

NORTHEAST VOICE

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

Aug/Sep 2015



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

Upcoming Events in Northeast

August

12: Amity House Park Night at Northmount Park (9204 140 Ave from 6pm to 8pm)
17: Northeast Seniors Assn program registration open
19: Amity House Park Night at Eaux Claire Park (16003 95 St from 6pm to 8pm)
19 & 26: Eagles Hockey Registration at Londonderry Hall from 7pm to 9pm
21: Movie Night at McLeod (14715 59 St) 630pm
26: Amity House Park Night at Ozerna Park (7010 158 Ave from 6pm to 8pm)
28: Amity House Back to School Event (9213 158 Ave)
30: Soccer Registration at Steele Heights 6pm to 830

September

1, 9, & 10: Sports Registration at McLeod (14715 59 St)
3: Amity House Park Night at G Edmund Kelly Spray Park (15005 79 St from 6pm to 8pm)
8, 12, & 17: Soccer Registration at Kilkenny (14910 72 St) from 630 to 9pm weekdays; 10am to 1pm Sat
10, 13, & 20: Soccer Registration 6pm to 830pm at Steele Heights
11: Northeast Seniors Assn Welcome Back BBQ and Silent Auction; \$10; 1130am to 1pm
19: Community League Day at:
-McLeod 14715 59th Street
-Steele Heights 5825 140 Ave
-Kilkenny 14910 72 Street
25: Launchpad Trampoline Field Trip at McLeod

October

23: Northeast Seniors Assn Dinner Theatre Comedy Night; \$50; Dinner at 6pm; show at 7pm
24: McLeod Family Halloween Party
24: Little Mountain Cemetery Tour
29: McLeod Annual General Meeting

November

10: No Stone Left Alone Remembrance Ceremony at Little Mountain Cemetery
21: McLeod Christmas Bazaar

If you have an event upcoming that you would like to see on this list, please e-mail secretary@mcleodcommunityleague.ca

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 9swimming pools, fitness centres, Edmonton Valley Zoo, Fort Edmonton Park, etc) and discounts onregistered programs (daycamps, 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

Hockey Registration

All boys and girls from the communities of Edmonton Garrison, Evansdale, Kilkenny, Lago Lindo, Londonderry, Northmount, McLeod and Steele Heights wanting to play hockey, from Novice to Pee wee will be required to register online using Hockey Canada's Online registration system. A parent will then need to attend one of the following dates to sign-up for their community league commitments, purchase their community league membership, get ice times and pay fees if not mailed in or paid online:

- Wednesday August 19 or
- Wednesday August 26
Londonderry Hall – 14224-74 St. f
Time: 7:00pm to 9:00pm

ALL players registering with the Eagles must register online using Hockey Canada's Online Registration system: http://nezeagles.ca/page.php?page_id=22932

Midget (born 1998-2000) and Bantam players (born 2001-2002) will register with either the Northeast Zone Sports Council (NEZ) for the 'BB' program at the above listed Eagles registration dates and location or with the Maple Leaf Athletic Club (MLAC) for the 'AA' program at one of their registration dates.



Bantam and Midget players registering with the NEZ for the 'BB' program can register online with the NEZ at playnezhockey.ca

Check out the MLAC website @ www.mlac.net for more information about their program and registration information.

Do not register for BOTH the 'AA' program and the 'BB' program.

Initiation/Bantam/Midget players CANNOT register with the Eagles online.

2014-2015 Registration Fees

Birth Year	Category	Registration Fee
1998-2000	Midget 'BB'	\$775.00
2001-2002	Bantam 'BB'	\$675.00
2003-2004	Pee wee	\$600.00
2005-2006	Atom	\$550.00
2007-2008	Novice	\$525.00
2009-2011	Initiation 2**	\$150.00
2009-2011	Initiation 1*	\$100.00

*Initiation 1 is a learn to play hockey program for 1st time players, consisting of mostly practices for most of the year.

**Initiation 2 consists of a structured ½ ice game schedule (and practices).

Please note: Again this year Novice, Atom and Pee wee players that are not registered online AND fees paid online, received at the Eagles PO box or paid in-person at registration dates BY August 26 will be subject to a \$50 late registration penalty.

Ringing endorsement for new 811 Health Link phone number

More Albertans using 811 than old numbers

Just weeks after the launch of Health Link's new 811 phone number, Albertans are grabbing on to the easy to access number and dialling 811 for health information and advice.

Call statistics show just two weeks after the number was announced, 66 per cent of callers were using the new, easy to remember number in place of the old 10 digit numbers.

Health Link is Alberta Health Services' free, 24/7 health information and advice line. This province-wide service helps callers by providing at-home treatment options and information on the most appropriate health care services..

