

# NORTHEAST VOICE

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

November 2020



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

## Okinawan Karate at McLeod

Put some kick into your fall. Okinawan Karate is back at every Tuesday night at McLeod. Quality instruction at affordable rates; family rates are available.

All classes are taught by an internationally certified fifth degree black belt instructor with over 40 years training experience and 34 years teaching experience.

6-7 pm Youth and Family (ages 7+).

7-8 m Adults (ages 13+)

8-9 Ryukyu Kobudo (ages 13+)

The science is clear: studying martial arts helps build confidence, improves fitness levels and manage stress - and it's great for your brain, too!

Stay active, stay connected, stay safe! COVID-19 protocols are in place for every class. We encourage students to bring masks. For more information, visit [www.kaizen-dojo.ca](http://www.kaizen-dojo.ca).



## 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: starting in November

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

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

Cost: \$50 for 5 classes or \$10/drop-in

Registration Contact: [namskram@yahoo.com](mailto:namskram@yahoo.com)

To ensure the safety of everyone participating in Zumba classes at the Hall, we will follow the Guidance

for Sports, Physical Activity and Recreation – by Government of Alberta.

We will take measures to reduce risk of exposure and transmission.

We will ensure a minimum distance of 3 metres is maintained in all directions of each participant.

McLeod Community league  
14715 59st

## Community Clothing Drive

We are here to help rid you of all those unwanted clothing and help those in need in our community! We are collecting **CLEAN WEARABLE** Clothing, outerwear and shoes for women, men, children of all ages.

All items collected will be spread out in our hall for those to come and take what they need at our free market days. Anything left over will be donated to different charities in our great city!

**Free Market Days!**

November 27 6-8 pm

November 28 10-2 pm

November 29 1-4pm

**SPREAD THE WORD TO FAMILY AND FRIENDS**

For Donation drop offs please contact [donate@mcleodcl.ca](mailto:donate@mcleodcl.ca)

## McLeod Rink Opening

At this time, we are uncertain of the ability for McLeod to run our rink this winter. We have been working with the City of Edmonton and the Edmonton Federation of Community Leagues, both of whom are very helpful, to figure out how to do this in a COVID-compliant manner. Our tentative plan is to open

the outdoor rinks but limit the number of skaters. The rink shack will likely not be open for public access. This also means no washrooms would be available and there would be no concession. We recognize that this is not ideal, but we also know that families need recreation opportunities this winter.

This also means our traditional Del Golinowski 3v3 Hockey tournament and our Newcomer Skate are on hold. We hope to run these events but are not certain yet.

Please keep an eye on our Facebook page for news about both.

Please send any questions to [secretary@mcleodcl.ca](mailto:secretary@mcleodcl.ca)



# 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.

\$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).

## 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](http://www.facebook.com/evansdalecommunityleague)

## New Voluntary Public Health Measures

The Alberta Government has release three new voluntary public health measures for the Edmonton Zone:

1. All family and private gatherings should be limited to no more than 15 people, previously it was 50. What this meant for leagues:

Leagues that are renting their halls out to private events should ensure no more than 15 attendees are present.

For Leagues renting out to weddings in the near future, consider talking to renters to see if numbers of attendees can be reduced.

This also applies to any private League board meetings.

2. Masks should be worn in all indoor work settings except when a person is in a separate or confined workspace such as an office.

3. everyone should limit the cohorts they belong to no more than three. For most families, this would include a household cohort, and activity cohort. Childcare cohorts

are considered separate because currently there have not been significant cases of transmission in these settings. Workplaces do not count as a cohort.

