, North Edmonton Seniors Association and Central Lions Seniors Association will be closed as of

Sunday, March 15.

- City-led public engagement events and information sessions are cancelled until further notice. Visit the project web page for other potential engagement options.

- Station tours and community events involving Edmonton Fire Rescue Services personnel are cancelled

until further notice.

- All City attractions are being assessed, and decisions will be made regarding the appropriateness of staying open.

Measures have also been taken within the City workforce. Business-related travel and in-person training for City staff has been cancelled. Non-essential in-person meetings are being scaled back, and where possible they will be accommodated with technology instead.

Temporary work-from-home arrangements are being instituted, under appropriate circumstances. Staff with flu-like symptoms are required to stay home from work, and those returning from international travel are required to self-isolate. Guidelines for supervisors on how to support workers who are worried that they may be at risk have been provided, and supports are available for staff who test positive for or have been exposed to the virus.

As circumstances change, Council and a cross-departmental task team will make additional decisions and re-deploy resources as needed to meet changing needs. Frequently-updated information will be provided online at edmonton.ca/covid-19.

Source: edmonton.ca
For more information:
Edmonton.ca/covid-19

Upcoming Events in the Northeast

PLEASE CONFIRM ANY EVENT BEFORE ATTENDING.

MOST EVENTS HAVE BEEN CANCELLED OR POSTPONED DUE TO COVID-19

April

Mondays at Northmount: Hapkido 730-9pm

Tuesdays at Northmount: Yoga 7-8pm

Wednesdays at Northmount: Hapkido 730-9pm

2-4 Apr: Northmount Annual Garage Sale

21 Apr: Northmount AGM

May

1 – Mosaic Craft Night at Northmount 7-9 pm; \$25

9 – 3rd Annual Gord Matlock Tournament at McLeod

June

27 – McLeod 50th Anniversary Events

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 (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

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

Jeff Muiselaar	President	780-478-1759
Shawna Walsh	Past President	780-237-2169
David Dodge	Director of Sustainability	780-478-6162
Vacant	Soccer Director	
Arrey Tabot	Treasurer	780-604-7072
Sue Harris	Credits	780-473-8796
Jenilee Caterina	Secretary	780-984-3298
Elaine Sarac	Membership Director	780-476-7442
Todd Sharkey	Hockey Director	780-238-3910
Shawna Walsh	Bingo Director	
Jeff Muiselaar	Programs/Sport Explorerz Director	780-478-1759
Jim Ragsdale	Director at large	
Yi Louise Liu	Newsletter & Social Media	780-952-0580
Jeff Muiselaar	Area 17 Representative	780-478-1759
Shannon Moses	Belle Rive/Poplar Park Sign Volunteers	
Jim Young	Evansdale Sign Volunteer	
N/A	Eaux Claires Playground	780-641-6171
Terri	Hall Rentals	780-478-4444
N/A	Skating Rink	780-478-2577
Cassandra Rijavec	Club Coordinator, Boys & Girls Club/Big Brothers Big Sisters	Cassandra.Rijavec@bgcbigs.ca 780-822-2560

Outdoor Soccer Registration Update

If you would like to register your children for outdoor soccer this season, you can register them with McLeod Community League or Steele Heights Community League. You will need to show proof of Evansdale Community League membership in order to register your children with either McLeod or Steele Heights. For McLeod Community



League registration process, please visit their website <https://mcleodcl.ca/> for more information.

For Steele Heights registration process, please visit their website <https://www.steeleheightscommunity.com/outdoor-soccer/>

Call for Volunteers: Program Committee

Evansdale Community League relies tremendously on the involvement and dedication of our community member volunteers. That is why we need your help!

Commitment:

Event planning and organizing; event-day setup and wrap-up

Planning 1-2 main events

per year

Time commitment of 1-2 hours a year

Candidates:

We are seeking 5-6 dedicated and enthusiastic individuals from our community.

If you or someone else you know is interested, please contact Shawna at programs@evansdale.ca

Edmonton Public School Announcement

For several years, the attendance area boundaries for Florence Hallock School have been closed in order to ensure our school can welcome students from the communities of Belle Rive, Eaux Claire and Ozerna.

For the 2020-2021 school year, we are excited to share that we have opened our boundaries to students outside of Florence Hallock's attendance area. This means

that we will have room for students in Kindergarten, Grades 1, 2, 3 and 5. However, for Grades 4, 6, 7, 8 and 9, we do not expect to be able to accommodate many additional students from outside of the attendance area as the classes are currently full.

If you have specific questions, don't hesitate to reach out to our school at 780-478-1410.

Zumba at Evansdale Hall

Have you ever tried Zumba? It is a heart-pumping, fun, International and Latin music-infused dance workout. No dance experience necessary - all you need bring is your energy, towel, water bottle and a big smile.

Date: March 11 – May 13, 2020

Time: 7:00 PM – 8:00 PM (Wednesday evenings)



Cost: \$100 for 10 classes or \$15/drop-in

Benefits of Membership

Free community swims:
Londerry 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

Volunteers needed for Casino

Evansdale Community League is looking for volunteers for our upcoming Casino nights that will be held at Century Casino located at 13103 Fort Road on April 20th and 21st, 2020. Casino nights bring in some major revenue for the League, allowing us to make im-

provements on our facility, provide quality programs and awesome events for the community. This type of event needs people to volunteer in order to make it a success. No experience necessary. Please email Shawna at bingomanager@evansdale.ca if you can help!

Spring Yoga at Evansdale Hall



10 Thursdays
April 16 - June 18
7:30pm - 8:30pm
9111-150 Avenue

\$110 for 10 weeks or \$13/class for drop-in

No previous experience required.