811 replaces the existing local numbers in Calgary and Edmonton as well as the province-wide toll-free number. The old numbers will continue to direct callers to Health Link for the time being. In a medical emergency, Albertans should continue to dial 911 or visit the nearest emergency department.

For more information visit www.MyHealth.Alberta.ca/811.

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

Website: www.evansdale.ca

Shawna Walsh	President	780-237-2169	president@evansdale.ca
Vacant-volunteer today!	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
Angele Boake	Treasurer	780-722-0782	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	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
Sherry Bessette	Eaux Claires Playground	780-641-6171	ecbr@evansdale.ca
Terri	Hall Rentals	780-478-4444	hallrentals@evansdale.ca
Vacant-volunteer today!	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!

- \$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. You can also 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

Evansdale Facility Upgrades Update

By David Dodge, Director of Sustainability

You may have noticed the brand new “rink shack” that at long last is no longer a sad looking trailer with stinky washrooms! The new building is nearly done. We call the new facility an all-season sports facility because it has a large, open area for skaters to lace up and it has a good sized, bright meeting room that is accessible! The concession will be indoors in winter and available for use at summer events outside through a window as well! The building has a soccer storage room and two accessible washrooms.

Get Involved With Evansdale

Evansdale has brand new facilities (rink and outdoor sports facility). And we have playgrounds just built in Eaux Claires and another coming in Poplar Park – NOW is the time to get involved and help make our community the most vibrant community in north Edmonton. Be an active part of your community, meet your neighbours, help make a difference! You will be glad you did. Evansdale is looking for volunteers in the following areas:

- Social media person to help promote league programs online
- Children’s Programming Person
- Programs Person to organize annual events

Our meetings are the second Tuesday of each month at 7pm at Evansdale Hall. Drop in – ask questions – get information – provide input – BE INVOLVED. You will be glad you did! For more information on volunteering opportunities contact our president Shawna Walsh president@evansdale.ca

Ballet Sculpt Tuesdays at Evansdale

Unlock the dancer’s secret to a long, strong, lean body! This program combines exercises inspired by ballet barre exercises with fun, fat burning cardio to get results – leaner hips and thighs, flatter abs, firmer arms and upper back. Because this program targets weak, underused muscle groups, it also helps to improve posture and joint stability, increase stamina and prevent injury. No previous dance experience required. Please bring a mat and water.

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



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/evansdalecommunityleague

Poplar Park Playground: www.facebook.com/poplarparkplayground



Window and balcony safety Protecting your children

As summer temperatures rise outside, many parents open their windows or balcony doors to let in fresh air. Unfortunately, along with the fresh air comes a significant risk to children.

For a curious child, an open window or balcony door can pose the risk of a serious fall.

Every year, Alberta Health Services (AHS) EMS responds to multiple calls related to children injured after falling out of windows or off of balconies. In 2014, 20 Albertan children were seen in our Emergency Departments, due to these kinds of falls, and of those 20, 17 were less than seven years of age.

Always take these steps to prevent falls, and keep your children safe this summer season, and year round:

- Move furniture such as cribs, beds, stools, and change tables away from windows to prevent access to them.
- Install window guards on all windows on the second floor and above. These act like gates in front of windows.
- Consider installing safety devices which limit the distance in which a window can open. to 10cm (4 inch).
- Remember: screens are designed to keep bugs out, NOT to keep children in.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate the possibility that your child will be able to fit between the vertical bars of a balcony or deck.
- Furniture and other items stored on balconies and decks can be used to climb, resulting in a fall over the railing
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Direct supervision of children is always the most effective way to prevent falls.

AHS EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Visit us at: www.windowssafety.ca to learn more.

www.communityleagueneews.com

Eaux Claires Playground

Thanks to everyone who helped build our amazing playground

On October 13, 2010 the Belle Rive Playground Society officially changed its name to the Eaux Claires Belle Rive Society – known to 5 dedicated women as the ECBR Society. The goal of this society was to ensure the neighborhood of Eaux Claires had a safe place for their children to play. So the process of building a playground began. The Committee consisted of Sherri Bessette, Trish Perrin, Cindy Wandio, Nicole McDonald and Shawna Walsh.



First we had to do some fundraising. Yes, there are grants available but many of them require matching funds – this we had to raise. We sold chocolate and *Widynowskis* sausage; held a hair cutting day (thank you *Great Clips (Namao)* staff for donating your time); sold hamburgers/hot dogs at *Save-On-Foods* every weekend for several months (thank you Save-on Foods for your support); had information/donation tables at sports registrations; and walked the community asking neighbors for donations. We also sent donation request letters to businesses, developers, support groups and anyone else we could think of. In addition to the letters we completed forms and applications to all grants available to us. Finally we had the funds required and now the process of choosing contractors, equipment and adjusting our budget began.