### City of Edmonton COVID-19 Updates

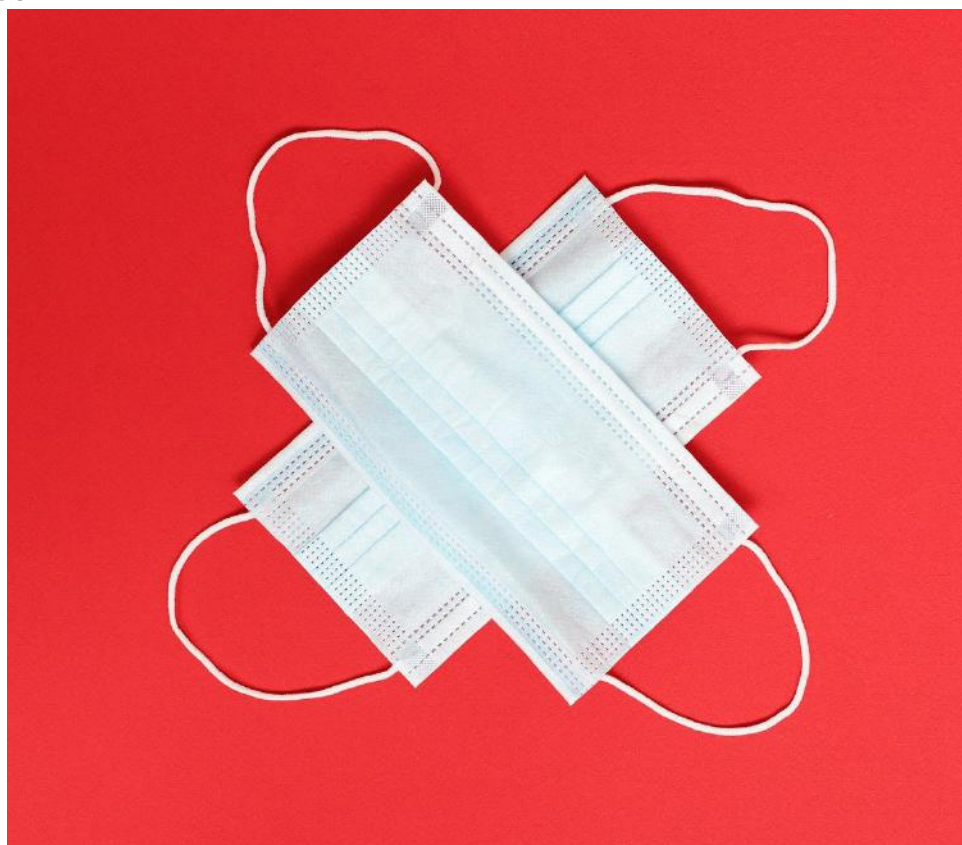
The City of Edmonton introduced new regulations to City amenities on October 15. The highlighted key points are the following:

There will be no spectator access in areas without designated spectator seating, such as field house, gyms and most pools.

In facilities with designated, controlled spectator areas, like arenas, 25 percent of regular seating capacity will be allowed (up to 50 spectators, 100 in larger arenas).

New capacity figures have been posted in arena websites.

No social event rentals (parties, reunions) or picnic site bookings will be allowed for the remainder of 2020 to discourage larger social gatherings.



Capacity for other indoor bookings and rentals, such as business meetings, has

been reduced to 25 percent of normal room capacity to a maximum 50 people.

Increased security and crowd monitoring will be implemented at facilities to

ensure safety protocols are being followed.

2020 Community League Swim Season

Community League Members still have the opportunity to use the Community League Wellness Program. This Program allows access to our facilities at any time. It includes:

Annual Membership – 20% discount on Adult, Family, Child, and Youth/Senior Annual Memberships

Multi Admission Pass\* - 15% discount on our already discounted multi admission passes (5+ visits)

Continuous Monthly Membership – 20% discount off an ongoing monthly membership using our convenient pre-authorized debit program.

● These discounted memberships can be acquired by presenting your

● Valid Edmonton community league membership card at any one of the

● City of Edmonton sports and fitness facilities.



# McLeod Community League News

## McLeod Community Safety Director

Alberta Traffic Safety Calendar 2020 Focus is Occupant Restraints. The correct use of seat belts, child car seats and booster seats is one of the most important and easiest ways of reducing death and injury from vehicle collisions. One of the offenses I see commonly is drivers wearing shoulder belt under their left arm. With the shoulder belt under your arm your upper body will not be held back in a collision. The fine amount is the same as not wearing your seat belt at \$162.00 under the Alberta Vehicle Equipment Regulations.

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

### Rear Facing

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

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

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

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

Rear-facing: the harness must be at or below the shoulders of the child.