Think you need to tie yourself into a pretzel or force your body into impossible shapes to do yoga? Not in this class! We take a gentle, supportive approach to yoga that respects individual abilities. Be prepared

to challenge your strength, flexibility and balance while remaining mindful and respecting the messages the body is sending you, all in a friendly, relaxed and welcoming environment. No previous experience is required. Please bring a mat, water, towel, blanket and wear comfortable clothing that allows you to move freely. To register or for more information, please contact evansdaleyoga@gmail.com

Visit Our Website and Facebook Page

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



join us on Facebook!
Website: www.evansdale.ca
Facebook Page: www.facebook.com/evansdalecommunityleague

Evansdale Hall Rental Information

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

Council endorses speed limit reductions to 40 km/hr



Today, City Council endorsed changing residential speed limits to 40 km/hr, which will replace Edmonton's existing 50 km/hr default. There are a number of roads which will remain at 50 km/hr based on design and use.

City Council also accepted Administration's recommendation of a 40 km/hr speed limit for Jasper Avenue, Whyte Avenue and a number of high pedestrian areas.

City Administration presented a thorough analysis of both a 40 km/hr citywide default and a 30 km/hr Core Zone by weighing safety impacts, public perspective, existing collision data, costs and signage plans.

"Lowering speed limits creates safe, livable streets for everyone. Reducing speeds makes our streets calmer, quieter and safer for people walking, biking, driving and enjoying their neighbourhood," said Jessica Lamarre, Acting Director of Traffic Safety. "Safe, livable streets help us reach our goal of Vision Zero where safety is the priority. Speed reduction reduces the frequency and severity of collisions and saves Edmon-

tonians millions of dollars in their associated costs."

Edmonton Police Service (EPS) also offered their perspective on speed limit changes. City Administration will partner with EPS throughout the roll-out of speed limit reductions to ensure clear and consistent messaging and education efforts.

"EPS supports a 40 km/hour speed limit for residential roads, Jasper Avenue, Whyte Avenue and other high pedestrian areas," said Geoff Mittelsteadt, Acting Investigator, EPS Traffic Services. "One continuous speed limit will create consistency for motorists and traffic enforcement personnel, while promoting greater safety for residents in keeping with the overall goals of Vision Zero."

Bylaw changes are required to change the default speed limit for residential roads in Edmonton to 40 km/hr. It will take 11 months from the approval of the bylaws for changes to the default speed limit to come into effect. This means Administration anticipates that the default speed limit on residential roads will change to 40 km/hr in mid 2021.

KNOW THE DIFFERENCE: SELF-MONITORING, SELF-ISOLATION, AND ISOLATION FOR COVID-19

SYMPTOMS OF COVID-19



FEVER



COUGH



DIFFICULTY BREATHING

SELF-MONITORING



You have:

- ▶ no symptoms
- AND
- ▶ a history of possible exposure to the novel coronavirus that causes COVID-19, in the last 14 days



SELF-MONITOR means to:

- ▶ **monitor yourself** for 14 days for one or more symptoms of COVID-19
- ▶ go about your day but **avoid crowded places** and increase your personal space from others, whenever possible



You need to **self-monitor** if:

- ▶ you have reason to believe you have been **exposed to a person** with COVID-19



OR

- ▶ you are in **close contact** with older adults or medically vulnerable people

OR

- ▶ you have **been advised to self-monitor** for any other reason by your Public Health Authority



If you develop symptoms, **isolate yourself from others immediately** and contact your **Public Health Authority** as soon as possible

SELF-ISOLATION

You have:

- ▶ no symptoms
- AND
- ▶ a history of possible exposure to the novel coronavirus due to travel outside of Canada or close contact with a person diagnosed with COVID-19

SELF-ISOLATE means to:

- ▶ **stay at home** and monitor yourself for symptoms, even if mild, for 14 days
- ▶ **avoid contact with other people** to help prevent the spread of disease in your home and in your community in the event you become symptomatic

Self-isolate if:

- ▶ you have travelled **outside of Canada** within the last 14 days

OR

- ▶ your Public Health Authority has identified you as a **close contact** of someone diagnosed with COVID-19

If you develop symptoms, even if mild, **stay home, avoid other people** and contact your **Public Health Authority** as soon as possible

ISOLATION

You have:

- ▶ symptoms, even if mild
- AND
- ▶ you have been **diagnosed with COVID-19** or are waiting for the results of a lab test for COVID-19

To be **ISOLATED** means to:

- ▶ **stay at home** until your Public Health Authority advises you that you are no longer at risk of spreading the virus to others
- ▶ **avoid contact with other people** to help prevent the spread of disease in your home and in your community, particularly people at high risk of severe illness outcomes such as older adults or medically vulnerable people

You need to **isolate** if:

- ▶ you have been **diagnosed** with COVID-19

OR

- ▶ you are **waiting to hear the results** of a laboratory test for COVID-19

OR

- ▶ you have been **advised to isolate at home** for any other reason by your Public Health Authority

If your symptoms get worse, immediately contact your healthcare provider or **Public Health Authority** and **follow their instructions**

WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19. FOR MORE INFORMATION:

1-833-784-4397

@canada.ca/coronavirus

Kilkenny Community League News

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 appropri-

ate information and we will include it in the next newsletter!! Please send it to Lindsay, Kilkenny Publicity Director at publicity@kilkenny.ab.ca.

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.

Times	Auditorium	Meeting Room	Both
Weekdays / Weeknights	\$200	\$100	N/A
Fridays (after 5 pm)	\$400	\$100	\$500
Saturdays	\$550	\$100	\$650
Sundays	\$400	\$100	\$500
Two Day Wedding & Gift Opening (Sat – Sun)	\$750	\$100	\$850
Full Weekend (Fri @ 5pm – Sun @ 6pm)	N/A	N/A	\$1000
Hourly Rate (4 hour min.)	\$50	\$25	N/A

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

Kilkenny Community League General Meetings

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.

