

# NORTHEAST VOICE

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

August/September 2020



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## Finding a new normal

Life in Alberta has been turned upside down with the COVID-19 outbreak. As our province takes its first steps to recovery, many of us ask if normal will ever return.

With the answer unclear, your family may need to find a new normal. These tips can help you to weather these uncertain times.

### Find a New Routine

Schools are out for the summer. Many other public facilities remain closed. Countless moms and dads are juggling to keep up and keep their children safe. Nearly every family in Alberta has had their daily routines disrupted.

Planning and following routines can lend a sense of order to these topsy-turvy times, especially for children.

"Routines can help you and children feel more comfortable during times of uncertainty," says Farah Bandali, AHS's director of Healthy Chil-



dren and Families with Healthy Living. "Day-to-day routines add structure to family life and reflect what's important to your family. They're also a way to let your kids know what to expect during the day."

Wake up times, bedtimes, meals and snacks, play, walks and quiet time. All are examples of what you can weave into your family's routine.

### Bring On the Laughter

Tell a corny joke. Have a

staring contest. Tickle one another. Tell a goofy story.

Science America says "laughter and appreciation of humour are vital components of adaptive social, emotional and cognitive function ... Laughter is, after all, a communal activity which promotes bonding, diffuses potential conflict and eases stress and anxiety."

That's a fancy-schmancy way of saying laughter brings

people together and helps us think. It also helps us express our feelings, can turn a tense moment into a light moment and is just plain good for us.

### Remember the Basics

In tough times, we can lose track of the basics of healthy living. Here's a friendly reminder: eat healthy foods as much as possible. Stay connected with other family members, friends and co-workers while maintaining physical distancing. Get a good night's sleep.

Most of all, reach out for help if you need it. Alberta Health Services, the Government of Alberta, the Government of Canada your local municipality and hundreds of community groups have all kinds of support and assistance for Albertans.

For information about healthy living for families during COVID-19, visit [ahs.ca/healthytogether](http://ahs.ca/healthytogether).

## Northmount Yoga & Hapkido

The executive is working with the instructors about setting up a relaunch plan for classes to begin again. Keep up to date by visiting our Facebook Group. If you have

any questions about these programs, please email the instructors.

Hapkido - [sidplamondon@outlook.com](mailto:sidplamondon@outlook.com)  
Yoga-YogiDuo@outlook.com

## 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.

### Save The Date

Tentative Sports Registrations - Please check the website closer to dates.

### At Kilkenny Hall

August 25 @ 6:30-8:00pm  
September 3 @ 6:30-



8:00pm

September 5 @ 11:00am-1:30pm

We are looking for volunteers for our Kilkenny Casino at the Century Casino on August 26 and 27, 2020. Please contact Anna if you are interested - 780-478-3269.

## KILKENNY SOCCER

This Outdoor Soccer Season is one for the records books. Kilkenny has five teams playing from U5 - U13. The teams started playing in early July and will finish the outdoor season in September. It was not your typical outdoor season.

However, the kids just wanted to be outside playing the game they love. Kilkenny would like to thank all the parents and players with their

patience with the season. It was a long wait but we finally got them on the field. Indoor Soccer is just around the corner. As of right now we do not have any information regarding the Indoor Season. Please keep your eye on the Kilkenny Website ([www.kilkenny.ab.ca](http://www.kilkenny.ab.ca)) for information on the Indoor Season.

Amber

Kilkenny Soccer Director

## McLeod Dance Program

The McLeod Dance Program is taking final registration for our 2020/2021 program! Don't miss your chance to join this amazing dance family! We offer classes in Ballet, Hip-Hop, Jazz, Lyrical, Mini-Movers, Modern, Tap, Adult Hip-Hop, Adult Jazz, Adult Lyrical & Adult Tap! We would love to have you join our expanding dance program! We run our classes

on Monday's, Wednesday's, and Thursday's once a week depending on the style of dance you choose. We offer competitive classes as well as recreational classes to fit all levels of dancers! If you'd like more information on our affordable dance program, or, to save your spot, please e-mail [dance@mcleodcommunityleague.ca](mailto:dance@mcleodcommunityleague.ca) or call Amy at 780-893-5151.

