

NORTHEAST VOICE

Serving the community leagues of
Evansdale, Kilkenny, McLeod, Steele Heights.

April 2015



Published by Calder Publications. For advertising please call 780-434-9732 or email info@communityleagueneews.com

Upcoming Events in Northeast

April

- 15: Playschool Registration at Kilkenny (14910 72 St)
- 17: Movie Night at Kilkenny (14910 72 St)
- 18: Spring Flea Market at North Edmonton Seniors Association (7524 139 Ave)
- 24: Movie Night at McLeod (14715 59 St)

May

- 8: Movie Night at McLeod (14715 59 St)
- 8: This is Home St. Michael's Fundraiser (7406 139 Ave; e-mail aewanchuk@smhg.ca for tickets)
- 9: Cribbage Doubles Tournament at North Edmonton Seniors Association (7524 139 Ave)
- 10: Mother's Day (Wherever your Mother is)
- 15: Popovich Dinner Theatre at North Edmonton Seniors Association (7524 139 Ave) \$50 per ticket
- 22: May Frolic Toonie Tea at North Edmonton Seniors Association (7524 139 Ave)
- 22: Movie Night at Kilkenny (14910 72 St)
- 23: Ladies Night at Kilkenny (14910 72 St)

June

- 4-6: Creative Age Festival at North Edmonton Seniors Association (7524 139 Ave)
- 12: Movie Night at McLeod (14715 59 St)
- 20&21: Summer Festival at Londonderry Sports Fields (behind M.E. Lazerte)

July

- 4&5: Summer Sale at McLeod (14715 59 St)

Steele Heights Facility Manager Report

We have buddied up with the EPS to monitor and controlling illegal activity in the parking lot area. We met with our Community Liaison officer and we are working to have a SEPTED, a security audit, completed for our hall.

Our apologies to the parents of York students. The parking lot has been compromised by a bit of water but we are working with the city to resolve it.

Interesting history tidbit – York School yard at one time was a mink farm. If anyone has other little bits of historical information we would love to hear it.

If you would like to have a tour of the newly renovated hall, contact Gwenna via the Steeleheights e-mail. We would love you to tour the hall and help spread the word.

On March 9 a coyote was seen in the school field at 835 am. Reminder to community; if you see a coyote or other larger wildlife, do not approach them. Contact 311 and speak with Animal Control. Advise children to stay away. There have been numerous sighting in the residential alleys throughout York/Steele Heights. The coyotes are getting braver and are not afraid of people. Ensure your garbage is in a can or behind a fence so they don't have an easy source of food.

Gwenna Williams

steeleheightscommunity@gmail.com

McLeod Thanks All Volunteers

"A volunteer action is like a stone thrown in a lake: its effect has a direct impact. At the same time, like ripples, volunteer efforts reach out far and wide to improve communities. Undeniably, volunteers rock." (Volunteer Canada)

National Volunteer Week takes place April 12-18. McLeod would like to thank all the community volunteers who either go above and beyond their service commitment or volunteer without expectation of anything in return. Thank you for your contributions to your community. For more information about National Volunteer Week, go to <http://volunteer.ca/nvw2015>.

Spring Cleaning for a Good Cause

It's that time of year again, time for spring cleaning! But, what do you do with the items you may no longer want or need? You've heard of the saying one person's trash is one person's treasure, so before you throw away items you don't want anymore, consider donating them to a charitable organization. Here are a few of the places I choose to donate to, this is just a fraction of the great organizations out there that take your unwanted items.

1. Canadian Diabetes Association. The CDA offers a free pick up service of your unwanted items. CDA appreciates donations of reusable clothing, accessories, small household items and electronic items. You can schedule a free pickup by phoning 1-800-505-5525 or online at diabetes.ca/promise. 100% of net proceeds support the Canadian Diabetes Association research, education, advocacy and programs.

2. Suit Yourself. Suit Yourself is an Edmonton registered charity that accepts donations of ladies new and gently-worn business attire. These clothes are then distributed free of charge to local women in need who are seeking employment or transitioning into the workforce. If you want to donate clothing, you must make an appointment online at <http://www.suityourselfclothes.org/donate-clothes/> or call and leave a message at 780-488-9930.

3. The Mustard Seed, Personal Assistance Centre (PAC). PAC provides short term relief, free of charge to individuals and families, by providing limited small household goods, personal hygiene items, and clothing. If you have any of the above items to donate, they can be dropped off at the back door of the Community Support Centre which is located at 10568 114 St NW. Please ring the door bell for service. The Centre hours are Monday to Friday, 9am – 5pm, closed Mondays from 11:30am-12:30pm. Please visit the website for detailed information on the most urgent donations The Mustard Seed requires, <http://www.theseed.ca/items-needed-edmonton.html>

S SPASATION
SALON & SPA

8 Locations to serve you.

(780) 406-7272

Indulgent Luxurious Affordable



WWW.SPASATION.COM

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

Shawna Walsh	President	780-237-2169	president@evansdale.ca
<i>Vacant-volunteer today!</i>	Vice President		vicepresident@evansdale.ca
Jeff Muiselaar	Past President	780-478-1759	pastpresident@evansdale.ca
David Dodge	Director of Sustainability	780-478-6162	sustainability@evansdale.ca
Moe Taha	Soccer Director		soccer@evansdale.ca
<i>Vacant-volunteer today!</i>	Treasurer		treasurer@evansdale.ca
Sue Harris	Credits	780-473-8796	credits@evansdale.ca
Cindy Hoekstra	Secretary	780-472-6559	secretary@evansdale.ca
Elaine Sarac	Membership Director	780-476-7442	membership@evansdale.ca
Richard Halls	Hockey Director	780-406-2885	hockey@evansdale.ca
Rhesa Palapay	Bingo Director		bingomanager@evansdale.ca
Jeff Muiselaar	Buildings & Grounds		
Jenny Park	Newsletter & Social Media	780-655-7189	newsletter@evansdale.ca
Jeff Muiselaar	Area 17 Representative	780-478-1759	pastpresident@evansdale.ca
Nicole	Belle Rive Sign Volunteer		signs@evansdale.ca
Jim Young	Evansdale Sign Volunteer		signs@evansdale.ca
Nicole	Poplar Park Sign Volunteer		signs@evansdale.ca
Sherrri Bessette	Eaux Claires Playground	780-641-6171	ecbr@evansdale.ca
Terri	Hall Rentals	780-478-4444	hallrentals@evansdale.ca
<i>Vacant-volunteer today!</i>	Program Director		programs@evansdale.ca
	Skating Rink	780-478-2577	

Hall Rental Information

Evansdale Hall 9111 150 Ave.