Outdoor Rink

Kilkenny Rink is closed for the season. Kilkenny Executive would like to thank Ryan for all he has done with running the rink for the season.

Casino Volunteer

Kilkenny is looking for volunteer for our Casino for the Aug 26 and Aug 27 at Century Casino.

Please contact Anna 780-478-3269 if you can help a Big thank you.

Kilkenny will be celebrating our 50th Birthday this year. We will be celebrating in the fall on Community day Sept 19. More information in the coming months on our website. www.kilkenny.ab.ca

Kilkenny Community Garage Sale will be coming up July 10 and 11. Tables will be going up for rent at

\$20 a table. Please call Anna at 780-478-3269. We are also looking at Garage sales in the community.

We are looking at community members wanting to participate and have garage sales at their home garage on these dates.

We would advertise the address and do up a map of the area.

Again, more information on our website to come.

Would like to thank the City for our Clip Grant that helped with the new lighting in the rink area and the air conditioner for hall.

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 at Membership@Kilkenny.ab.ca

On-demand transit service to connect more Edmontonians

Edmonton will have Canada's largest on-demand transit service based on vehicle count, starting August 30, 2020. This flexible transportation solution will support other ongoing efforts to help Edmontonians access safe, fast, convenient and reliable transit service.

Edmonton, like many other cities, will provide customers with on-demand transit in areas where it is a better fit than regular bus service. This is one of several big changes on the horizon for transit riders and Edmonton Transit Service (ETS) will ensure customers have the information and trip planning tools they need to confidently prepare for the new services.

"On-demand transit adds another layer to our city's public transit service," says Eddie Robar, Branch Man-



ager, ETS. "We're following the roadmap from other successful transit agencies to deliver an integrated transit system to help citizens get to where they need to go."

Information will be provided to residents of 30 neighbourhoods and 18 large seniors' facilities who will be able to request on-demand service using a smartphone app, landline or through the web. They will be picked up/dropped off at set locations within the neighbourhood and at a designated transit

hub during peak and off-peak times. Customers will be transported in ETS-branded vehicles with professionally-trained operators. There will be no additional charge to use the on-demand service beyond regular transit fare. Further details will be confirmed with the service provider upon selection.

As a result of the new bus network and on-demand transit, Edmontonians can expect a range of benefits, including increased frequency, more direct routes, better

connections during off-peak times and more flexible options for when, where and how they travel.

These service improvements, along with enhancements to safety and security, electronic fare payment and electric vehicles, are some of the ways ETS is modernizing the transit system in preparation for a city of two million people.

For more information: edmonton.ca/new-busroutes
edmonton.ca/firstlastkm

City Council approves sliding-scale for seniors annual pass

March 9, 2020

Today, Edmonton City Council approved a sliding-scale that will help more seniors qualify for a low income ETS annual pass. Eligible seniors, with annual incomes between \$28,513 and \$32,400, will qualify for a seniors annual transit pass for \$136.50 starting on March 30.

Seniors who did not purchase an ETS annual pass in 2019 (with annual income below \$32,400) are asked, starting March 30, to bring the required documentation (proof of age, income and Edmonton residency) to the

Edmonton Service Centre, 2nd floor, Edmonton Tower, 10111 104 Avenue, to apply for an annual pass for \$136.50 (if your income is below \$28,513, you can qualify for a free annual pass right away).

Summary of recent senior fare adjustments:

Seniors who purchased an ETS annual pass in 2019, and have not yet purchased a 2020 senior annual pass, can mail a cheque for \$136.50, along with their name and address, to: ETS Customer Programs Office, PO Box 2610, Station Main, Edmonton, AB, T5J 3R5. Passes

will be mailed before the end of March. There is no need to visit the Edmonton Service Centre.

Seniors who purchased an ETS annual pass in 2019, and have already purchased a 2020 senior annual pass for \$374, will be mailed a refund for \$237.50 before the end of March. There is no need to visit the Edmonton Service Centre.

Seniors who did not purchase an ETS annual pass in 2019 (with annual income over \$32,400), can purchase a 2020 annual pass for \$374. For seniors who ride transit occasionally, monthly passes

at a discounted rate of \$34, or discounted ticket packs (10) for \$19, are available across the city.

Regular ETS monthly passes and tickets are offered at the ETS Public Store, and at more than 330 outlets across the city. Visit edmonton.ca/ETSwheretobuy to find a location near you.

To avoid the lines at the Edmonton Service Centre, the public is reminded they can access many City services online, as an alternative to visiting the Edmonton Service Centre.

For more information: edmonton.ca/ets/fares

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.

Positions Needed
Maintenance Person
Event Volunteers
Bingo Volunteers
Membership Director
Sports Director
Treasurer
Lawyer

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

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

We need your help!

Londonderry Community League

Hall Rental

Check our website:
www.londonderry.online

Community GARAGE

SALE

Saturday

10 AM - 4 PM



Postponed Until June 27th

Londonderry Community Hall
14224 - 74 Street NW

35 Vendors!
JOIN US!

For more information 780-819-1214

Being grateful promotes happiness, a positive outlook

What are you grateful for? Maybe you've got a new car, bought a big-screen TV, or scored a promotion you've been wanting. It feels great—but only for a little while.

It turns out that our set happiness points are 50 per cent predetermined by genetics, 10 per cent by life circumstances and 40 percent by intentional activities and practices. This means that a huge part of what makes us happy is within our power to change. Gratitude is one easy and well-proven skill that can actually help improve our set happiness point.