So with the help of Playworks we finalized our design and selected the equipment. Then we waited for our turn in the City process. We did not realize just how much work had to be done before the playground equipment could be installed. And of course if the weather does not cooperate (too much rain, early winter and late spring) we get delayed.

But, all that aside – we finally had our Grand Opening -- and what a great Grand Opening it was. There were approximately 65 children and parents that enjoyed the playground. It was also a great day to meet your neighbors and say thank you to everyone who helped make this project possible. It was a very long 5 ½ years with 1000's of hours dedicated to the Eaux Claires playground but when you see so many children playing and hear so much laughter – it was definitely worth it all.

A huge thank you to the following for their support:
City of Edmonton
Janice Sarich, Past MLA, Edmonton Decore (CFEP Grant)
Alberta Recycling Management Society
Save-On Foods- Namao
Delcon Developments
Great Clips (Namao)
Rotary Club of Edmonton (Northeast)
A & S Interiors
Evansdale Community League.

Now that the playground is complete, this community meeting place is for everyone to use. As a community we can all contribute to looking after it and ensuring the safety and security of everyone. Please help by keeping the grounds clean and reporting any issues to the City of Edmonton by calling: 311; or to the City of Edmonton Police non-emergency number: 780-423-4567 or #377.

*ECBR Society Committee
Cindy, Sheri, Nicole, Trish and Shawna*

From the President

The Dog Days of Summer in Evansdale

Hello everyone. Hope you made it to the Eaux Claires Playground grand opening event on June 6. It was definitely a great success. Thank you to Save On Foods for donating all the items for the BBQ. A total of \$350, raised from selling hot dogs, was donated to Amity House to help support the great programs they offer within our neighborhoods.

I am working with the Edmonton City Police to increase their watch within our communities, especially around the playgrounds and schools. If you see anything unusual happening please report it to 311. If you have other areas of concern please report them to 311. The City of Edmonton is encouraging the use of 311 for reporting concerns as this is how they will compile data/concerns.

I know people are walking their dogs through the parks and sports fields every day; however, this is against City By-law. Please respect the City By-Law and ensure you: keep dogs 10 metres away from school grounds, playgrounds, sport fields and picnic sites. If you have any questions please phone 311. By-Law officers will be frequenting our parks and sports fields and will issue tickets.

Our Summer Celebration event that is usually planned for June has had to be rescheduled for September. This is because we do not have our occupancy permit from the City yet for your new building. We are continuing to work on this and will keep our Facebook page updated.

The Executive will not be meeting during July and August but will resume regular monthly meetings in September. If you have any concerns during these months please email me at president@evansdale.ca.

Our Annual General Meeting will be held in October, keep an eye on our community signs, Facebook and the website for the date and time. Volunteer Today – Help Make Our Community Amazing

If you are interested in volunteering with the community please review the available positions listed below. If you have any questions you can email me at president@evansdale.ca.

- Vice President: assist the president organizing meetings, chair meetings if President cannot make it; attend other City or Area 17 meetings if President cannot make it.
- Programs/Events: plan children's events, adult events. Work with City of Edmonton to book community programs held in the hall.
- Area 17 Rep: Attend Area 17 meetings (1st Tuesday of month). A representative from all communities within our Area (Lago Lindo, Kilkenny, Northmount, Steele Heights, Londonderry, McLeod, Evansdale) attend these meetings and discuss concerns brought forward at the community league meetings. Updates/concerns from these meetings are then reported back to the community leagues at their regular monthly meetings.

*Thank you.
Shawna Walsh, President*

Indoor Soccer Registration

Indoor soccer season is upon us once again and we at Evansdale are excited and ready to go. Did you know that even though your child wants to play with another community you must still register in your home community? There is a line on the registration form to indicate which community you would like to play with. The following details what you need to know and bring with you to register your child/children for this indoor soccer season.



Dates: *Thursday, August 28 - 6pm-10pm*
Times: *Friday, September 5 - 6pm-10pm*
Saturday, September 6 - 10am-3pm

Where: Evansdale Community Hall
 9111 – 150 Avenue

Bring: Proof of your child's date of birth such as AHC or birth certificate.
 No registration will be completed without this. You will also need cheques:
 1-membership; 2/child for volunteer commitments; 1-registration fee.

What to do: Complete your registration form, purchase your membership, sign up for your volunteer commitments and pay your registration.

If you have any questions with regard to volunteer commitments please contact Rhesa (bingo@evansdale.ca) – she is the person responsible for community volunteer registration and the only one who can answer your questions as she has all the information. Any questions about the soccer program should be directed to Moe (soccer@evansdale.ca).