### Upcoming Events in the Northeast

#### August

Tue/Wed/Thu - 6pm to 730pm: Karate

Tue/Wed/Thu - 730pm to 830pm: Kobudo

Mon/Wed/Thu - Dance Classes

#### September

15: Northmount AGM, 7pm

#### October

29: McLeod AGM

### 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

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

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

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

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

## Community League Memberships

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

\$25 family  
\$10 single  
\$10 seniors

\$15 single parent

\$15 couple with no children

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

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

## Evansdale Hall Rental Information

Hall capacity follows Gathering Restrictions from Stage 2 of Alberta's Relaunch Strategy published by Government of Alberta

\$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 follows Gathering Restrictions from Stage 2 of Alberta's Relaunch Strategy published by Government of Alberta

\$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](mailto:hallrentals@evansdale.ca).

## Join the Air Cadets

Have fun  
Make friends



**504 Blatchford Field**  
Royal Canadian Air Cadet Squadron

**FREE! Youth ages 12 -18**

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- Music • Trips
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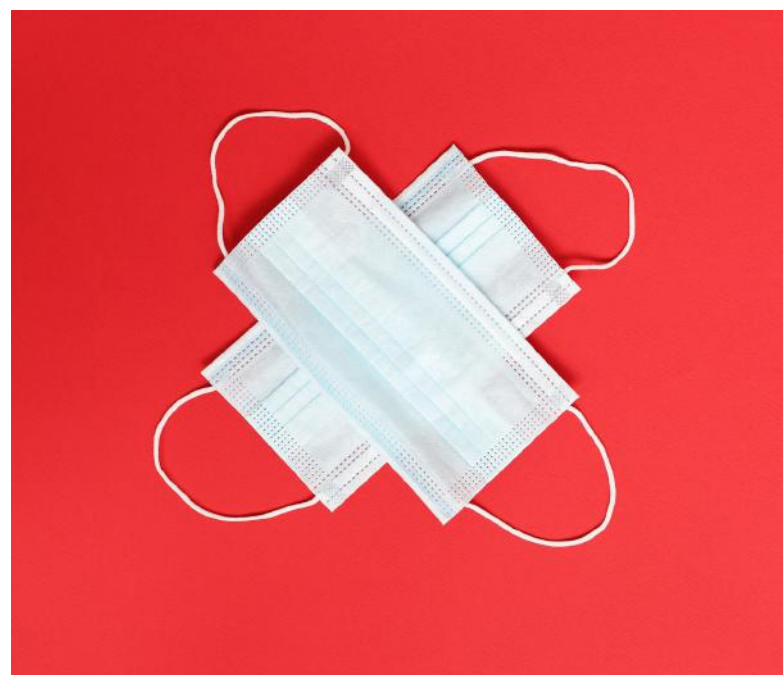
**Wednesday Evenings**  
**6:30 to 9:30 p.m.**  
**Kingsway Hangar**  
**11410 - Kingsway Ave**  
**504rcacs.ca**



## Visit Our Website and Facebook Page

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

Website: [www.evansdale.ca](http://www.evansdale.ca)  
Facebook Page: [www.facebook.com/evansdalecommunityleague](https://www.facebook.com/evansdalecommunityleague)





# Kilkenny Community League News

## The importance of reading to your child

Children are born with a love of language. They learn words by listening to you and mimicking what you say, right from their earliest days.

With Alberta schools closed until the fall and many childcare services yet to re-open, reading is a reassuring daily ritual for children. And it can be a calming stress-reducer for moms, dads and caregivers as well.

Talking, singing and reading to your child builds their vocabulary and their talking and listening skills. Reading every day with your child helps their brains develop and strengthens family bonds.