Practicing gratitude can

help improve our mental health and reduce stress. It can help create a more positive outlook on life, which helps keep us more emotionally balanced. It can also help us pay attention to the good things in life and savour them. It prevents us from taking things for granted, and it helps train us to see more good things in life.

Here are some ways to be grateful:

Keep a gratitude journal. Make it a habit to think about positive or good things you are grateful for daily, and write them down.

Reflect through mindful-

ness, meditation or relaxation. Take time to be still and calm and focus on the present moment. List those things you are grateful for—maybe a sunny day, a hot shower, your home, a good friend, or a nice cup of tea.

Thank someone. Nurture your meaningful relationships. Send a thank-you card or leave a note to someone you are grateful to have in your life. Give back. Return the kindness that someone has extended to you.

Practice small gestures. Sometimes all it takes is a smile, handshake or wave to express your thanks.

SERVING THE PEOPLE OF
EDMONTON MANNING

As your Member of Parliament, it is my job to ensure that you have the right access to Federal services. If I can be of assistance to you on any federal matter, please do not hesitate to contact my office. Services include but are not limited to:

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



ziad.aboultaif.c1@parl.gc.ca
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780-822-1540

the Gutter Doctor
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info@gutterdoctor.ca

15,000 HAPPY CUSTOMERS!

Share kindness to boost your happiness

Kindness is defined as the quality of being friendly, generous and considerate. Every day we hear stories about people trying to make the world a better place. Together, we can make the world a little bit kinder for all of us. Just one act of kindness a day can help reduce stress, anxiety and depression. It can also release feel-good hormones in your body, so you and the person you helped:

- Feel calmer, healthier and happier
- More loving and loved
- More energy, with less aches and pains

Kindness helps you and others by:

- Enhancing positivity

- Changing your perspective
- Creating a sense of community
- Helping us feel connected to others
- Reducing stress.
- Simple ways to spread kindness:
 - Volunteer
 - Ask someone how they are feeling
 - Offer support and encouragement to others
 - Say good morning and smile
 - Make someone laugh
 - Be generous with compliments
 - Leave a kind note for someone special.
- Kindness is contagious. Pass it on!

New online tool to help determine need for COVID testing

CALGARY — Alberta Health Services (AHS) has developed a simple online assessment tool to help people decide whether they need to be tested for COVID-19.

Available at ahs.ca/covid, this tool asks questions about symptoms and takes users through steps to help determine whether they should call Health Link at 811 for testing.

“AHS teams have come together to ensure we are protecting each other and keeping Albertans healthy and safe. Health Link is an important tool for Albertans right now,” says AHS Presi-

dent and CEO Dr. Verna Yiu. “Our staff are working to respond quickly to those who need to be assessed for COVID-19. This tool can help us reduce call volumes, keep the lines open for those with serious symptoms and reassure those Albertans who don’t need testing right now.”

If you have symptoms such as fever, cough and difficulty breathing, and have travelled outside Canada, or have been exposed to someone who has COVID-19, stay home and call Health Link at 811. If you are not seriously ill, do not go to a

physician’s office, a health-care facility or a lab without consulting with Health Link first. Call 911, if you are seriously ill and need immediate medical attention and inform them you may have COVID-19. If you aren’t sure, visit the online tool at ahs.ca/covid or go to alberta.ca/covid19 for more information.

“We all want to stop the spread of COVID-19. Identifying and isolating people infected with COVID-19 is a critical way to help stop the spread,” says Tyler Shandro, Alberta’s Minister of Health. “This tool will help you

decide whether you need a swab to determine if you have COVID-19, without leaving your home, which can help us further contain the spread.”

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

Source: Alberta Health Services (www.alberta-healthservices.ca)

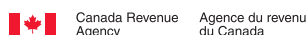
slam the scam!



THE CANADA REVENUE AGENCY:

- NEVER** asks for OR provides financial information via email
- NEVER** sends text messages to communicate with taxpayers under any circumstances
- NEVER** asks you to click a link (unless you request a link over the phone)

For more information, go to canada.ca/taxes-fraud-prevention



Castledowns Denture Clinic & Implant Denture Centre

**DENTURES OVER IMPLANTS COMPLETE & PARTIAL
DENTURES REPAIRS & RELINES**



www.cddentureclinic.ca

Complementary Denture Consultation

You may be eligible for
the government of Alberta
Dental program for Seniors

780-406-2121



#105, 15379 Castledowns Road

Denture Specialist - Over 35 Years Experience

Londonderry Denture Clinic



FREE CONSULTATION

M. Lucyshyn DD
R. Lucyshyn DD

780-476-2529

- New dentures in one day
- Repairs in 30 minutes
- Emergency after hours appointments

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Ask how you
may receive your
dentures
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TO YOU***

*Some conditions and
restrictions apply.

www.londonderrydentureclinic.com 13594 Fort Rd. Northeast Edmonton

Ward 3 Councillor Jon Dziadyk

Stay Strong

As your City Councillor, I am working to keep the city running but your support in keeping the community going is amazing. Edmontonians have always been strong and this is no exception. Please keep it up.

(780) 496-8128
jon.dziadyk@edmonton.ca

2nd Floor, City Hall
1 Sir Winston Churchill Square
Edmonton, AB T5J 2R7

www.facebook.com/EdmontonElection



Ward 3 Councillor
Jon Dziadyk

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*Rebate requires purchase of qualifying items between February 24, 2020 to June 12, 2020. Qualifying items must be installed by June 19, 2020. Rebate claims (with proof of purchase) must be submitted to www.lennoxconsumerrebates.ca no later than July 3, 2020. Rebate is paid in the form of a Lennox Visa® Prepaid card. Card is subject to terms and conditions found or referenced on card and expires 12 months after issuance. Conditions apply. See www.lennox.com/terms-and-conditions for complete terms and conditions. Requires purchase of qualifying system. See your Lennox dealer or www.lennox.com for details. Lennox dealers are independently owned and operated businesses. ©2020 Lennox Industries, Inc.