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

Chest Clip should be placed at armpit level.

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

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

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

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

### Forward Facing Car Seats

Before you install a forward-facing car seat you need

to do the following:

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

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

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

In Canada all forward facing harnessed seats must be tethered. The tether reduces the distance a child's head can move forward in a crash.

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

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

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

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

Chest Clip should be placed at armpit level.

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

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

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

### Booster Seats

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

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

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

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

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

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

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

### Adult Seat Belt

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

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

Knees bend comfortably at

the edge of the vehicle seat with feet touching the floor.

Belt should make contact with chest and be centered at the collarbone.

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

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

### Lights

Still seeing lots of vehicles driving around in the early morning or at night when it's dark with no taillights on. The most common reason I find is the driver is not familiar with their vehicle and their headlight switch is to the off position. With newer vehicles the dash lights and daytime running lights will be on but the taillights will not be. Before you drive ensure you physically turn on the headlights on with your switch or even better leave your switch – if equipped – to the automatic position. Refer to your owner's manual if you are unsure.

### Vehicle Safety

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

While away from your vehicle doing your shopping if you need to leave bags or packages ensure you leave them out of sight. This also applies to loose change, garage door openers, wallets or purses. Ensure your vehicle is locked at all times.

### Winter Driving

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

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

Give yourself extra space between vehicles.

Slow down when approaching icy intersections.

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

Do not use cruise control in winter conditions.

Signal well in advance before turning.

Turn on your headlights and ensure your taillights are on.

Unless travel is necessary during storms please stay off the roads.

In addition, as the temperatures drop ensure your vehicle is in good operating condition. Take it to a trusted mechanic or shop and have it serviced. While saying that, now is the time to ensure you have an emergency safety kit in your vehicle. Things to include are

**Food that won't spoil, such as energy bars**

Water—plastic bottles that won't break if the water freezes

Blanket

Extra clothing and shoes or boots. Extra pair of thick socks as well.

First aid kit with seatbelt cutter

Small shovel, scraper and snowbrush

Candle in a deep can and matches

Flashlight

Whistle—in case you need to attract attention

Roadmaps

Sand, salt, or cat litter (non-clumping)

Antifreeze and windshield washer fluid

Tow rope

Jumper cables

Fire extinguisher

Warning light or road flares

### COVID-19

Thank you to all of you that are wearing masks in business's as required by the City's Bylaw. Whether you believe in the virus or not this helps not put our business owners or staff in an awkward position and have to speak to you or refuse service. We have to trust our medical officials' advice. I too am exhausted by the virus but every day we are one day closer to life returning to normal.







# Kilkenny Community League News

## Kilkenny Community League Memberships

Memberships are sold in person during the spring (March) and fall (September) sports registration dates (please bring proof of address [utility bill or drivers license]).

However memberships are sold year round through the Edmonton Federation of Community Leagues (EFCL) website. Membership types and rates are listed there.

Benefits of membership include:

Free community league swim at:

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

Grand Trunk Fitness & Leisure Centre, located at 13025-112 Street NW, every Sunday from 4:15 pm – 5:45 pm and Fridays 7:15 pm – 9:15 pm.

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

Free outdoor skating at

ANY Community League rink (ensure you have current skate tags).

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

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

Please come out and support your community!

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



## 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.

## 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

Kilkenny AGM – Thursday, November 5, 2020 @ 6:30pm at Kilkenny Rink. Please dress warm.



# M&M FOOD MARKET

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### \*EXCLUSIVE IN-STORE SPECIALS\*

### CURBSIDE PICKUP



## Click & Collect

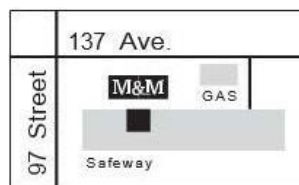
### NORTHGATE CENTRE

between Marshalls and Safeway

Unit 1000, 9499 - 137 Ave. N.W.