"Research indicates that reading aloud is one of the most important things you can do to help a child prepare for reading and learning," says Farah Bandali, a director with Alberta Health Services' Healthy Living team.

"Learning to read is the

key to learning in general. The benefits include brain development, better concentration and cognitive skills and more self-confidence for your child. It truly sets them up to succeed."

### Parents are the First Teachers

As a parent, you are your child's first (and most important) teacher. You have the power to shape a love for learning that fuels their later success in school and life.

"Reading aloud to your child has proven cognitive benefits for comprehending stories, understanding words, and developing visual imagery," says Krista Dumba of AHS. She's a health promotion facilitator with the Provincial Addiction and Mental Health team in Calgary.

"Reading also helps their social and emotional growth," adds Dumba. "Early on, the pictures and stories

you share together will help your child learn words to describe their experiences and feelings. This helps them say what they feel rather than act out how they feel."

### Avoid a Pandemic Lag

Reading offers many other benefits. It opens doors to new worlds, new ideas and new opportunities to grow.

For school-age kids, continuing to read during COVID-19 ensures they improve or maintain the skill. For example, children who do not read over summer holidays can lose some of their reading and literacy skills.

Reading for as little as 15 minutes a few nights a week helps a child keep their reading skills. And it can be fun and easy. Listen to audiobooks during a long drive. Have children make up and tell stories anytime. Older children may like to read and talk about a novel with a parent.

## 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](mailto:Membership@Kilkenny.ab.ca)

## Presidents Message

As we head into the summer, I find myself looking forward to the same things I look forward to every year – warm weather and sunshine, time spent with family and friends, gathering around a campfire. This year, these things will look different as we continue to battle the global pandemic that seems to have taken over many aspects of our lives. This has been a difficult year for all of us. Each of us have made sacrifices. We are spending time away from family and loved ones in hopes of keep-

ing them safe from something we cannot see. Many of us are working from home while trying to help our children with their schoolwork, and many of us have lost our jobs. We only make necessary trips to the grocery store, and all of us were beginning to look a little shaggy when hair salons were closed. Some things, at least, are beginning to return to some degree of normalcy. Amid this pandemic, which has stolen something from all of us, whether it be a loved one, a job, a daily

routine, a sense of normalcy that we did not know we took for granted until it was gone, I remain hopeful that we can get through this together, physically separated though we may be. Our community is made up of strong and resilient people, and it is a foundation of support and encouragement for each of us. Together, we can face the coming months. Together, we can cautiously and optimistically leave our homes, gather with one another – distantly – and look forward to the future.

## 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 Lindsay,

Kilkenny Publicity Director at [publicity@kilkenny.ab.ca](mailto:publicity@kilkenny.ab.ca).

Hall Rentals

The Kilkenny Hall remains closed.

# WEISS-JOHNSON

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\*conditions may apply



# McLeod Community League News

## McLeod Community Safety Director

New Drivers/Distracted Drivers is August's focus under the Alberta Traffic Safety calendar. New drivers are still learning the rules of the road and making rookie mistakes behind the wheel. Smartphones and other passengers can be as equally distracting to new drivers. When teenagers are driving in the car with their friends, they still want to be included in the passenger conversations and social media excitement. Parents and or guardians, have the conversation with our young drivers about these added distractions. Get them to drive you around, praise them for what they are doing well and explain how they can get even better. Just because they have passed a road test does not mean you cannot assist them in being even better drivers.

For the rest of us, who are not new drivers, we are not

perfect either. Please stay off your phone, that includes at red lights. You can still be issued a ticket even though you are stopped. Do not drive with your pet in your laps. This interferes with your ability to operate a motor vehicle and you can be issued a ticket under the Traffic Safety Act.

### Seat Belts

I am still seeing a lot of drivers and passengers not wearing their seat belt or not wearing them properly. Please buckle up. It is for your safety. Having the shoulder strap of your seat belt under your arm is not wearing it properly and you can receive a ticket. Fines for not wearing your seat belt or improperly wearing your seat belt are \$155.00 under the Alberta Vehicle Equipment Regulations.