Evansdale Soccer News

This was a great year for outdoor soccer in Evansdale. Congratulations to all of the teams for an amazing season. Congratulations to U14 boys coached by Taha- for winning Bronze, the U10 boys coached by Seetoo- for winning Bronze and the U16 boys coached by Walkley- for winning Bronze. And congrats to the following teams as well:

U14 boys Taha-Bronze
 U10 boys Seetoo-Bronze
 U16 boys Walkley-Bronze

Don't miss indoor soccer registration coming up soon. And think about volunteering to coach – it's good fun!



U10 boys coached by Ahmed Amerey/
 Tarick Taha/Danilo Radrigan- Bronze medal



U10 girls coached by Sylvie Keane/
 Jeralyn Daniels- Gold medal.



U12 boys coached by Roman Jarosz/
 Jacob Jarosz/ Johanna Johnson- Silver medal



U14 boys coached by Jerome Whittle/
 Ahmed Najdi/Cindy Green- Silver medal

Evansdale GO SOLAR

Free Solar Tour and Talk - Evansdale Community League

Installation: June 2015

What: Evansdale Solar Tour & Presentation
 Learn about our new 14 kilowatt solar system and our new LED rink lights and how you can GoSolar.

Who: Gordon Howell (Howell-Mayhew Engineering) & David Dodge (Evansdale director & Host of GreenEnergyFutures.ca)

When: Sep. 9, 2015 - 7 pm

Where: Evansdale Hall - 9111 150 Ave.
 Bring your questions and drop in for a tour, short presentation and a coffee!

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

Kilkenny Community League News

Baseball News

Congratulations to the 2015 Kilkenny Pee wee Baseball Team! The team went undefeated this year, coming in first in the league and winning the gold medal in the finals. The team also won gold in the Sherwood Park tournament and became the first North East Zone Pee wee team to win gold at the NEZ tournament held at Rundle Park.



The Kilkenny Mosquito Baseball Team had a great season this year. The team played really well and had lots of fun. They won Bronze in the NEZ tournament and finished in the top six teams for the seasons. The kids had a great time learning new skills and making new friends. Thanks to the coaches for a great season.

Message from Kilkenny Community League Board

Kilkenny Executives hopes that everyone is enjoying a safe and healthy summer so far! Although, we have not had a formal meeting this summer, there are always many things to do.

Thank you to everyone who participated in the Garage Sale in July, it is always a great way to get community members together. Please check our website often for details on our upcoming events;

Indoor Soccer Registration:

Tuesday Sept 8, 6:30-9pm

Saturday Sept 12 10am to 1 pm

Thursday Sept 17 6:30 to 9pm.

We are also VERY EXCITED to announce that this year's Community League day will also be Kilkenny's 45th anniversary!! We will be celebrating with extra special activities, such as an outdoor family dance, petting zoo and fireworks!! All members of the community are welcome!!

As we move into the last quarter of the year, Kilkenny Executives will be in the final stages of planning for this year and already looking ahead to the next. We want to know: **WHAT CAN WE DO FOR YOU?**

Would you like a place to meet your friends one a month to have tea or coffee?? Did you know that we have a small meeting room equipped with all kitchen amenities?

Our industrial sized kitchen makes hosting an event a breeze, as well as an ideal space for cooking classes!

Do you celebrate Eid? Maybe next year you would like to host a potluck in our facility?? Whatever your ideas, Kilkenny Executive would love to hear them!! We are always open to having visitors at our meetings. We are always looking for help and will take any help and suggestions you would like to give.

We are currently looking for people to help fill the positions of:

Publicity Director; this person will help update the website and use social media tools to help promote events.

Hockey Director; this person will handle registrations once a year and attend Eagles Meetings (regular attendance at Executive meetings is not required)

Please remember to drive safely in all our neighborhoods, all schools are back in session in September. School zones will be in effect and excited kids will be running about. Take your time!!

Thank you for interest in our community and for taking the time to read our information, if you have any questions or comments please email me at secretary@kilkenny.ab.ca

Anjoli Usman

Kilkenny Community League Secretary

www.communityleagueneews.com

Soccer News

Congratulations to all the Outdoor Soccer Teams that represented Kilkenny in the Cities Finals - U12 Boys, U12 Girls, Two U14 Girls team and the U18 Girls. A Big Shout out goes to the U12 Boys that took home Silver and the U18 Girls that took Gold.