Evansdale Hall is a beautiful facility at 9111 150 Avenue. For more information visit our Hall Rentals page at www.evansdale.ca

Weekend rates:

Friday 12noon to Sunday 3pm

\$500 damage deposit

\$550 rental

Saturday/Sunday

\$400 damage deposit

\$425 rental

Monday – Friday

\$275 damage deposit

\$275 rental (\$150 members)

Use of dishes: \$100

Meetings: \$35/hour

References may be requested. Discounts available for community members of one year or more. Contact Teri at 780-478-4444 or hallrentals@evansdale.ca

Memberships

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

- \$25 family
- \$10 single
- \$10 seniors
- \$15 single parent
- \$15 couple with no children

Contact Elaine Sarac at membership@evansdale.ca or 780-476-7442 to get your Evansdale Community League membership. Please leave a message with your name and phone number. Or if you are in a rush you can buy memberships at the Edmonton Federation of Community Leagues website: www.efcl.org

Benefits of Community League Membership

- Free community league swims:
 - o Londonderry Pool (14528 66 Street) Sundays 4:15-5:45 pm
 - o Grand Trunk Pool (13025 112 Street) Sundays 4:15-5:45 pm
 - o 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
- Receive emails of upcoming community events and programs

Volunteer with the Community League

Evansdale Community League is a non-profit organization run by volunteers who live in the neighborhoods served by the league- Evansdale, Belle Rive, and Eaux Claires. Evansdale is still searching for new volunteers to serve their community. The time commitment is relatively small but the impact on our community is huge.

We are seeking volunteers to fill the following positions:

- Children's Programming Director
- Social Media Director
- Treasurer

The Community League meets on the second Tuesday of each month at 7pm at Evansdale Hall at 9111 150 Avenue. Drop in – ask questions – get information – provide input – GET INVOLVED. You will be glad you did! For more information on volunteering opportunities please contact our president Shawna Walsh president@evansdale.ca

Spotlight on City of Edmonton Bylaws

As spring and summer approach homeowners may see an increase in unwanted cats on their property. This is always a contentious issue, however, homeowners should be aware there are things they can do to address this problem. The first and perhaps most effective step may be to approach your neighbor and politely ask them to keep their cat on their property. You may also want to try some of these tips on the City of Edmonton website that make your yard unwelcoming to cats:

- Place mesh netting (angled outwards) or PVC pipe at the top of your fence to prevent cats from climbing over.
- Bury chicken wire just below the surface of your flowerbeds to discourage digging and cover the bed with bark chips or gravel so it is rough.
- Spray the cat with water whenever it enters your yard.
- Spread repellents such as vinegar or orange peels.

For homeowners with a wandering cat, please be considerate of your neighbors and make a concerted effort to keep your pet off private property. Keep in mind, the fine for an 'at large' cat is \$100. If a cat is licensed, however, it is entitled to a 'get out of jail free card', without a fine, every 12 months.

Editor



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

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

How to Save a Life

April 18-25th is National Organ and Tissue Donor Awareness Week.

Did you know you can now sign up to be an organ and/or tissue donor at MyHealth.Alberta.ca?

If you decide to be an organ or tissue donor, please let your family and loved ones know. They will then be prepared to speak on your behalf, in the event of your passing.

Those who are interested in being a 'living donor' (kidney or part of the lung or liver, or tissue such as bone marrow or stem cells), may call Living Donor Services at Aberhart Centre, 780-407-8698, for more information.

Families enjoy some quality time together during the St. Phillip School Family Winter Get Together at the new Evansdale rink and facilities.



Congratulations to Indoor Soccer Teams

Congratulations to our Evansdale teams that received medals in the indoor City finals.

Top Right: U10 boys GOLD MEDALISTS coached by Ahmed Amerey

Bottom right: Pictured are the U14 boys BRONZE MEDALISTS coached by Moe Taha, Greg Brian and Jarvis Malone

Top left: Pictured are the U16 boys GOLD MEDALISTS coached by Ryan Mulveney and Alicia Walkley

Bottom left: Pictured are the U16 girls BRONZE MEDALISTS coached by Peter Myshak, Sid Sadik and Claudia Camphu

Want to be part of a winning team? Outdoor soccer is starting on May 1st and Evansdale is looking for coaches for all age groups. If you are interested in coaching please contact Moe Taha at soccer@evansdale.ca.
Moe Taha,
Evansdale Soccer Director



Edmonton Police Alarm Green Stickers

We've noticed that a number of people have alarm company stickers by their front door, but no green Edmonton Police Permit Number sticker. Police will NOT respond to non-permitted, non monitored alarms unless a indication of criminal activity is present. Make sure you register your alarm with the Police. For more information go to <http://www.edmontonpolice.ca/alarmpermits>

City Services & General Information

Visit www.edmonton.ca/311 or call 311 for information and access to City of Edmonton programs and services such as:

- Inspections, licenses, permits
- Comments, commendations, bylaw complaints
- Roadway & waste management information
- Program registrations and bookings
- Transit information

311 agents are available 24 hours a day, every day.

Keeping Active is easy at Evansdale Hall

Did you know that you don't have to travel far or buy an expensive membership to get in shape for summer? Evansdale offers instructor-led fitness classes. Although you can join the classes at any time, the current session ends March 23rd and the next session runs from **April 13 - June 22**. *The fitness classes available include:*

Ladies Boot Camp - Mondays, 7:30-8:15pm

High intensity interval training + all over body conditioning = RESULTS! Enjoy a variety of cardio plus fat-burning and all over strengthening exercises in a fun, non-competitive, accepting environment. Multiple levels are offered for most exercises, so all levels can enjoy and participate. Experienced, certified instructor. Please bring a mat and water. \$110 for 10 weeks or \$13/class for drop-in.

Zumba - Wednesdays, 7:15-8:15pm

Are you ready to party your way into shape? That's what the Zumba program is all about! It's an exhilarating, effective, Latin-inspired, calorie-burning dance fitness party that's moving millions of people toward health and joy. No pre-requisites. \$110 for 10 weeks or \$13/class for drop-in.

Gentle Yoga - Thursdays, 7:30-8:30pm

This gentle yet powerful Hatha yoga-inspired program offers everything you need to help you move through life with greater ease. It lengthens and strengthens the muscles, builds bone density, increases range of motion and calms the mind. Suitable for all levels. No extreme poses will be utilized in this program. \$110 for 10 weeks or \$13/class for drop-in.