Edmonton, Alberta

Phone: 780-478-0515



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ARTIFICIAL COLOURS, FLAVOURS or SWEETENERS in **ANY** of our food

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Monday to Friday 10 AM – 9 PM

Saturday 9 AM to 7 PM

Sunday 10 AM to 6 PM



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

\*\*conditions may apply



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# the Gutter Doctor

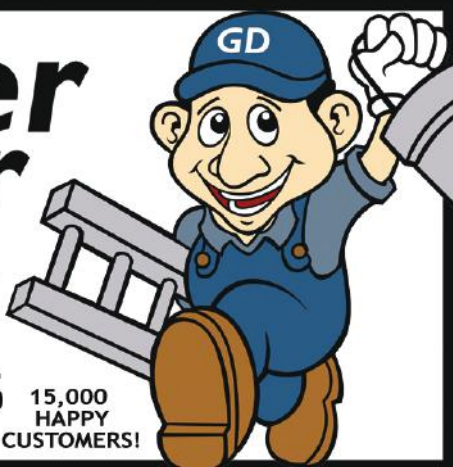
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## Londonderry Denture Clinic

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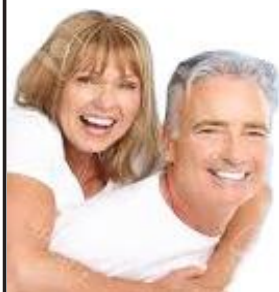
R. Lucyshyn DD

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# Northmount Community League News

## Board of Directors as of September 15, 2020

POSITION	NAME	Contact
President	Meagan Plamondon	president@northmount.ca
Vice President Operations	James Crocker	Vp-operations@northmount.ca
Vice President Programs	Robin Wheatley	Vp-programs@northmount.ca
Treasurer	VACANT	
Acting Treasurer	Margaret Warwick	treasurer@northmount.ca
Secretary	Margaret Warwick	secretary@northmount.ca
Area 17 Council Rep.	Karen Plamondon	
Adult Programs Director	Robin Wheatley	
Bingo Director	VACANT	
Acting Bingo Coordinator	James Crocker	bingo@northmount.ca
Casino Director	Sid Plamondon	casino@northmount.ca
Children's Program Director	VACANT	
Civics Director	Kim Manzo	
Communications Director	VACANT	
Communications Chair	Michele Crocker	newsletter@northmount.ca
Facilities Director	Sid Plamondon	facilities@northmount.ca
Family Programs Director	VACANT	
Memberships	Robin Wheatley	memberships@northmount.ca
Past-President	Terry Kitching	
Seniors Programs Director	VACANT	
Soccer Director	VACANT	
Sports Explorerz	Karen Plamondon	

## President's Message

Last month we had our AGM, thank you to our volunteers for taking on positions this year. A special thank you to our retiring board members for their service over the past year. With things always changing, some programming will continue to be on

hold to do our part as we keep the cases of Covid-19 down.

Yoga and Hapkido started up again, but with limited capacity to ensure everyone's safety. At this time, we are not taking new registrations, but will keep class running for the current students reg-

istered. As recommendations change over time, further decisions about the 2 programs will be made. If you have any questions, please reach out to president@northmount.ca

All the best and be well!

Meagan Plamondon (she/her) president@northmount.ca

## Board of Directors Update

We would like to extend a warm welcome back to Kim Manzo as our new Civics Director! Kim was previously one of our soccer directors and has decided to volunteer her time with us again, we really appreciate it!

We would also like to say thank you to our retiring board members, Joanne Cheetham and Michele Crocker. Joanne was our soccer director for many years. She dedicated her time over both the indoor and outdoor seasons to coordinate our soccer program, ensuring our kids had a team to play on and a coach to guide them. Michele has stepped down as

a Director but will continue as Newsletter Chair until a replacement is found. Before being Newsletter Director, Michele was our Treasurer and Co-Treasurer for many years.

We still have many vacant board positions available, which you can see in our contact information. Our next AGM is in April of 2021, please consider helping Northmount Community League by volunteering your time to one of these positions. We are hopeful that in the new year we will be able to get some programs up and running, and we will need volunteers to make sure that can happen! We desper-

ately need a bingo director as soon as possible to help our fundraising efforts. If you can help with that please contact Meagan at president@northmount.ca to inquire about the position.