A Great Season for the U14 Girls Team



With the soccer season just being a little over half way done, Kilkenny would like to congratulate the U14 Girls Team Coached by Rhonda Wood – Viscarra, Sarah McFarlane and Shaun Heck. The team is currently in second place for all of North Edmonton. They have scored the most in their division with 77 goals and have only 12 goals against. Out of the 10 games played they have only lost one. They have taken Gold in the Slurpee Cup tournament. Not only are they outstanding on the field, but off the field as well. They encouraged fair play on and off the field. They recently held two bottle drives and sold chocolates to raise money for the entire team to go to the FIFA Women's World Cup and pay for a tournament. All of this success doesn't go without a lot of hard work. This team practices twice a week and scrimmages with the U18 Kilkenny girls. The coaches have watched their team grow throughout this season and are very proud of these girls. So again, Congratulations to the U14 Girls Team and good luck with the rest of the season!

Indoor Soccer Registration will be

Tuesday Sept 8, 6:30-9pm

Saturday Sept 12 10am to 1 pm

Thursday Sept 17 6:30 to 9pm.



*Kilkenny is 45
Years Young!*

Kilkenny Hall
14910-72St.

September 19; 3pm to 11pm

petting zoo bouncy house music food fireworks
FREE!

www.kilkenny.ab.ca

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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, Casselman Community Director and McLeod Community Director. Please contact Jason at secretary@mcleodcommunityleague.ca

There are also lots of opportunities to help out without joining the Board. We always need volunteers to help with organizing and running events, as backup for bingos and casinos, and even to clean and organize cupboards in the hall. So if you are looking just to volunteer once in a while or a lot, we would appreciate any time you can give us.

McLeod Supports ME Lazerte High School

Pauline Law is looking for volunteers to help students with homework starting in September. If you have a few hours to spare during the week, Pauline would love to hear from you! You can reach her at plaw@epsb.ca to offer your assistance.

McLeod Needs Donations of Skating Equipment

McLeod is looking to start gathering skates and helmets to loan to people interested in skating but have no equipment. These items will be kept on site and loaned out only for skating on the McLeod ice rinks. If you have skates or helmets that are in good shape, please contact Leanne at president@mcleodcommunityleague.ca to arrange a time to drop them off. You can always bring items by during sports registration, movie nights and community events.

McLeod President's Message

I would like to take the opportunity to thank Kav Georgekutty for his service on the McLeod Board of Directors as the representative for Casselman. As Kav has stepped down, we are now looking for a volunteer to step in for the remainder of the term. If you live in Casselman and are interested in representing your community on the Board, please contact me at president@mcleodcommunityleague.ca.

Keller Canada also deserves a round of applause for their \$600 corporate donation towards the U10 Mite softball team. Thank you for your support of our community softball program!

McLeod has launched our new website and we hope you will be patient with us as we work to put information up and work out all the bugs. You can check it out at www.mcleodcl.ca.

We are looking for translators to assist us to communicate parts of our newsletter information to all our of community members. If you are proficient in another language and can spare a few hours every month, please contact me at president@mcleodcommunityleague.ca. If you represent a cultural group within Miller, McLeod, Hollick-Kenyon, Casselman, or Matt Berry, please contact me and let's talk about a partnership!

McLeod values our seniors and we are looking to start a seniors program. If you enjoy cards, board games, crafts, movies, or just coffee/tea and conversation, please contact me at president@mcleodcommunityleague.ca and let's work on getting a program established.

Miller residents, have you checked out the construction happening on Manning? The solution to the 'Sidewalk to Nowhere' is taking shape! There are light poles installed and I can't wait to see the walkway poured. Thank you again to Counsellor Ed Gibbons for his tremendous support of this project that will make the walk to and from the LRT station safer. Plus this actually encourages people to take public transportation. If you see Councillor Gibbons around this summer, take the opportunity to thank him for his never-ending support of communities.

Don't forget:

The City of Edmonton Green Shacks run until August 25 in McLeod Community League as follows: Hollick-Kenyon 10am-1:30pm, Miller 2:30-6:30pm, McLeod 2:30-6:30pm, Matt Berry 2:30-6:30pm.

McLeod will be charging a \$2 admission fee for movie nights starting 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.

Hope your summer has been fantastic!
Leanne Rosinski

McLeod Supports Physical Literacy Programming

We are excited to be working on new programming for children under the age of four starting in Spring 2016. More information will be provided to parents at the Fall sports registration.

Here is an active game that parents and children can easily play outside this summer with sidewalk chalk (retrieved July 22, 2015 from <http://active-forlife.com/8-active-chalk-games/>).

"Hopscotch

This is an oldie (as in kids have been playing it for over 300 years) but a definite goodie. The rules are simple and kids can either draw their own course with the chalk or have a parent help. Use your imagination and draw the boxes to be jumped in in various colours and shapes. Use the chalk as the marker or find stones, beanbags, buttons or small plastic toys. Once your children have conquered hopping the course, see if they can double hop on each box or use varying feet for hopping on the way up and the way back the course.