Beginner Belly Dance - Wednesdays, 6:00-7:00pm

Shake it up to the rhythms of the Middle East. Learn the basics of belly dance while enjoying a fun, non-impact form of exercise. No previous experience, no special costuming. Students learn 25-30 moves, working with a prop (veil, cane or finger cymbals), combinations and a simple dance. \$110 for 10 weeks or \$13/class for drop-in.

To register or for more information call or text Tracey at 780-264-0706, email aldiya@aldiya.com, or visit www.evansdale.ca for information about registering.



Kilkenny Community League News

Kilkenny Community League Upcoming events

- Playschool Registration, Wednesday April 15th, doors open at 6:30 p.m.
- Movie Night, April 17th, doors at 6:30 p.m.
- Don't Forget Mother's Day, Sunday the 10th
 - Movie Night, Friday the 22nd of May
 - Ladies Night, Saturday the 23rd of May
- Summer Festival Saturday the 20th & Sunday the 21st, 12noon-4p.m. both days at the Londonderry Fields

Spring Break= Spring Cleaning!!

Bring those old electronics to J.A.Fife elementary school!

Their Annual Electronic Recycling Fund-raiser is on until May 1st. We are so excited about how many bins we have already filled and want to keep it going!!

The metal cages are located outside the main doors of the school at 15004-76 street. What can be recycled: small kitchen appliances, audio and video equipment, televisions, personal care items (shavers, hair dryers), other electrical household tools (vacuums, irons), electrical power tools, telephones, cell phones, computers and their components, office equipment, specialty equipment containing electrical motors, switches, etc.

Dispose of your electronics only in an eco-friendly way and help out a local school. Watch for more details on school signs or call the school at 780-476-0775.

Ladies Night

Kilkenny Ladies Night, Saturday May 23rd, doors open at 6:30 p.m.

There will be vendors, food, beverages, music and friends!

Interested in being a vendor? \$15 will get you a table, first come first serve, please call Anna at 780-478-3269

Tickets are \$10 each, call Anjoli at 780-904-3839 or Anna at 780-478-3269 to get your tickets in advance.

Kilkenny Playschool Ready! Set! Grow!



We are growing too!! We are making some exciting new changes to our program for the 2015/2016 school year! Come and find out more at the spring open-house, at Kilkenny Community Hall, 14910-72 street

Wednesday the 15th of April at 7:00 p.m. Let your child make friends, gain confidence and learn kindergarten readiness skills. They will have fun while learning! Some parent involvement is required. A \$50 application fee will confirm a spot for your child.

For more information go to our NEW web page www.kilkennyplayschool.wix.com/kilkennyplayschool or call 587-590-6204 or email kilkennyplayschool@hotmail.com

Happy Spring Everyone,

I would like to thank all of the volunteers that helped with our spring sports registration. It is a busy time of year.

As you may have guessed, with this warm spring weather, the ice on our rinks has melted away. We do look forward to using our outdoor rinks in the summer months, though, with our Little Kickers teams. We are also looking forward to next year when we will start our Physical Literacy Program. This is a program that will be offered as a way of developing all sorts of physical skills for a child; throwing, jumping, kicking, etc. The program will introduce the children to a variety of sports. It is a great way to teach children and youth the skills that they will need to be physically active throughout their lives. Please watch for more details as we will have more information over the next few months.

Please help us with our Community awareness. If you see any unusually activity in our community or near the hall and school grounds please call the police. Thank you for your help and diligence towards creating a safer community.

We have a few fun activates coming up over the next few months; Ladies night in May and a Garage Sale in July. Please check the website for details or call Anna 780-478 3269 for any information.

Thank you,
Anna

The Stan Gantar Tournament

This tournament takes several months to plan. It starts nearly half a year in advance orchestrating the teams, prizes, donations etc. This is easily the largest event Kilkenny puts on every year. I think that it is only fair that we are given a few months after the fact to reflect upon our experiences and accomplishments. Here is a submission by 11 year old, Cody Lashchowski, who is a very active member of our community and played during this tournament.

The Stan Gantar is an outdoor tournament that our hall puts on. We get people to hand clean the ice in between each game. I got to play in this amazing tournament this year. It was really great to play with my friends outdoors and they had some really cool prizes!

The ice is not always smooth like the indoor rinks, there are bumps here and there all over the ice. Although, it can get really cold outside, the benches were heated for every game that was played.

The parents didn't always enjoy standing around in the very deep snowbanks but they were able to go warm up in our concession and get hot coffee or hot chocolate. I think the parents did enjoy watching their children play outside.

I hope our team will participate again next year!

Cody



I AM HERE TO SERVE YOU

Councillor Dave Loken, Ward 3

2nd Floor, 1 Sir Winston Churchill Sq.
Edmonton, Alberta, Canada T5J 2R7

Tel: 780 496 8128 Fax: 780 496 8113

Email: dave.loken@edmonton.ca

Twitter: @daveloken

Web: www.daveloken.com





McLeod News

McLeod is a Member of the Castledowns Bingo Association

Castledowns Bingo is the facility in which we hold bingos to raise funds for community league events and hall maintenance. Without a steady source of revenue, McLeod would not be able to provide the community with free family movie nights and other free festivities. Did you know that there is a lounge inside the bingo hall that is available for party bookings? Jesters also has cosmic bingo, darts, pool, VLTs, karaoke, and crib. Please go to their website for more information: <http://www.jesters-lounge.com>.



McLeod Needs Volunteers

Positions that still need to be filled on the 2014-2015 McLeod Board of Directors are Membership Director, Sports Director, Grants Director, Volunteer Director, and McLeod Community Director. Please contact Jason at secretary@mcleodcommunityleague.ca.

Volunteers can also help to run specific events. Our movie nights, drama club, dance club, soccer, baseball, softball, walkable/bikeable, and other programs are all run by volunteers. If you have an idea for a program that you could run, or you want to be involved in these programs, we would love to hear from you!

McLeod Supports Matt Berry Facilities Steering Committee

McLeod Community League is sponsoring a steering committee that will work towards the construction of a Community League facility in Matt Berry. The steering committee will meet approximately monthly. Tasks will include a needs survey, working with the city on zoning issues, budgeting, working with project managers, and fundraising. If you are interested, please e-mail Jason at secretary@mcleodcommunityleague.ca

This committee has met twice now. Last month we were hosted at the brand new Abbotsfield Recreation Centre, and it gave us some excellent insight as to what a well-considered recreation centre could look like and how it could function.