### Stop Signs

When you approach a stop sign you must stop before the line on the roadway, be-

fore a painted cross walk, or three meters before the intersecting roadway if no crosswalk or lines are painted on the roadway. Stopping after the line, crosswalk or closer than three meters from an intersecting roadway, will get you a ticket. There is a rumour out there you must stop for three seconds. That is false, however your vehicle motion must cease. A lot of drivers perform what is called a rolling stop where they slow down, look both ways and then proceed. This is not a stop and you will get a violation ticket for \$388.00 dollars plus 3 demerit points under the Alberta Use of Highway Rules and the Road Regulation.

### Speeding in Our Neighbourhoods

Whether you live in McLeod or any other community, please do not speed in residential neighbourhoods. No

one likes watching a vehicle zoom by on their street while they are out working or enjoying time in their yard. Slow down and be sure to watch for any children that might be out and about.

### School Zones

Wow, where did the summer go? Mostly washed away with all this rain we got. Schools will be starting up at the end of August and beginning of September. Please be extra cautious when travelling through these areas. Do not speed, watch for children that may dart out around school buses or other vehicles, and please don't park illegally. I will provide some information on some of the most common parking offences. You are required to park at least 5 meters from the near side of the crosswalk, yield and stop signs and from an adjoining intersection. You must park at least 1.5 meters from any



driveway. You cannot park on or across any sidewalk or boulevard. You must park right wheels to curb unless a traffic control device (sign) says otherwise.

### Back to School

Parents/Guardians, please discuss with your children that they should not walk out into the roadway. Explain to them to only use marked crosswalks and cross when it is safe to so.

Use the three P's: Point, Pause and Proceed.

Point the direction they are going, pause and look to ensure traffic in both directions has stopped and then proceed.

Also, it is very important

to speak with your children about stranger danger and have a code word that only you and them know in case someone else has to pick them up.

I also ask you to keep your eyes open for suspicious persons or vehicles around schools. If you spot a suspicious person or vehicle, please call Edmonton Police at 780-423-4567 immediately and inform school staff.

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

## McLeod AGM

McLeod Community League will hold its AGM on October 29th. We have not determined at this time whether the AGM will be live with appropriate distancing and sanitizing measures or held via Zoom. The positions open for

election this year are Vice-President, Treasurer, Programs Director, Baseball Director, Volunteer Director, Casselman Community Director, McLeod Community Director, and Membership Director. If you're interested in volun-

teering with the Board in this, or any other, capacity, please email [secretary@mcleodcl.ca](mailto:secretary@mcleodcl.ca). We would love to have you attend a Board Meeting (held on the last Thursday of each month) and see what we're all about!



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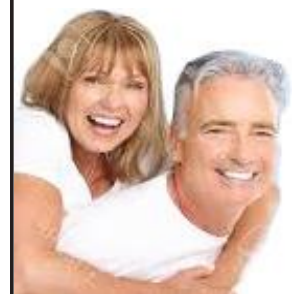
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## McLeod Karate: social distancing, sunshine and exercise



Summer classes are well underway. The weather has been...cooperative sometimes. But we're still going strong. We are shifting to traditional summer class times for August. We have now shifted to in-person classes only. Masks are mandatory. Sunscreen and mosquito repellent are encouraged. Tuesdays and Thursdays are held in Rundle Park. Wednesdays are held in the park space behind Capilano Hall. Google locations are on our Facebook page and can be sent via text or email. Karate: 6 - 7:30 pm

Kobudo 7:30 - 8:30 pm

If you are looking for an activity for the fall, now's your chance to try out karate - free of charge; however, students joining us outside must acquire a Karate Alberta membership. No experience needed and new members always welcome- all you need is a desire to learn and work hard. Questions - feel free to contact Renshi Jamie Hanlon at [kaizen.dojo@shaw.ca](mailto:kaizen.dojo@shaw.ca) or 780-619-3136.