Skills Developed: Hopping, throwing, balance, coordination"

Go to the website above for seven more sidewalk chalk active games!

Indoor Soccer



An affordable activity the whole family can enjoy. Meet new friends or reacquant with old friends

Soccer is Edmonton's fastest growing sport, a sport that can be played any time of year. Indoor soccer is a fun weekend activity to spent away from the cold outdoors.

Soccer is an affordable and exciting activity where players develop life skills such as team play and mutual respect.

We offer a community indoor soccer program for children aged 4 to 18 that focuses on fun and equal play time for all players. Our indoor program runs from mid-October to the end of March.

Registration is completed online, however; payment is completed at your local community league beginning late August and early September.

For more information please visit our website
<https://www.emsanorth.com> Click "PLAY" then click "REGISTER"



XTREME FC

Already a skilled player ready to make the move to more competitive soccer? Then consider Xtreme FC, EMSA norths' premiere program!

Skill development and teamwork is a priority at Xtreme FC and in return for higher commitment expectations players can expect to play a much more demanding style of soccer.

Tryouts take place at the East Soccer Centre on Victoria Trail in August.

For more information on the Xtreme FC program or to register for tryouts visit the website at

<http://www.edmontonxtremefc.com/>



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McLeod Soccer Update

The outdoor soccer season has wrapped up and we're preparing for the indoor season. Thank you to all the coaches and volunteers that made the outdoor season a huge success. Our program consisted of 52 teams and 700 players.

Indoor registration will take place September 1st, 9th and 10th, 6-9pm at McLeod community league hall. EMSA will be introducing a new application for facilitating online registrations. Families will be required to establish an account using their primary email address and specify family members that may participate in soccer. Then parents will select a family member and register them for the upcoming season. The new process will make hand written registration forms obsolete. Please see the McLeod website for additional information.

Community memberships expire August 31st. All community members holding a 2014/15 McLeod membership will be able to exchange their existing membership card for a new one. The community league will have pre-printed membership cards for all existing members in order to expedite the registration process. Anyone registering for soccer for the first time will be required to apply for a membership card online via the McLeod community website prior to attending a registration session, or use one of the laptop computers at the registration sessions to capture their membership information.

Registration chart:

	Born after January 1st	Born before December 31st
U6	2010	2011
U8	2008	2009
U10	2006	2007
U12	2004	2005
U14	2002	2003
U16	2000	2001
U18	1998	1999

For those new to indoor soccer, U6 and U8 play Saturday mornings at the soccer facility on Victoria trail. U10 and U12 play throughout the day on Saturday at any of the 3 Edmonton soccer facilities. U14 to U18 play throughout the day on Sundays at any of the 3 Edmonton soccer facilities. All teams play one regular season game every weekend making the indoor season less time demanding than the outdoor season.

We expect many of the outdoor coaches and players will return for the indoor season. The season kicks off October 17th. Feel free to contact me if you have any questions about registering for the upcoming season at soccer@mcleodcommunityleague.ca

Todd

McLeod Soccer Director

McLeod Supports EFCL's 100th Anniversary Project

Community volunteers, through the Edmonton Federation of Community Leagues (EFCL) have been contributing to the betterment of our city for over 100 years.

The EFCL is building a year-round amenity at William Hawrelak Park, as a gathering place for friends and family, a legacy for generations to come. It "will pay tribute to all the facilities, events, programs, memories and developing friendships created over the past 100 years". (EFCL showcase program)

McLeod Community League has provided financial support for this project. If you would like to recognize volunteers in your family or community, you can arrange a tax receiptable donation via EFCL.org.

McLeod Supports Miller Crossing Farmer's Market

McLeod Community League's Board believes that Northeast Edmonton has long been missing a Farmer's Market. Now we have one; the Miller Crossing Farmer's Market is open Tuesdays from 4pm to 8pm and Sundays from 11am to 5pm in the parking lot of the Kingsway Legion at 14339 50th Street. Their website is www.mcfarmersmarket.ca. We strongly encourage you to go check it out. They are looking for both vendors and shoppers, and the more activity they get, the better the market will get.

Update from McLeod Community Safety Director

As summer break comes to an end and school resumes again I ask drivers to be aware and not speed through school zones. Parents please don't park in the bus pickup/drop off areas which are clearly posted. We can all do our part to try to keep our children in the community safe!!

On another note I invite you to come out to Community League Day Saturday September 19th at McLeod Community Hall and meet some of our Edmonton Police Officers and Edmonton Firefighters that work hard to keep our city safe!!!! Great event for the whole family!!!