McLeod President's Message

National Volunteer Week occurs in April and it is only fitting that I mention the wonderful men and women who spend hundreds of hours volunteering on the McLeod Board of Directors. Your dedication to your communities results in the wonderful programs and events that are enjoyed by so many. Kudos goes out to *Cheryl Petruk, Jason Watt, Kevin Moffitt, Troy Kalita, Rob Durocher, Todd Chmilar, Brad Trefan, Gord Matlock, Andre Bourne, Liz O'Quinn, Ryan Bendera, Laura Sliwkaniwich, Jennifer Mayan, Kav Georgekutty, Donna Ballantyne, and Devin McIntosh.*

McLeod would like to take the opportunity to extend thanks to the following people:

Rink attendant Justin Tovey and volunteer Joe Tovey did a wonderful job with establishing and maintaining the ice rinks this winter. McLeod saw a huge number of skaters and shinny players this year and we appreciate all the work that went into the great ice rinks.

Tim Boschman, an EPCOR employee who volunteers for McLeod soccer applied for McLeod to receive \$300 from EPCOR's Helping Hands Grants Program towards the soccer program. Thank you Tim for your efforts and for keeping McLeod in your thoughts.

McLeod's second annual Summer Sale takes place on July 4 and 5. See the article in this newsletter for more information about booking a table to sell your extra stuff!

Make sure you purchase your 2015-2016 membership card in the fall as McLeod will start charging a \$2 admission fee for movie nights starting in September 2015. Admission will continue to be free to McLeod Community League members – please ensure you show your card at the door. Memberships will be available for purchase at the door starting at the September 26 movie night.

*Happy spring everyone,
Leanne Rosinski*

McLeod Summer Sale

McLeod is hosting our second annual Summer Sale on Saturday, July 4 from 9am-5pm, and Sunday, July 5 from 10am-4pm. This is a great opportunity to sell household items you no longer use, and to get a great deal on items others no longer need. One table is only \$10, which includes both days! There will also be lots of vendors like Scentsy, Jamberry Nails, Nutman, Thirty-One, Epicure, and Steeped Tea so stop by to pick up some great products from local businesses. To book a table, please contact Leanne at president@mcleodcommunityleague.ca.

McLeod's Nature Nook

With spring arriving early, consider looking for creatures both great and small, while you are walking, jogging and biking around our neighbourhood. Here are some fun facts about what you might encounter. Post a picture to Facebook.com/McleodCL of any creature you spot.

Squirrel – one of the few mammals that can descend a tree head-first; in the spring, they will eat the leaf buds on trees because they've used up their nut caches

Hare – these long-eared fast runners are plentiful along the pipeline trail and in the Little Mountain Cemetery; look for the shallow depression, a nest of grass that they call home

Field Mouse – mice do not hibernate; a mouse nest is made of stems, leaves, twigs, hairs and feathers; mice can swim

Great Horned Owl – catches and eats mice and hares; camouflaged with dark brown, light brown and white feathers

Magpie – a black and white bird with iridescent feathers flashing green and violet; it can recognize itself in a mirror; monogamous pairs remain together for life

Sparrow - small grey and brown birds common at backyard seed feeders also eat insects

Chickadee - small grey and white birds with a black cap call a common "chick-a-dee-dee-dee" song

Blue jay - with a blue head, blue wings and a white chest, this bold, peanut-loving bird will sound a warning to other smaller birds if an owl or hawk is near

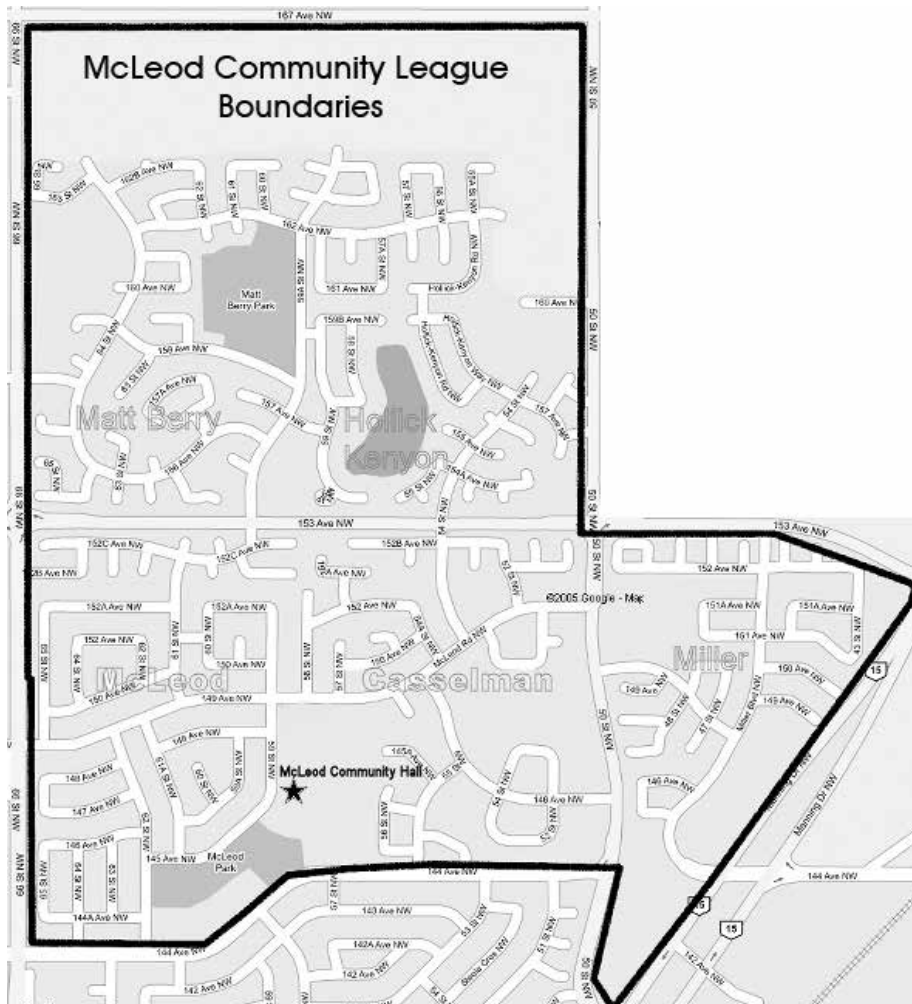
Who Can Join McLeod Community League?