A note about Northmount board meetings. Due to increasing COVID numbers, it has been decided to have all meetings virtually for the foreseeable future.

Our next meeting is scheduled for Tuesday, November 17 at 7 pm. If you would like to attend virtually, please email Meagan at president@northmount.ca by Thursday, November 12th for an invitation.

## Follow us on Social Media

Do you want to keep up to date on happenings in North-

mount?

Join our Facebook page at

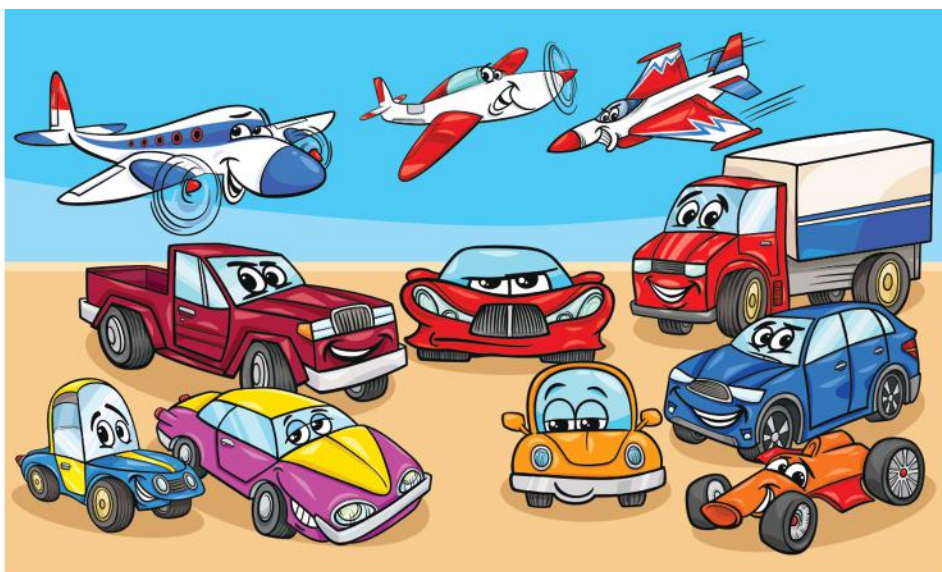
<https://www.facebook.com/groups/NorthmountCommunityLeague/>

Join in the conversations, RSVP to Events

we are hosting, and connect with fellow community mem-

bers.

We'd love to see you there!



FIND  
7  
DIFFERENCES

Spot the 5 differences and be entered to win a \$10 Kernels Popcorn giftcard!

Send an email with your answer and contact info to [contest@communityleagueneews.com](mailto:contest@communityleagueneews.com) to be entered! Winner will be randomly selected November 14th 2020.



## Important information Canada's New Recovery Benefit (CRB) benefits

By Chandan Talukder, CN Tax & Accounting

The Canadian Emergency Response Benefit- (CERB) is gone on September 26, 2020. Government of Canada has started three New Pandemic Relief Benefits for Canadian residents: 1. Canada Recovery Benefit (CRB) 2. Canada Recovery Benefit (CRB) 3. Canada Recovery Sickness Benefit (CRSB). Updated information can be available Canada Revenue Agency website before to apply.

How to apply: Two of the three new benefits are already accessible through the Canada Revenue Agency's My Account portal online or its phone line at 1-833-966-2099.

The Canada Recovery Benefit (CRB) has opened on October 12, 2020 for the first period from September 27, 2020 to October 10, 2020.

The Canada Recovery Benefit (CRB) gives income support to employed and self-employed individuals who are directly affected by COVID-19 and are not entitled to Employment Insurance (EI) benefits.

If you are eligible for the CRB, you can receive \$1,000 (\$900 after taxes withheld) for a 2-week period.

If your situation continues past 2 weeks, you will need to apply again. You may apply up to a total of 13 eligibility periods (26 weeks) between September 27, 2020 and September 25, 2021.