If you observe anything suspicious in our community please contact Edmonton Police at 780-423-4567

Ryan

Community Safety Director
McLeod Community League

The Edmonton Insight Community

The Edmonton Insight Community (<https://www.edmontoninsightcommunity.ca/Portal/default.aspx>) 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

McLeod – Miller Playground Society AGM

The Miller Playground Society is holding their AGM this fall. Positions available for election are president, vice-president, treasurer, and secretary. Please contact Jennifer, the Miller representative on the McLeod Board of Directors at miller@mcleodcommunityleague.ca for more information. The date and time will be posted on the McLeod website shortly. www.mcleodcl.ca



McLeod League Celebrated at EFCL Showcase

On June 10, two board members represented the McLeod Community League at the EFCL Showcase designed to highlight innovative programming done by our community leagues. Greetings were brought by the Province of Alberta and the City of Edmonton recognizing all the volunteers' contributions.

MC'd by Dez Melenka, a reporter with CTV and Mark Nicoll, EFCL board member, each community league's special project was presented on the big screen, and a plaque was awarded. McLeod's award winning submission was the full page article in the Edmonton Sun and Edmonton Examiner published last fall.

We found all the 31 leagues' ideas inspirational and mention a few of them here, that might transfer well to our neighbourhood.

- Babysitter meet & greet - Hamptons
- Family rink parties - Bonnie Doon
- Chilli cookoff - Ritchie
- Nordic Walking - Cloverdale
- Youth talent show - Riverbend-Terwillegar
- All ages gardening - Parkallen

Thanks to the Edmonton Federation of Community Leagues for organizing the evening of delicious appetizers, entertainers Bare'n Von Hair, and an opportunity to hear other league members discuss their projects.



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Window and balcony safety Protecting your children

As summer temperatures rise outside, many parents open their windows or balcony doors to let in fresh air. Unfortunately, along with the fresh air comes a significant risk to children.

For a curious child, an open window or balcony door can pose the risk of a serious fall.

Every year, Alberta Health Services (AHS) EMS responds to multiple calls related to children injured after falling out of windows or off of balconies. In 2014, 20 Albertan children were seen in our Emergency Departments, due to these kinds of falls, and of those 20, 17 were less than seven years of age.

Always take these steps to prevent falls, and keep your children safe this summer season, and year round:

- Move furniture such as cribs, beds, stools, and change tables away from windows to prevent access to them.
- Install window guards on all windows on the second floor and above. These act like gates in front of windows.
- Consider installing safety devices which limit the distance in which a window can open. to 10cm (4 inch).
- Remember: screens are designed to keep bugs out, NOT to keep children in.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate the possibility that your child will be able to fit between the vertical bars of a balcony or deck.
- Furniture and other items stored on balconies and decks can be used to climb, resulting in a fall over the railing
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Direct supervision of children is always the most effective way to prevent falls.

AHS EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Visit us at: www.windowssafety.ca to learn more.



Chris Nielsen MLA Edmonton Decore

Email: edmonton.decore@assembly.ab.ca

Phone: 780-414-1328

Fax: 780-414-1330

Website: www.assembly.ab.ca

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Thurs 10 PM – 6 PM

Follow me on social media!



Thank you for your patience!

Our constituency office is now open.

My staff and I are at your service.

I look forward to meeting you!



Chris Nielsen, MLA Edmonton-Decore

Constituency Office Open House

September 12, 2015 1 p.m.-3 p.m.

#5, 9228-144 Ave NW

Come and meet my staff and I.

We look forward to seeing you.

Questions: Please contact us at:

Phone (780) 414-1328

E-Mail Edmonton.Decore@assembly.ab.ca



McLeod Hosts Successful KDays Pancake Breakfast

On July 20th, McLeod Community League hosted a pancake breakfast. About 70 people stopped by for some free pancakes and good company. We were very happy to have support from the Hollick-Kenyon Starbucks, who donated free coffee and their time to the event. We were also very excited to see MLA Heather Sweet and Councillor Ed Gibbons drop by to say hi. Both are strong supporters of this Community. We got to see lots of former members of McLeod's Board, and we also saw lots of young families stop by.



From L to R: MLA Heather Sweet, McLeod Programs Director Kevin Moffitt, Samantha Moffitt, Cassandra Moffitt, and Volunteer Mary Ann keep an eye on the grill at our Pancake Breakfast

McLeod Attends Time Capsule Opening at McLure United Church

A representative of McLeod community league was on hand June 14 to help witness the opening of a time capsule over 25 years old, first sealed at the consecration of their new church building.

Included in the time capsule, sealed in 1988, was a thick paper copy of the Edmonton Journal, VHS tapes, a paper \$1 bill, children's crafts, religious texts and a handmade banner. Rose and Jim, who were part of the original committee in 1988, assisted Rev. Lockhead in displaying the items.