Anyone who is a resident within our boundaries. You can rent or own, live in a house or condo or apartment. You can be single, a couple or a family. You can be of any age, ability, cultural background or religion. We welcome everyone.

All we ask is that you are willing to join with your neighbours to make our area an even better place to live.

With a membership you can participate in our programming and support our advocacy on your behalf with the City of Edmonton.

membership@mcleodcommunityleague.ca



McLeod is a Choosewell Community!

We are partnering with the Alberta Parks and Recreation Association to share healthy eating and active living information with our residents. What healthy food choices would you purchase in the rink shack or at movie night? You can Email suggestions to mattberry@mcleodcommunityleague.ca

Healthy eating tip - A 1/2 cup serving of 100% fruit or vegetable juice is ok, but an even better choice is a whole fruit or vegetable because it also includes fibre. www.healthcanada.gc.ca/foodguide

Active living tip - At work, go for a walking meeting or a walking break. Walking can decrease tension, improve your mood, energize you and boost your self-confidence. uwalk.ca

By posting a healthy eating or active living tip to our Facebook page, you'll be entered to win a prize. The contest runs daily between April 13 - April 17, with prizes including lunchbox/cutlery sets and other Choosewell swag. One winner drawn per day. Friend us today so you'll get the contest reminders - [Facebook.com/McleodCL](https://www.facebook.com/McleodCL).

If you'd like to participate in a healthy food project like a community garden or greenhouse tour, please email mattberry@mcleodcommunityleague.ca. Those interested in a collective kitchen can email programs@mcleodcommunityleague.ca

COMING SOON

SHRINE CIRCUS

WATCH FOR US



2015 CIRCUS DATES
MAY 1st TO
MAY 3rd, 2015

NORTHLANDS EDMONTON • EXPO CENTRE, HALL D

 Follow us on Facebook and stay up to date on the latest news at the Shrine. Our Facebook pages are: Al Shamal Shriners • Edmonton Shrine Circus

 Follow us @AlShamalShriner

• FUN FOR THE WHOLE FAMILY •

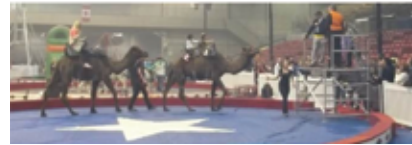
TICKETS: \$25 EACH

Available at the Shrine Centre Circus Office
Available beginning March

14510 - 142 Street • Phone 780-413-3400

All TicketMaster Centres - Phone 1-855-985-5000 • Online at www.ticketmasters.ca
(Ticketmaster service charge applies)

Proceeds of this event are for the benefit of Al Shamal Shriners local projects and activities





Taking time for yourself is important for your mental health

It sounds obvious but many of us may forget to take time for ourselves. People have all sorts of expectations for themselves and the drive to meet those can make it hard to take time.

Taking a little “me” time is an important part of managing life’s stresses.

While most of us may not enjoy feeling stressed, it’s not always a bad thing. Stress is a biological reaction to what is going on around us and it is a part of how we function.

Some stress is good, but chronic stress is not. When you begin to feel overwhelmed or burnt out, one of the best things you can do is call a timeout, step back and take a moment for yourself.

When you take time for yourself, you are really making space for yourself in your life — giving your mind and body a break and time to re-energize. It’s meant to be about you.

There is no reason to wait until you are feeling burnt out to make time for yourself a priority. Building breaks into your days can help keep stress from mounting.

Whether it is a busy day at the office, at home or life in general, take the time to step away from whatever you are doing and focus on yourself. Make it a part of your everyday schedule and don’t skip it — those breaks are just as important as any deadlines, homework, errands or other activities you have going on.

For more information on stress, stress management and how to identify stress, contact Health Link Alberta at 1-866-408-LINK (5465) or visit www.myhealth.alberta.ca.

Update on Green Shacks in McLeod

As many of you are aware, the Green Shack program is undergoing some changes, largely due to funding pressures. The City has announced that, for 2015, there will be 189 Green Shack programs. The Green Shacks will run 3.5 hours per day, 5 days per week. There will also be 39 Pop Up Play programs, which will run twice per week at designated parks, as a sort of Green Shack-lite.

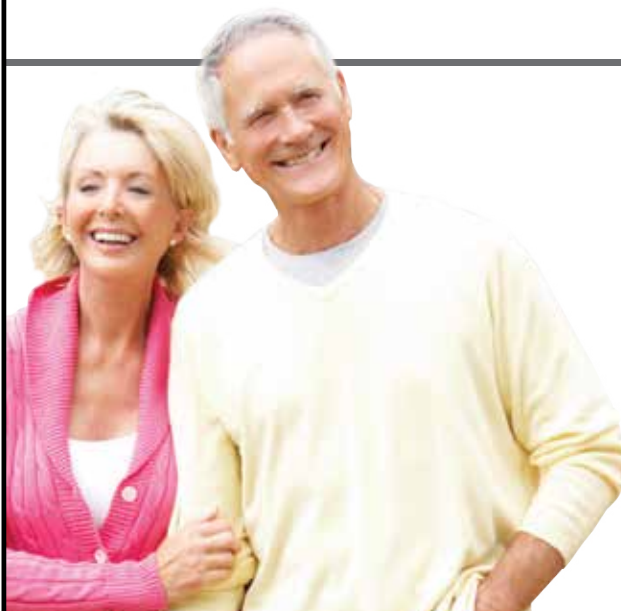
Criteria for determining where Green Shacks and Pop Up Play programs are located include:

- Average attendance rates from 2012-2014
- Demonstrated social need, as per the City's Social Vulnerability Map
- The number and percentage of children ages 5 to 9 in the neighbourhood based on 2014 census data
- If the community has received new playground development within the last two years; and
- Isolation from other programs or providers

We are grateful that all four of McLeod's Green Shacks will return this year. Hollick-Kenyon, Matt Berry, McLeod, and Miller will all have Green Shacks. It remains to be determined whether we will have morning or afternoon programming at each location.

Enjoy the Sounds of Life

ACUTE  HEARING



What we offer

- Consultations and hearing tests with our Registered Hearing Aid Practitioners
- Battery and repairs to all hearing aids
- FREE cleaning and hearing aids checks
- Hearing aids and assistive listening devices
- Hearing Protection & 60-Day Trial Period
- All warranties honoured
- AADL, WCB, RCMP, DVA, NIHB
- Service Language: English, Cantonese & Mandarin
- New patients are welcomed & No referral required
- House visits are available

Call ACUTE HEARING or book online for an Appointment Today!