McLeod News

McLeodCL
@McLeodCommunity
14715 59 Street
www.mcleodcommunityleague.ca

Okinawan Karate at McLeod

You won't learn to paint a fence, sand a floor or wax a car, but you can learn the art of the real Mr. Miyagi. Come study Okinawan Goju-ryu at McLeod, an ancient art for a modern world. Classes run every Tuesday night at McLeod. Quality instruction at affordable rates; family rates are available.

Parents are encouraged to

kick it with their children in the Youth and Family class (ages 7+). The adult class (ages 13+) dives deeper into the art and challenges your mind and body. Or take your study of martial arts further with your study of Ryukyu Kobudo, the classical weapons art of Okinawa. Study of the Okinawan arts helps improve mental and physical health and helps

build self-esteem and self-confidence.

All classes are taught by an internationally certified fifth degree black belt instructor with over 40 years training experience and 34 years teaching experience. Students can also take part in both national and international training opportunities. For more information: www.kaizendojo.ca.

McLeod offers Okinawan Martial Arts

An alternative fitness activity – study something old and learn something new! McLeod is now offering classes in Okinawa's indigenous martial arts. Karate classes are available for youth and families (ages 7+) and adults (13+); Or broaden your martial arts experience through the study of Ryukyu Kobudo, a classical weapons art.

Goju-ryu is one of the main styles of Okinawan karate. Goju, which means 'hard and soft,' is a non-sport karate style that is practised for real self defence situations, health, longevity and self discovery – an art that contains kicks, punches, locks, strikes and throws. Ryukyu Kobudo expands the



student's martial skills using ancient weapons such as bo (staff), sai (truncheon), tonfa, kama (scythe) and eku (oar).

Get active, get focused and boost your confidence through martial arts practice at McLeod. All classes taught by a qualified fifth

degree black belt with over four decades of training experience who regularly visits to Okinawa for intensive training. Students can also participate in national and international training opportunities. For more information: www.kaizendojo.ca.

McLeod Celebrates 50th Birthday – Join us on June 27!

This year marks the 50th birthday celebration of the McLeod Community League. 1970 was the year the league was established serving the McLeod neighbourhood at that time.

Fifty years later, bigger, stronger and providing programs and services for five neighbourhoods (Casselman, Hollick-Kenyon, Matt Berry, McLeod and Miller) that consists of over 19,000 residents.

On June 27 2020, McLeod Community League will host an event to celebrate its 50th birthday. The celebration will include family friendly activities (yard games, family dance, BBQ, bouncy castles,



and more) and take the opportunity to recognize a number of volunteers from our community who have made a huge difference in the success of McLeod CL.

Please join us to celebrate this big milestone.

Event information will be available soon at McLeod-CL.ca and on our Facebook page.

McLeod Dance Program: Summer Dance Classes

Where: McLeod Community League Hall – 14715 - 59 Street

Want to stay active, have fun and learn something new? Sign-up for our summer dance classes!

E-mail dance@mcleodcommunityleague.ca or call Amy at (780) 893-5151 to register!

\$12.50/Class Drop-In Rate
\$40.00/Class 4-Week Ses-

sion
Monday's - July 06, 13, 20, 27 – 2020

- 6:00 p.m. - 6:30 p.m. – Mini-Movers (Hip-Hop & Jazz) (3-5 Years Old)

- 6:30 p.m. - 7:15 p.m. – Hip-Hop (6-10 Years Old)

7:15 p.m. - 8:00 p.m. – Jazz & Lyrical (6-10 Years Old)

8:00 p.m - 8:45 p.m. – Tap (6-10 Years Old)

Wednesday's - July 08, 15, 22, 29 – 2020

6:00 p.m. - 6:45 p.m. – Hip-Hop (11-17 Years Old)

6:45 p.m. - 7:30 p.m. – Jazz & Lyrical (11-17 Years Old)

7:30 p.m. - 8:15 p.m. – Tap (11-17 Years Old)

8:15 p.m. - 9:00 p.m. – Hip-Hop & Jazz (18+ Years Old)

Supports Amity House Through Area 17 Council

Some of you may be aware that McLeod Community League is part of an umbrella organization of Community Leagues known as Area Council #17. This comprises all Leagues north of 137th Avenue and between 50th Street and 97th Street. Area Council #17 is primarily an information-sharing and best practices venue, but it does have some funding via

grants, casinos, and bingos.

Dickinsfield Amity House is a charity based within the boundaries of Area Council #17 that provides a range of programming for low-income residents, including tax preparation clinics, coats, family recreation activities, counseling support, and other activities. Information is available at <http://amityhouse.ca>.

As with so many other

programs, Amity House's funding has been cut recently. In response to these cuts, Area Council #17 was able to provide \$15,000 of funding to allow Amity House to continue to provide funding for its valuable programs. This is intended as bridge funding while Amity House locates other grants and determines what programs have the highest priority.

McLeod to Host Third Annual Gord Matlock Softball Tournament



The McLeod Community League is planning to host the Third Annual Gord Matlock Softball Tournament on May 9, 2020. This tournament is hosted with a charitable focus in mind and we are once again partnering with the Edmonton Food Bank this year. We are asking all teams and spectators to consider bringing some non-perishable food items for donation. Last year this event collected 282 lbs of

food and we are hoping to top that this year.

Games will be played at the ball diamonds near the McLeod Hall and we are expanding the tournament to include more teams. The last two years we have hosted teams in the u6 and u8 age groups. We will continue to host our young, up and coming players and have also added a u10 division to the event this year. Bouncy castles and other fun events

along with a concession at the McLeod Hall will run during this 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.