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

# 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
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## Early Learning

For children 12 months - 5 years old  
Nutritious Lunch Provided (following Canada's Food Guide)



## Out of School Care

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Nutritious lunch provided for kindergarteners and for all children on school holidays.



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shbc.ca/childcare

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AUGUST 12TH  
6:30pm - 8:00pm

**LIGHT UP THE NIGHT**  
AUGUST 26TH  
8:00pm - 9:30pm

**NEIGHBOURFEST 2020**

**WHERE'S BIGFOOT?**  
AUGUST 19TH  
6:30pm - 8:00pm

Covid Friendly Events!

A free event  
Wednesday's @  
Steele Heights  
Baptist Church  
5812-149 Ave

## Do you get heartburn?

Heartburn and acid regurgitation are common. They happen when food in the stomach backs up into the esophagus (the food pipe that leads from the mouth to the stomach).

This is often referred to as reflux or GERD (Gastro-Esophageal Reflux Disease). It is uncomfortable and over time, it may damage the esophagus lining.

Proton pump inhibitors (PPIs) are medicines commonly used to treat reflux. They are acid blockers. They decrease the amount of acid that the stomach makes, which lessens reflux symptoms.

More than 10 per cent of Albertans fill a PPI prescription each year. While PPIs are effective at treating heartburn, they are often only needed for a short time. In many cases, heartburn medicines are only needed for four to eight weeks.

PPIs are generally safe. However, they can cause headache, nausea, diarrhea (rarely), malabsorption of some important nutrients and rashes.

Some people need to take a PPI for a long time. People who may need to continue taking a PPI include those with severe reflux disease; a condition called Barrett's esophagus; long-term use of nonsteroidal anti-inflammatory drugs (such as ibuprofen); stomach ulcer prevention; or a history of bleeding stomach ulcers.

People over the age of 18 who have been taking a PPI for more than four to eight weeks can talk to their doctor, nurse practitioner or pharmacist about whether stopping a PPI is the right choice for them. Doctors, nurse practitioners or pharmacists can help to decide on the best approach to using less medicine. They can advise on how to reduce the dose, whether to stop it altogether, or how to make lifestyle changes that can prevent heartburn symptoms from returning. More info at [albertahealthservices.ca](http://albertahealthservices.ca)



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**Chris Nielsen**  
MLA for Edmonton-Decore

Our office will be booking in person meeting by **appointment only** starting on **June 1st, 2020**. Please call or email us to set up an appointment.



Unit 203, 8119-160 Avenue NW



edmonton.decore@assembly.ab.ca



780-414-1328





# Northmount Community League News

## AGM still a go for Tuesday, September 15th. 7 PM

We are still having our AGM on Tuesday, September 15th, but it will be run a little differently. In order to follow recommendations from Alberta Health, and considering best practices to keep everyone safe at the AGM, the following protocols will be in place.

1) Our space is limited to 50 people in total at this time. Please RSVP to [president@northmount.ca](mailto:president@northmount.ca) to save your spot.

2) The doors will be shut and locked at 7 PM – This is to allow our door volunteers to join the AGM meeting when it starts. Please arrive early so that the meeting may proceed on time, the doors will be opened at 6:30 in order to accommodate the extra time needed to follow the recommendations listed below.

3) Please bring your own pen to sign in at the start of the meeting. Signing in is needed for our AGM registration, but this year it will also be used for contact tracing purposes in case Alberta Health reaches out and needs to contact people.

4) Please bring and wear a mask to protect other residents attending the meeting. A limited number of disposable masks will be available for those who don't bring one.

5) You will be asked to sanitize your hands upon entry to the meeting.

6) You will also be asked the standard Alberta Health screening questions, so please do not attend the meeting if you are unwell.

7) Chairs will be placed to meet social distancing requirements, so please do not move them once you enter.