780-757-3232 • Toll Free: 1-855-70A-CUTE (2-2883)

201-15823 97 Street, Edmonton, AB T5X 0C7

(Beside Eaux Claire Transit Station, 2nd floor of Namao 158 Building)



www.acutehearing.ca • info@acutehearing.ca

this
journey
WILL

change your life

Wake up in a unique summer classroom at

Mountain Adventure School

- Two-week summer programs for high school students.
- Earn school credits and certifications toward a career in camp leadership and guiding.
- Full 14 day summer camp includes lake and whitewater canoeing, rock climbing and rappelling, back country biking, hiking and wilderness living in an extended river expedition.

Sessions starting in June, July and August

SIGN UP TODAY!

TO REGISTER NOW OR FOR
MORE INFORMATION CONTACT US:

Progressive Academy
www.progressiveacademy.ca/mas
780-455-8344



HeLa
Ventures

PROGRESSIVE
ACADEMY



Practice of general dentistry

www.DentalChoice.ca



Are you considering
a new **dentist?**

Dr. James & Dr. Larson

780-476-6135

CALL TODAY

Community League 2014-2015 Memberships

Memberships are sold each year starting in September, and are valid from September 1st to August 31st of the following year. In order to purchase a full membership, you must live within the League's boundaries, which include the communities of McLeod, Casselman, Matt Berry (aka McLeod Park), Hollick-Kenyon, and Miller. If you live outside of the boundaries you may purchase an associate membership, which allows you to access league programs but does not allow you to vote at league meetings.

Membership dues are as follows:

- Family Membership - \$25/year
- Individual Membership - \$15/year
- Associate Membership - \$15/year

A McLeod Community League membership has a number of benefits:

- Access to league sports activities and programs
- Participation in our annual family events, including family dances, children's parties (Halloween and Christmas)
- Free outdoor skating at the McLeod rink (present your membership card at the rink to receive a skate tag)
- Discounts on rentals of the McLeod hall
- Voting rights at all McLeod annual general meetings
- 10% discount at the Telus World of Science
- Discounts on annual or multi-visit passes to City of Edmonton leisure centres
- Discounts at the ATB Financial in Hollick-Kenyon, including FREE personal banking for a year, discounted rates on loans, and a CASH BACK bonus for mortgages
- Free swimming at the following City of Edmonton leisure centres:
 - o Grand Trunk - Fridays 7:00-9:00 pm and Sundays 4:15-5:45 pm
 - o Londonderry - Sundays 4:15-5:45 pm
 - o O'Leary - Saturdays 3:45-5:45 pm (note that O'Leary will be shut down from December 24, 2014 - March 31, 2015)
- Castledowns YMCA has also offered free swimming for members on Sundays from 2:00-4:00 pm

To purchase a membership, please contact Cheryl at membership@mcleodcommunityleague.ca or go here: <http://www.efcl.org/membership>

McLeod Needs Props and Costumes

The McLeod Drama Club is looking for donations of props and costumes. Do you have old items laying around that would help the drama club? If so, please e-mail programs@mcleodcommunityleague.ca

McLeod is Looking for a Local Mural Artist

If you live within the five communities that comprise McLeod Community League and have great artistic skills, submit your concept for a large mural to be painted on the outside wall of McLeod hall to Leanne at president@mcleodcommunityleague.ca. Your idea must incorporate the idea of community and what it means to you.

We are hoping to take advantage of the Community Mural Matching Grant in which the City of Edmonton provides up to \$2,000 matching funds towards a \$4,000 project.

Your Voice in Ward 4



Ward 4 Councillor
Ed Gibbons • 780-496-8138
ed.gibbons@edmonton.ca

Using Neighbourhood Interactive Map

Explore Edmonton using the neighbourhood interactive map. http://edmonton.ca/for_residents/neighbourhoods/neighbourhood-maps.aspx
Find the City amenities - swimming pools, sports fields, parks, playgrounds, golf courses and spray parks - that are in your neighbourhood.
Locate fire stations, police stations and bus stops anywhere in the city.
You can mark your current location or home address with a red pin and search for City amenities within a 0.5km to 10km range.
Type in your address, click on the red pin and get your property assessment and waste collection schedule.

McLeod Needs Contractors - Locksmith, Plumber, Electrician

If you live within the five communities that comprise McLeod Community League and are interested in helping us maintain our facility, please contact Leanne at president@mcleodcommunityleague.ca to be added to our contractors list. Currently we are looking for a local locksmith.

McLeod Jam Sessions

Are you a musician looking for a place to play? A band to jam with? McLeod is looking to host casual jam sessions on Sunday afternoons at the Hall. If you are interested, please e-mail Jason at Secretary@mcleodcommunityleague.ca

ALL KIDS MEALS

\$6.99

Comes with an activity pack and a create-your-own sundae.

Boston Pizza - Namoo 16521 97 St 780-456-5554

Dance and Drama Clubs

Ages 7-17
 When: Sunday Afternoon
 Cost: Free
 Dance
 Times: 12:30-1:30
 Drama
 Times: 2:00-4:00 pm

Dance Club

A great way to introduce dance and fitness to children! These fun and exciting classes incorporate all elements of fitness, while building coordination and confidence.

Drama Club

Creativity, Engagement, Excellence and Fun are the four cornerstones of our innovative Drama program. Drama is fun and it improves your child's reading, writing, public speaking, improvisation, team work and social skills! All this happens during a creative process which they LOVE and your family and loved ones can be proud of! Drama clubs combines games, improve with arts and craft activities to make for a fun 2 hours.

Check out the McLeod website to register.

Yoga Classes at McLeod

McLeod is proud to have Blue Mango Yoga as a partner for offering classes at McLeod Hall.

We have the following Classes starting January:
 Yoga for Moms and Teens (10 year +) Thursdays from 6:15-7:15
 Yoga for Youth (10 years +) Tuesdays from 6:00-7:15
 Movement and Meditation Thursdays from 7:30-8:45
 Yoga 3-5 year olds Saturdays from 10:00 am - 11:00 am
 Yoga 6-9 year olds Saturdays from 11:15 am - 12:15 pm
 Yoga 10-15 year olds Saturdays from 12:45 pm - 1:45 pm
 Introduction to Meditation Thursday March 5 from 7:00-9:00

Check out our website for more information and to register



Fitness Kickboxing at McLeod

Tuesdays and Thursdays
 Times: 7:00 PM-8:00 PM
 10 Sessions

Cost: \$75 for non community league members.
 \$50 for community league Members
 \$10 drop-in fee

Kickboxing has its roots in martial arts and was originally limited to being a full contact sport, but in this new millennium, 98% of participants join strictly for the fitness.