Eligibility criteria: You were not working for reasons related to COVID-19 or you had a 50% reduction in your average weekly income compared to the previous year due to COVID-19. You did not apply for or receive any of the following:

Canada Recovery Sickness Benefit (CRSB), Canada Recovery Caregiving Benefit (CRCB) short-term disability benefits workers' compensation benefits, Employment Insurance (EI) benefits, Quebec Parental Insurance Plan (QPIP) benefit, You were not eligible for EI benefits

You reside in Canada, You were present in Canada, You are at least 15 years old

You have a valid Social Insurance Number (SIN)

You earned at least \$5,000 in 2019, 2020, or in the 12 months before the date you apply

You have not quit your job or reduced your hours voluntarily on or after September 27, 2020, unless it was reasonable to do so Penalty You were seeking work during



the period, either as an employee or in self-employment Provincial course exception. You may work while receiving the CRB. You have not turned down reasonable work during the 2-week period you're applying for

Warning: Verifying your eligibility: The CRA will verify that you're eligible to receive the CRB. Individuals who are found to have intentionally made fraudulent claims may face additional consequences, such as penalties or possible jail time. It is recommended to check the eligibility before to apply to avoid any future consequences.

CN Tax & Accounting has ranked the status "Top Three Best Rated Accounting Firm" and "Best Accountants in Edmonton in 2020". CN Tax & Accounting provides supports for individuals and business owners for Tax & Accounting need and can be reached at 780-289-3870 for free a consultancy.

## October is Breast Cancer Awareness Month

Breast health is part of your health and well-being. Breast cancer starts when breast cells become abnormal and start to grow out of control. Men and women may both develop breast cancer. A mammogram is an X-ray of the breast. It is one test that is commonly used to look for breast cancer. There are two types of mammograms. A screening mammogram looks for signs of breast cancer before any symptoms appear. A diagnostic mammogram looks for breast cancer in women who have symptoms. Or it is done if you had an abnormal screening mammogram. It's also used to find an area of suspicious breast tissue to remove for a biopsy. Surgery is a main treatment for breast cancer. Surgery is most often a lumpectomy to remove part of the breast or a mastectomy to remove the whole breast.



If you have been diagnosed with breast cancer and require surgery, breast surgery in Alberta is a same-day surgery, so you'll come to the hospital and go home (be discharged) on the same day.

Same-day surgery is safe and most people prefer to recover at home rather than in the hospital. Your surgeon will consider your health and living arrangements to make sure it's safe for you to go home the same day of your

surgery. In special cases, you may need to stay in the hospital overnight.

If you have been diagnosed with breast cancer, contact your local chapter of the Canadian Cancer Society or call 1-888-939-3333 to find a support group in your area. Talking with other people who have faced similar situations can be very helpful.

Content provided by: Alberta Health Services, myhealth.alberta.ca

# Having sex?

You need to know:

## ALBERTA HAS DECLARED A SYPHILIS OUTBREAK

Last year over 2000 Albertans found out they have Syphilis. Many more may have it and don't even know it.

Symptoms or not: be protected. Get tested often: it's free, confidential, easy.