McLeod Community Safety Director

Alberta Traffic Safety Calendar Month of April 2020 focus is Speed. Speed kills, it's that simple.

As your speed increases so does your reaction time and stopping distance. In addition, the force of impact also increases and the likelihood of serious injury or death is especially high if pedestrians, bicycles or motorcycles are involved.

Please do your part and follow the posted speed limit when weather and roads conditions are ideal.

Edmonton Police, RCMP, CN and CP Police, Alberta Sheriff's, Community Peace Officer's, Conservation Officers and Fish and Wildlife Officers will be making this a focus to ensure vehicles are following the speed limits. Violation Tickets come with fines and demerits. In addition your insurance premiums can increase.

Did you know you cannot exceed the maximum speed limit to pass another vehicle?

Additionally, please practice the rules of the road:

- Leave sufficient space between you and the vehicle that is travelling in front of you.

- Use your turn signals when changing lanes or making turns.

- Come to a complete stop (vehicle motion ceases) at stop signs and ensure it is safe to proceed.

- Come to complete stop at red lights if you are turning right and ensure it is safe to proceed.

- Ensure your head lights and tail lights are clean and are on during poor lighting or weather conditions.

- Clean your windows and mirrors to assist in visibility and help with the glare of the sun.

Motorcycles

Motorcycles will be coming out onto the roadway as the snow goes away. Please be mindful of this and ensure you are doing your shoulder checks and you are aware of what is behind and beside your vehicle.

Motorcycle drivers please be cautious of other drivers not being used to you being on the road and watch for less than ideal road conditions with gravel and sand still being on the road from the winter.

Check that your registration and insurance are up to date and valid copies are with you while driving.

Vehicles

Ensure your valid registration and valid insurance card are with you or in your vehicle while driving.

If you are driving someone else's vehicle or renting a vehicle, ensure the copies of the registration and insurance are in the vehicle. If you get stopped you are responsible to be able to produce

these documents on demand of a Peace Officer.

Parking Tips

Edmonton Traffic Bylaw 5590 Fire Hydrants Section 8 (1) states:

Except as permitted in this section a vehicle shall not be stopped on a highway within 5 metres of a fire hydrant or, when the hydrant is not located at the curb, within 5 metres from the point on the curb nearest the fire hydrant.

(2) A taxi may stop within 5 metres of a hydrant identified as a taxi zone only if:

(i) the operator remains in the vehicle at all times; and

(ii) the operator immediately removes the vehicle from the taxi zone upon the direction of a peace officer or a member of the City's Fire Rescue Service.

Use of Highway and Rules of The Road Regulation Fire Hydrants Section 44 (i) states:

Vehicles cannot park within 5 metres from any fire hydrant, or when the hydrant is not located at the curb, within 5 metres from the point on the curb nearest the hydrant;

Fine under this regulation is \$78.00 and can be issued anywhere in Alberta.

Edmonton Traffic Bylaw 5590 Intersections Section 7 states:

Unless a traffic control device permits or requires, a vehicle shall not be parked:

(a) at an intersection with-



in 5 metres of the projection of the curb or edge of the roadway;

(b) within an intersection other than immediately next to the curb or edge of the roadway in a "T" intersection; or

(c) within 1.5 metres of an access to a garage, private road or driveway or a vehicle crossway over a sidewalk.

Fine under this bylaw is \$50.00.

Alberta Use of Highway Rules of the Road Regulation Parking Restrictions section 44 states:

A person driving a vehicle shall not, unless

(j) within 1.5 metres from an access to a garage, private road or driveway or a vehicle crossway over a sidewalk;

Fine under this regulation is \$78.00.

Either fine may be issued.

If you have any parking complaints you may download the City of Edmonton 311 app on your phone and

make the complaint on the app or you can call 311. You need to obtain the description of the vehicle including colour, make and model, location and licence plate information.

Home Safety Tips:

If you are working in your back yard do not leave your front doors unlocked.

Trim trees and bushes from blocking your windows or doors.

Put locks on your gates, sheds and do not leave bags or bottles or anything of value easily visible in your yard.

Do not hide spare keys in your yard or in your vehicle.

Install motion detector lights and/or security cameras.

Have security bars on basement windows.

Before going to bed at night, check that all doors and windows that someone could get access to are locked and secure. In addition, check that the doors on

all vehicles are locked.

Suspicious Individual in the Community:

Please still remain on alert for the male I wrote about in the last newsletter as he still has not been caught. The description of the male was Caucasian, approximately 30-40 years of age and wearing dark clothing. He had facial hair and was seen getting in a black, older model GMC Yukon. He was also seen with a large black dog on one occasion. If you see this described male, and it is safe, take a photo of him and email me at safety@mcleodcl.ca. I can then show this to the children previously involved and maybe we can get the police to finally look into it.

If you see suspicious persons or vehicles in our community please report it to the police at 780-423-4567. If you see a crime in progress, or suspicious persons around schools, please call 911 immediately.

City of Edmonton declares State of Local Emergency

March 20, 2020

The City of Edmonton has declared a State of Local Emergency as the COVID-19 pandemic becomes more urgent and the need to protect the public increases. The measure helps to expedite decision making and ensure City operational decisions are centralized, prioritized and coordinated.

The State of Local Emergency will further support the Province of Alberta's Public Health Emergency which was declared on March 17.

The City's response will allow the reallocation of resources and adjustment of services to properly respond to the pandemic. This means the City has the tools and decision-making power necessary to protect its most vul-

nerable populations.

"This is an unprecedented situation for our City, and declaring a state of local emergency allows us to manage this situation in the most effective way possible," said Mayor Don Iveson. "It also allows us to put additional measures and resources in place to ensure that our city's most vulnerable people are not left behind during this crisis."