Like boxing classes, fitness kickboxing offers the opportunity to train like a real kickboxer, reaping all the benefits without having to get in the ring. Studies show that a 45-60 minute kickboxing class can burn off 600-800 calories! In addition to the weight loss, you build lean muscle which raises your metabolism burning calories at rest and toning the whole body. The kicking exercises concentrate on the thighs, hips, and buttocks unlike any other workout.

Instructor We are very fortunate to have Master Harry Reid 5th DAN and 6 times Canadian Forces Tae Kwon Do Champion as our fitness instructor.

Steele Heights News

Steele Heights Community League

www.steeleheightscommunity.com

We have approximately 4000 residents within our boundaries which are 66 Street on the West, 144 Avenue on the North, 50 Street on the East, and 137 Avenue on the South. We encompass all of York Neighbourhood and portions of Clareview Towne Centre.

Email us at steeleheightscommunity@gmail.com

Twitter: Follow @SteeleHeightsCL

Facebook:

www.facebook.com/steeleheightscommunity

The League is a volunteer organization with Executive Board members and Directors elected annually. Our current board:

Jeff – President, Sports Director & Changeable Copy Sign (contact him directly at jsgokie@hotmail.com)

Heather – Past President & Spray Park Committee Chair

Jon - Vice President

Dinah - Secretary

Cecil G - Treasurer & Area 17 Representative

Denise - Membership Director & Neighbourhood Watch

Gwenna – Facilities Director

Robin - Director at Large

Sherilyn - Director at Large & Spray Park Committee

Cecil P – Director at Large

VACANT- Program & Event Director

VACANT- Newsletter Editor (prepares monthly articles for Northeast Voice)

VACANT- Website Editor (update the website as new information becomes available)

Please e-mail steeleheightscommunity@gmail.com or call (780) 475-3553 with any questions for any of the members of the Steele Heights Community League executive board.

• **Monthly Meeting at the Hall** – Third Monday at 6:30pm

(except Holiday Mondays where it is held the week before)

• **Hall Address**

5825 140 Avenue NW

Edmonton, AB

• **Mailing Address**

Steele Heights Community League

PO Box 70005 RPO Londonderry

Edmonton, AB T5C 3R6

• **Membership & Associate Membership Information**

Family (immediate family members) - \$25

Individuals / Single Parent Family (0-64 years) - \$20

Senior (65 years+) - \$15

Call 780-475-4188 to purchase a League membership.

Visit our website for details on benefits.

Why Should I Buy A Steele Heights Community League Membership?



Even if you don't have any children playing soccer, there are many benefits to buying a community league membership. Here is a list of what a community membership can do for you:

- Free Community Swim - Steele Heights Community League swim times are:
 - Grand Trunk Fitness and Leisure Centre 13025 112 Street: 7-9pm Fridays & 4:15 - 5:45 pm Sundays
 - O'Leary Fitness and Leisure Centre 8804 132 Avenue: 3:45 - 5:45 pm Saturdays
 - Londonderry Fitness and Leisure Centre 14528 66 Street: 4:15 - 5:45 pm Sundays
 - Show Your Card and Save discounts at Local Businesses including:
 - o ATB Financial - Manning Crossing
 - o Clareview Casselman Vet Clinic
 - o Metro Barber Shop
 - o Opal's Flowers and Balloons
 - o Ar-Jay's Lawn, Garden and Snow Equipment
 - o QDHomeQuest
 - o Two more major sponsors coming on board soon!
- See our business directory on our website for details.
- Discounts at any City Recreation Centers – Receive up to 10% off the price of multiple or annual admission
 - Discounts on social activities & events hosted at your community hall
 - Free Community Skating – Receive your skate tags which allow you to skating at many of the outdoor community rinks around the city. Ask for the tags when you buy your membership.
 - Allows children and youth to register for league sports such as soccer
 - Have a voice at Community League meetings (held monthly throughout the school year usually on the second Monday of the month)
 - Access to safety programs and crime watch cooperation – ask about our Neighbourhood Watch program and walking patrols
 - Input for planning your parks, green spaces, and urban development Connection to a great place to meet your neighbours

Soccer Registrations

This year we will have the exciting U6 program with boys and girls playing on the same teams. We will also have the exhilarating U8 program for boys and girls, continuing with the excellent U10 program for boys and girls teams and finishing off with the U12 program which is new. Hopefully Steele Heights can field a team within this age group.

Also this year Steele Heights is excited to announce a new program for older 2 year olds as well as 3 and 4 year olds. This program is replacing the U4 soccer program. This new program will include soccer as well as T-ball and other fun exciting activities and games for the kids to enjoy. This program will allow children the opportunity to experience new sports at the introductory level and the opportunity to experience a coach/adult to teach them the basics of sports and activities.



Steele Heights soccer registration dates :

Sunday March 22nd 6pm to 9pm

Sunday April 5th 6pm to 9pm

All registrations are at the Steele Heights hall: 5825-140 ave.

Cost:

Fun activities program (2,3,4) birth years : 2013,2012,2011 - \$60

U6 birth years 2010,2009 - \$110

U8 birth years 2008,2007 - \$110

U10 birth years 2006,2005 - \$130

U12 birth years 2004,2003 - \$170

U14 birth years 2002,2001 - \$200

U16 birth years 2000,1999 - \$205

U18 birth years 1998,1997 - \$205

*** U14,U16,U18 and maybe U12 players will be transferred to another community league ***

** Each family must have a valid community league membership. If you need one they are \$25 and will be for sale at the registrations **

***Each family will have to complete 1 volunteer commitment. If you can't or don't want to do the commitment you can pay \$125 to buy out the commitment ***

Hope to see everyone shortly at one of the registrations .

Thanks

Jeff Gokiart --- Steele Heights soccer director

Edmonton Leisure Access Program

(free admission to city of Edmonton Recreation facilities and attractions)

What is the Leisure Access Program?

The program gives low income adults, seniors, youth and children from Edmonton free use of City of Edmonton recreation facilities and attractions including: 9 swimming pools, fitness centres, Edmonton Valley Zoo, and Fort Edmonton Park. And it provides discounts on registered programs (day camps, art classes, swimming lessons, etc.) for one year.