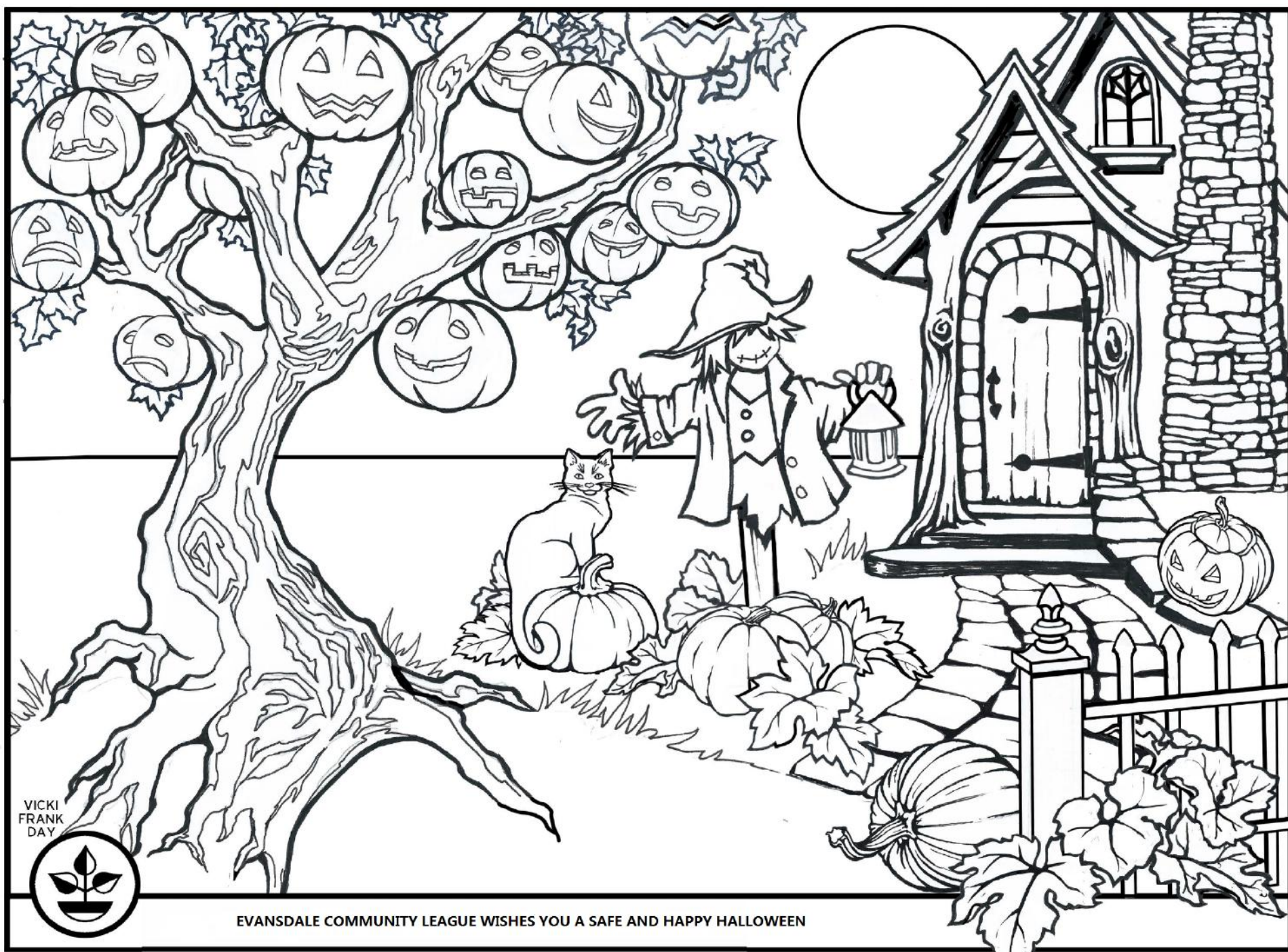
WHERE? Visit [ahs.ca/syphilis](https://ahs.ca/syphilis) or call 811

Alberta



Alberta Health Services






**Vista**  
*Housing for Seniors*

SUBSIDIZED APARTMENTS  
 FOR LOW INCOME SENIORS

780-476-1470  
[www.vistahousing.org](http://www.vistahousing.org)

14 PROPERTIES IN EDMONTON

Accepting applications for persons 60+  
 at select locations

## Evansdale Halloween coloring contest

Looking for a fun activity for kids and grown-ups alike this Halloween?

We are having a Halloween coloring contest – open to kids of all ages!

How to enter:

Print the sheet and color it.

Once it's colored, submit it online by taking a picture of the finished photo and emailing it to [newsletter@evansdale.ca](mailto:newsletter@evansdale.ca). Alternatively, you can post it on your own Facebook wall, but make sure it is visible to public and tag us so that we can view it.

Hashtag for this event is #evansdalehalloween2020, you need to include the hashtag in your finished photo to enter the contest.

Deadline is November 15,

2020! Please make sure you have your finished work submitted by that time.

When entering the contest, please include your kid's name and age.

The winner will be announced on Evansdale Community League's Facebook on November 15, 2020.

Prize is \$50 gift card from ToyRUs.

We will be in touch with the winner after the announcement to reach a safe and efficient way to send the prize out.

By entering the contest, a Child's parent or guardian agrees to the rules outlined above as well as to the work being published on our Facebook afterwards.