With a State of Local Emergency declared, the Emergency Advisory Committee functions primarily in an advisory role. The Director of the Emergency Management Agency, in this case the Interim City Manager, leads the Emergency Management Agency in enacting these powers and responsibilities:

- Putting the emergency plan into operation
 - Acquiring and using necessary property
 - Authorizing qualified people to render aid
 - Controlling travel to, from and within Edmonton
 - Restoring essential facilities, distributing essential supplies, coordinating essential services
 - Evacuating people and animals
 - Entering buildings without warrant for emergency purposes
 - Demolishing plants, trees or structures to prevent or deal with a disaster
 - Procuring or fixing prices for essential supplies
- The Emergency Advisory Committee -- consisting of

City Council and the Mayor -- met this afternoon, and accepted the advice of the Emergency Management Agency -- whose members include the Interim City Manager, Deputy City Managers, the City Solicitor, the Edmonton Police Chief, the Chief of Edmonton Fire Rescue Services, and the Director of the Office of Emergency Management -- to call a state of local emergency.

"Our priority is to maintain essential services for the health and wellbeing of Edmontonians," said Interim City Manager Adam Laughlin.

"The actions taken by the City of Edmonton in responding to the pandemic will equip us to do that."

The State of Local Emergency will be in effect for



seven days, unless renewed beyond seven days or terminated earlier. This is the first time a State of Local Emer-

gency has been declared in Edmonton.

For more information: edmonton.ca/COVID-19



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
Vp-operations@northmount.ca		
Vice President Programs	Robin Wheatley	780-473-8634
Vp-programs@northmount.ca		
Treasurer	Margaret Warwick	780 914-5119
treasurer@northmount.ca		
Secretary	Margaret Warwick	780 914-5119
secretary@northmount.ca		
Area 17 Council Rep.	Karen Plamondon	780-478-2010
Adult Programs Director	Robin Wheatley	780-473-8634
Bingo Director	VACANT	bingo@northmount.ca
Casino Director	Sid Plamondon	780-478-2010
casino@northmount.ca		
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
memberships@northmount.ca		
Past-President	Terry Kitching	780-478-4147
Seniors Programs Director	VACANT	
Soccer Director	Joanne Cheetham	780-477-6010
soccer@northmount.ca		
Sports Explorers	Karen Plamondon	780-478-2010

Northmount Hall Rentals

If you are interested in renting the hall, please contact Debbie by phone at (780) 476-8943 or email at rentals@northmount.ca

We have a seating capacity for 250 guests. We offer a

large kitchen with industrial stove, double door cooler, dish sanitizer and bar area.

Fri. & Satur. 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/NorthmountCommunity->

League/ Join in the conversations, RSVP to Events we are hosting, and connect with fellow community members. We'd love to see you there!



Northmount's Annual Garage Sale! – April 2 – 4

It's that time of year again! Northmount is hosting our annual garage sale from Thursday, April 2nd to Saturday, April 4th. Come on down and see all the interesting stuff!

Thurs., April 2nd, 4-9 PM
Friday, April 3rd, 9 AM –

9 PM

Saturday, April 4, 9 AM – 2 PM

TABLES ARE NOW SOLD OUT!

Please contact Robin Wheatley at (780) 905-8979 if you have any questions about the event.!

Please note: The board is assessing the concerns regarding COVID-19 and large gatherings. If we feel this event needs to be cancelled or postponed, we will announce that on our Facebook page. So please check in there, or call Robin to confirm.

President's Message

Save the date! Our AGM meeting is set for April 21, 2020 –

We are in desperate need of help to fill various board, committee and volunteer positions. If you are inter-

ested in filling a position to keep the community moving forward, please contact Meagan by email at 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!

Take care!

Meagan Plamondon (she/her)

Yoga is Back!

(Please confirm any event before attending. Most events have been cancelled or postponed dues to COVID-19)

Yoga is back at Northmount on Tuesday's from 7 PM until 8 PM. For \$100 you can purchase a one year pass to attend as many classes as you like. There is also the option to volunteer in exchange for the registration fee. A valid Community League membership is required to

join. Please purchase your membership from your home community, at <https://efcl.org/membership>

To register, please email Sid at sidplamondon@outlook.com

Our yoga classes connect mind-body and breath to help direct your attention inwards. It will help you develop strength and flexibility and teach you to balance your effort and surrender and each pose. Your

newfound agility is balance by strength, coordination, and enhanced cardiovascular health, as well as an overall sense of physical confidence and well-being. All you need to bring to class is your body, your mind and comfortable clothing. If you have your own yoga gear, by all means bring it, but the hall provides yoga mats, blocks and straps.

If you have any questions, contact: YogiDuo@outlook.com

Martial Arts Class at Northmount – Hapkido



(Please confirm any event before attending. Most events have been cancelled or postponed dues to COVID-19)

We train at Northmount Community Hall at 9208 140 Avenue.

Monday & Wednesday: All ages and Drop Ins - 7:30 -9 PM

Sweats & loose shirt are ok; at the start uniforms are not required until yellow stripe is achieved. You can go bare feet at the start but recommend some type of indoor/runner shoe.

Cost can be a combination of a registration fee and or working a bingo. Come try it for a month before registering.

Hapkido is a highly eclectic Korean Martial Art. It is a form of self-defence that employs joint locks, grappling, and throwing techniques similar to those of other martial arts, as well as kicks, punches, and other striking attacks. Hapkido employs both long-range and close-range fighting techniques, utilizing jumping kicks and percussive hand strikes

at longer ranges, pressure point strikes, joint locks, and throws at closer fighting distances. Hapkido emphasizes circular motion, redirection of force, and control of the opponent. Practitioners seek to gain advantage over their opponents through footwork and body positioning to incorporate the use of leverage, avoiding the use of brute strength against brute strength. If you have any questions, please email: sidplamondon@outlook.com

Note: There are no classes on statutory holidays.