8) Tables will not be used at this meeting, except for registration sign in, and for the secretary to use with the president in order to facilitate the meeting.

9) Current, up to date membership is required to participate in this meeting. Memberships expire every August so you will need a 2020-2021 membership which is now available for purchase. I am asking everyone to purchase the new membership ahead of

time, this can be done online at <https://efcl.org/>

Below you will find the job descriptions of various board positions that are currently up for election. Read through them to see if something suits your interests!

**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 AGM 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](mailto: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 submit 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.

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	
Adult Programs Director	Robin Wheatley	780-473-8634
Bingo Director	VACANT	bingo@northmount.ca
Casino Director	Sid Plamondon	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 Explorerz	Karen Plamondon	

## Tigers roar for new space at the zoo

The Edmonton Valley Zoo is celebrating International Tiger Day by unveiling an expanded home for its Amur tigers, Amba and Taiga.

The new space doubles the size of the animal habitat and opens up the possibility for the zoo to fully participate in breeding programs to protect the genetics of this endangered species. In addition, a new public training window will give visitors a new way to learn about tiger behaviour and conservation.

"This investment demonstrates our commitment to protecting this amazing species and supporting wildlife conservation in general," said Lindsey Galloway, Director of the Edmonton Valley Zoo. "The Edmonton Valley Zoo can now expand its role in the Amur tiger Species Survival Plan, which is an international coordinated breeding program for captive endangered species."

To help protect tigers in the wild, Valley Zoo will donate a portion of proceeds from ice cream and mask sales to the Wildlife Conservation Society's Siberian Tiger Conservation Project in Russia.

There are estimated to

be only about 500 Amur tigers left in the wild. In the WCS project, specialists use radio-tracking of more than 60 tigers to study tiger social structure, land use patterns, food habits, reproduction, mortality, and relationships with other species, including humans. The project, part of an international conservation effort, has helped stabilize the wild population.

Construction of the zoo's 3,050-square-metre (10,000-square-foot) habitat addition began in 2019 and cost \$1.1 million. The total animal space for tigers is now almost 4,876 square metres (16,000 square feet). The project also includes two new viewing areas, upgraded LED lighting, and new security and control systems. A portion of the cost was funded by donors to the Valley Zoo Development Society.

"We are so fortunate to have many friends, partners, and donors who believe in the work we do here at the Edmonton Valley Zoo. We couldn't do things like this without the wonderful support we receive from the community," Galloway said. "We would especially like to

acknowledge the Gregg Distributor's Employee Sunshine Fund, which has contributed \$500,000 for various capital improvements at the zoo, including the tiger habitat."

Other major donors for the tiger exhibit include Sherrick Management, which has sponsored the tiger exhibit since 2015, and Fox Miles, a tiger sponsor for the past two years.

This is the latest in a series of projects in the zoo's ongoing renewal. Since 2012, the zoo has opened the new Entry Plaza, Wander Trail and Arctic Shores sections, upgraded the lemur habitat, reptile wing, nocturnal wing, veterinary hospital, and in 2019 opened Nature's Wild Backyard Phase 1 — which includes the Urban Farm, the red panda habitat and play space, and the 40 Acres restaurant. The improvements are part of Edmonton Valley Zoo transition to a place for learning, research and conservation.

The Edmonton Valley Zoo reopened on June 15 after a three month closure due to COVID-19. For more information on online ticketing, new facility guidelines, and safety precautions, please visit [www.valleyzoo.ca](http://www.valleyzoo.ca)

## Follow us on Social Media

Do you want to keep up to date on happenings in Northmount?