Who can get a card?

You may qualify if you meet the following:

- if you are currently on an approved government program (AISH, income support, health benefits, etc.)
- have low income
- are a recently landed immigrant or refugee

How can I get a card?

You will have to apply for the program by submitting an application form and required documents.

How can I get an application form?

- at any City of Edmonton leisure sports & fitness facility
 - www.edmonton.ca/lap
 - 780-496-4918
 - 14th floor, 10004 – 104 Avenue, Monday-Friday, 8:30am-4:30pm
- Shawna: president@evansdale.ca

Smoking in Outdoor Shared Spaces

The City of Edmonton is proud to be one of more than 30 municipalities across Canada that has implemented outdoor smoking regulations.

Residents and visitors to the City of Edmonton are not allowed to smoke within 10 metres, at all times, at or around playgrounds, water spray parks, sports fields and courts and temporary, seasonal outdoor ice skating rinks. Public Places Bylaw

An amendment to the Public Places Bylaw was passed on April 4, 2012 with the intention of keeping areas that are frequented by children, smoke free.

The smoking restrictions are in effect at all times but only apply to the outdoor structures and places listed above.

Not complying with the bylaw will result in a \$250 fine.

Enforcement

If you witness a violation of the bylaw, feel free to discuss your concerns with the smoker. You can also record the address and description of the violation and report it to 311.

The ability to enforce individual infractions is limited but areas with high reports can be targeted and patrolled by enforcement officials. Enforcement of the bylaw through targeted blitzes will be used in problem areas on a complaint basis only.

Please be aware, smoking is not permitted within 10 metres at or around sports fields in accordance with the Public Places Bylaw 14614. Failure to comply will result in loss of field privileges. For more information: 311

Are Coyotes a Problem in Your Area

To help prevent conflicts with coyotes

- Do not feed coyotes
- Do not leave garbage out (take it out only on the morning of collection)
- Do not leave fallen fruit from trees or bird seed spilled from feeders on the ground
- Do not leave pet food outside
- Do not walk your dog off leash in areas frequented by coyotes
- Do not leave a small dog out in the yard unattended for long periods of time
- Do not leave cats out roaming

For more information on coyotes and tips to follow when you encounter a coyote, call the Edmonton Coyote Information Hotline at 780-644-5744 or visit:

- www.edmonton.ca/coyotes
- www.srd.alberta.ca/FishWildlife/HumanWildlifeConflict/Coyotes.aspx
- www.edmontonurbancoyotes.ca

To report a problem coyote(s), call:

- City of Edmonton Park Rangers at 780-496-2950, or
- Alberta Fish and Wildlife at 780-427-3574

If someone is in danger, call Emergency 9-1-1.



The Edmonton Insight Community

The Edmonton Insight Community (<https://www.edmontoninsightcommunity.ca/Portal/default.aspx>) is an online space for Edmontonians to provide their views on a wide variety of city issues. It's a place to collaborate and communicate with us and others in our community. We want to hear your opinions, learn about your needs, share information with you, and ask you to express what's most important to you.

Our City has a lot to be proud of, and we face some big challenges and have some great opportunities. Your input is important in helping to stimulate thoughtful community-wide discussion and inform decision making.

As a City, it's important we address challenges head-on. That's why it is incredibly important for us to hear from a wide range of people, of all ages and backgrounds, as we continue to build an even better city.

We ask just a few minutes of your valuable time to join.

Why Join?

- Play a part in shaping your City with other engaged citizens
- Provide your views on important topics via the web or your mobile device
- Focus on topics that are important to you and your community
- Learn about exciting initiatives the City is planning
- Access opportunities to participate in workshops of interest
- Engage with the City regularly over a multi-year period

Telephone 780-495-0395

Elsafadi's second location 10807 Castledowns Rd

Special Savings on Quality Produce

Locked In Pricing for the Month. While quantities last

Golden Delicios & Gala Apples 99¢/lb	Fresh loaf bread 99¢ each White/Brown/ Whole Wheat	Fresh Baked Baklava Wide Variety	Turkey Breast \$1.69 /100gr	Kalamato Olives 99¢/ 100gr	Lebanese fresh baked meat pies. Spinach & cheese 3 cheese family pack \$9 ⁹⁹
--	--	-------------------------------------	--	---	--

Elsafadi Bros. Supermarket

11316 - 134 Ave

780 - 475-4909

Local Community Owners

DATES

1 kg

\$5.99

20Lb
New Red or
White
Potatoes \$5.99

\$5.99

Emma
Extra Virgin
Olive Oil 1lt
\$5.99

SPRING IS HERE! REGISTER FOR SHORT TERM PROGRAMS TODAY!

CLASSES START SUNDAY APRIL 12th

**DANCE
THEME**

School of Dance

572 Hermitage Road • Edmonton, AB • T5A 4N2
780-475-5930 • www.dancetheme.com

The place to be!

HIP HOP SUNDAYS

(BOYS ONLY) 7-12 yrs: 11:15 - Noon
6-8 yrs: Noon - 12:45 pm
4-5 yrs: 12:45 - 1:30 pm

EVERYBODY DANCE! SUNDAYS

Creative Movement with obstacle course, Jazz and Hip Hop
3-4 yrs: Noon - 12:45 pm
5-6 yrs: 12:45 - 1:30 pm
Jazz, Cheer & Tumble, Lyrical and Hip Hop
7-10 yrs: 1:30 - 2:15 pm
11 yrs+ : 12:45 - 1:40 pm

ANGELINA BALLERINA SUNDAYS

3-4 yrs: 11:15 - Noon
3-4 yrs: Noon - 12:45 pm

BABY STARS TUESDAYS (Starts April 14th)

18 mos.-3 yrs: 12:45 - 1:30 pm

Summer is just around the corner! Start thinking about the many great summer camps at Dance Theme!

Visit www.dancetheme.com for complete details!

HOW ARE MARTHA AND HENRY'S KIDS DOING THESE DAYS?

Decades ago, former Premier Ralph Klein introduced us to Martha and Henry - the average Albertan couple.

How are their kids doing?

The kids are worried. Not just about dignity for their parents, but also the lack of schools and affordable child care spaces.

You can count on the Alberta Liberal Opposition to ask the tough questions.

Let us know how you are doing. Phone 780.427.2292, through our website at www.liberalopposition.com, or e-mail liberal.correspondence@assembly.ab.ca.



Liberal
ALBERTA LIBERAL OPPOSITION