Northmount Adult Craft Night! May 1st, 7 – 9 PM

Join Robin and Margaret for an evening of Mosaic Art at Northmount Hall. Gather a group together for a fun-filled evening. SIGN UP NOW and CHOOSE YOUR

PROJECT! All materials supplied.

Picture Frame (1) - Chalk Board (1) OR Coasters (4 round or 2 Large)

Tickets—\$25 each, ONLY

until APRIL 28, 2020

Call ROBIN 780-473-8634 OR Email treasurer@northmount.ca

Please note: This is an adult program

AGM Notice! - April 21, 2020 - 7 PM

WE WANT YOU!

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 a current board member for more details! Northmount Community League can only keep the doors open by relying on dedicated volunteers. That is why we need your help! Board Members meet every third Tuesday of the month, except for July and August. Each position will require a different level of commitment depending on tasks required.

If you want to get involved but do not want to hold a board position, Chair and Committee positions are available and can be created as needed to run specific programs.

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

Every Year Northmount Community League needs to fill various Board Positions, at this years AGM the following positions are up for nomination. Currently we only have 13 board positions filled by 9 people from just 6 different families. This is a very small group and many of these volunteers have been on the board for a decade or more. We really need more community engagement to keep the league running, we need new directors and volunteers. Are you willing to help? Please see the volunteer job descriptions below for more information and reach out to Meagan at president@northmount.ca if you have any questions.

Vice-President Programs

The Vice-President Programs will:

- Assume any duties from the President as required
- May have signing authority
- Is a member of the Executive Committee
- In the absence of the Vice President Programs, the Board or the President may appoint another officer to discharge these duties; and
- Responsible for overseeing and supporting community-based programs, functions,

and sport programs

Bingo Director

The Bingo Director will:

- be responsible for the organization, timing and completion of the assigned bingo dates
 - keep an updated record of and maintain status of volunteer membership lists and other records pertaining to Bingos
 - ensure compliance with the Gaming regulations
 - applies for licenses and permits to run Bingos
 - help recruit volunteer workers
 - review and prepare policy and procedures with respect to Bingos
 - report monthly to the Board of Directors; and
 - attend Bingo Association general meetings.
- Facilities Director
The Facilities Director will:
- be responsible for the supervision of hall rentals, ensuring League access takes priority
 - be responsible for the development and maintenance of the community center, rinks, parking lot, and other League facilities
 - prepare an annual budget for the facilities and sub-

mit it to the Treasurer

- review and prepare policy and procedures with respect to the facilities
- supervise any persons and/or contractor hired for work for the facility or the grounds; and
- report monthly to the Board of Directors.

Communications Director
The Communications Director will:

- be responsible for the publication of the League's newsletter
 - oversee the delivery of the newsletter
 - be responsible to oversee the maintenance of the League Internet web site and social media
 - arrange for publicity for League events
 - prepare an annual budget for communications and submit it to the Treasurer
 - review and prepare policy and procedures with respect to publicity; and
 - report monthly to the Board of Directors.
- Soccer/Hockey/Softball/Baseball Director
The Director will:
- be responsible for the organization, timing and completion of the required registrations

● keep an updated record of and maintain status of volunteer membership lists and other records pertaining to the sport

- ensure compliance with the Gaming regulations
- help recruit volunteer workers for the sport teams
- maintain and organize sport equipment
- review and prepare policy and procedures with respect to the Sport
- report monthly to the Board of Directors; and
- attend required sport Association general meetings.

Civics Director

The Civics Director will:

- be responsible for the organization and communication between the league and the city re: citizen engagement and feedback for city development notices, etc.
- review and prepare policy and procedures with respect to the civics director
- report monthly to the Board of Directors.

Seniors Director

- The Seniors Director will:
- be responsible for the organization, timing and completion of Senior programming
- keep an updated record of senior programs

● ensure compliance with the Gaming regulations

- help recruit volunteers and engage with the community
- review and prepare policy and procedures with respect to Senior Director; and
- report monthly to the Board of Directors.

Adult Programs Director
The Adult Programs Director will:

- be responsible for the organization, timing and completion of Adult programming
- keep an updated record of Adult programs
- ensure compliance with the Gaming regulations
- help recruit volunteers and engage with the community
- review and prepare policy and procedures with respect to Adult Director; and
- report monthly to the Board of Directors.

Children's Program Director

The Children's Program Director will:

- be responsible for the organization, timing and completion of Children's programming
- keep an updated record of children's programs
- ensure compliance with

the Gaming regulations

- help recruit volunteers and engage with the community
 - review and prepare policy and procedures with respect to Children's Director; and
 - report monthly to the Board of Directors.
- Family Program Director
The Family Program's Director will:
- be responsible for the organization, timing and completion of Family programming
 - keep an updated record of family programs
 - ensure compliance with the Gaming regulations
 - help recruit volunteers and engage with the community
 - review and prepare policy and procedures with respect to Family Program Director; and
 - report monthly to the Board of Directors.
- Past-President
The Past President will:
- assume all ad hoc duties at the discretion of the Board
 - is a supportive role to the board
 - provide mentorship to the current president
 - was previously a president of the board.

REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.



1

Wet hands with warm water



2

Apply soap



3

For at least 20 seconds, make sure to wash:



4

Rinse well



5

Dry hands well with paper towel



6

Turn off tap using paper towel



palm and back of each hand



between fingers



under nails



thumbs

1-833-784-4397

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**conditions may apply



Thinking of buying or selling in the Spring? I can help you through the process now to ensure you're prepared

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Chris Nielsen
MLA for Edmonton-Decore

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