Join our Facebook page at <https://www.facebook.com/groups/NorthmountCommunit>

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



## President's Message

Hello everyone,  
As the Province continues to re-evaluate different restrictions that are in place, it becomes hard to plan far into the future. Originally, the Community Hall was set to reopen as part of Phase 3 of the relaunch plan, but last minute it was included in Phase 2. As the executive members continue to watch for announcements and fol-

low recommendations to prepare for our re-opening, they have decided to hold off on re-opening the rental space and programming for right now. The amount of volunteer hours needed to ensure the safety of everyone, and to get the hall ready in a safe capacity based on recommendations by Alberta Health and the Government is more than we can manage at this

time. Programming will continue to be on hold until after our AGM in September, so the new board can decide on direction for the Community Hall. If you have any questions, please reach out. I can be reached at [president@northmount.ca](mailto:president@northmount.ca)

Be well, stay safe and wash your hands!

Meagan Plamondon (she/her)  
[president@northmount.ca](mailto:president@northmount.ca)

## Cancer and Fatigue

Fatigue is a sense of tiredness that doesn't seem to go away, even with rest or sleep. It often happens along with other symptoms, such as pain or poor sleep. You may feel fatigued during cancer treatments, right after treatments, or even for months after treatment.

Even as your cancer treatments are working and you are getting better, you may feel exhausted. Feeling fatigued does not mean that your cancer is getting worse or that your treatment isn't working.

Symptoms such as pain, vomiting, diarrhea, lack of appetite, and nausea can cause fatigue. Talk to your doctor about treatments for these symptoms. He or she will also be able to help you if your tiredness is from anemia, medicines you are taking, or other health problems.

Rest and activity

Home treatment may help to relieve fatigue caused by cancer or the side effects of chemotherapy or radiation therapy. If your doctor gives you instructions or medicines to treat fatigue, be sure to follow them.

Get extra rest while you are receiving chemotherapy or radiation therapy. Let your symptoms be your guide. Fatigue is often worse at the end of treatment or just after treatment is completed.

Manage your energy. Plan ahead to make the most of the energy you have.

Set priorities. Make a list of the most important things you



need to do.

Keep a list of the things that are less important for when you have help.

Pace yourself. Rest when you need it. Fatigue usually has a pattern. Watch to see what time of day you have the most energy.

Plan activities that require the most energy for when you have the most energy. For example, if you feel best in the morning and taking a shower is at the top of your list, plan to take your shower in the morning.

Use labour-saving devices. This may mean having a bedside commode or using a raised toilet seat. Or this may mean using grabbing tools or a walker.

Alternate rest with physical activity. Gradually increasing your activity may help. But exercise may not be good for some people who have cancer, such as those who have a fever or who have anemia. Talk with your doctor to see if exercise is okay for you. Walking, swimming and yoga are all good activities to help reduce fatigue.

Eat foods that will give you a balance of calories, protein,

carbohydrate, fat, vitamins, and minerals. Be sure to drink enough fluids. Try nourishing soups, which are easier to digest. Reduce your use of caffeine, nicotine, and alcohol, which contribute to fatigue.

Get a good night's sleep  
Go to bed when you are sleepy. Try to set routine times to go to bed at night and get up in the morning. If you can't fall asleep within 20 minutes after you first go to bed (or if you wake during the night), get out of bed and do something else until you feel drowsy.

Avoid long naps or naps in the late afternoon. And limit your total time in bed.

Avoid caffeine after noon.  
Make your bedroom dark, quiet, and comfortable.

Relaxation training may help. So can cognitive-behaviour therapy (CBT), which is designed to improve sleep quality.

For a child with cancer, a set bedtime and a routine helps with sleep. Like adults, children need a bedroom that is comfortable. Having a familiar blanket, toy, or other security object that the child can take to bed is also helpful.



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**Heather Sweet**  
MLA for Edmonton-Manning

Alberta's  
**NDP Caucus**

Your Edmonton-Manning Constituency Office provides the following services:

- Providing information and referrals to community resources
- Assistance with understanding and navigating programs delivered through Government of Alberta agencies such as Alberta Works, AISH, WCB, etc.
- Ensuring Government agencies are following procedures and legislation
- Forwarding constituent concerns
- Attending community events and bringing greetings from the Legislature
- Notary and commissioner of oath services

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