The McLure United Church has been an Edmonton Food Bank depot for our neighbourhood for the past 20 years. Rev. Lockhead says it is "one of the most important things we do as a congregation" and church volunteers unload and distribute food every Wednesday to 35 families in our community.



The Edmonton Food Bank serves 15,000 Edmontonians every month. You can donate non-perishable food through a donation box at the McLeod Community Hall when we have special events like movie night and Community League Day. Pasta, rice, beans and baby formula are always needed. Donations can also be made at any Edmonton fire hall.

If you would like to donate, volunteer or receive assistance please contact www.edmontonfoodbank.com

More information about McLure United Church activities are at www.mclureedmonton.ca or mclureunited@telus.net or 780-475-8496. Upcoming events are August 15 Golf tournament and September 3 annual corn roast. All are welcome to attend.

If you are a member of a faith community and would like news of your community engagement, special event or celebration shared with the larger community, please send details to mattberry@mcleodcommunityleague.ca.

Mark Your Calendars for Upcoming McLeod Events

Saturday, September 19 – McLeod Community League is celebrating our 45th anniversary on Community League Day and you're invited! Heather Sweet, MLA for Edmonton Manning, will be serving up some birthday cake. There will be food, activities, bouncy houses, and a visit from Bugly Bright! The event is free but we will be accepting monetary and non-perishable donations for the Food Bank. The event runs from 10am to 3pm.

Friday, September 25 – McLeod Community League is planning a chaperoned trip to Launchpad for youth aged 12-16. The fee is only \$10 per participant and includes a hot dog, a juice box and transportation via bus to and from Launchpad. Parents are welcome on the bus. If you are interested or would like more information, please contact Laura at youth@mcleodcommunityleague.ca as soon as possible to reserve your spot.

Saturday, October 24, time TBC – McLeod Family Halloween Party
More information will be coming in the next newsletter.

Thursday, October 29, 6-7pm – McLeod Community League Annual General Meeting
Come hear special guest MLA Heather Sweet as she talks about her vision of community collaboration. Enjoy wine and cheese and mingle with the Board and your neighbors. Positions available will be posted on our website at the beginning of October. www.mcleodcl.ca

Saturday, November 21, 10am-4pm – McLeod Christmas Bazaar
Join us for free hot chocolate, enter to win great prizes and of course shopping! McLeod is bringing together about 30 vendors who can help you get started... and maybe finished with your Christmas gift list! There will be jewelry, children's books, clothing, skin and makeup products, collectables, tea, candles, crafts, men's items, and more! McLeod will gladly wrap your gifts for a cash donation to the Food Bank. So gather up your friends and family and stop by to get that holiday shopping done early!

McLeod Needs Contractors - Electrician, carpenter

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.

Sneak peek at McLeod for 2016!

McLeod will be hosting its first ever "Care Fair" on Saturday, June 4, 2016. Stop by to meet local organizations and associations, City bylaw enforcement, EPS, and other "caring" professionals in the community. There will be giveaways and great prizes. More information will be forthcoming as we start the planning. McLeod supports healthy, informed communities!

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.

Great Parks in McLeod!

June was Recreation and Parks Month in Alberta. McLeod participated by promoting our playgrounds and green spaces on our Facebook page.

A big "Thank You!" to the volunteer playground committees like the Hollick Kenyon Playground Society, Matt Berry Playground Society, and Miller Playground Society who, over several years, raised funds and designed the playgrounds that our community's children now enjoy.

Don't forget about the multi-use trails, natural areas, and pocket parks that also cross our neighbourhood.



"Do you know how many parks there are in your community? Rediscover each and every one! Sit on the grass, look at the trees, walk the trails, roll down the hills. Aren't parks great!" June.arpaonline.ca

Make a point of visiting each park this summer. Pack a picnic and try something new! Parks are for all ages, and there are picnic tables for your convenience.

Here are the 4 playgrounds in our neighbourhood, along with their green shack hours for summer 2015. The green shack program is staffed by trained City of Edmonton employees and opened on July 3.

Hollick Kenyon Park & Playground
5315-159 Ave
10 am- 1:30 pm

Matt Berry Park & Playground
15950-59A St.
2:30 pm - 6 pm

McLeod Park & Playground
14715-59 St.
2:30 pm - 6 pm

Miller Park and Playground
14903-50 St.
2:30 pm - 6 pm

See you in the sunshine!

McLeod Launchpad Outing

McLeod Community League is offering a trip to Launchpad on Friday, September 25 for youth aged 12-16. The fee is \$10 per participant and includes a hot dog, a juice box, and transportation via bus to and from Launchpad. Parents are welcome on the bus. If you are interested or would like more information, please contact Laura at youth@mcleodcommunityleague.ca.

Children's Yoga Classes: Starting in September at McLeod

Join Nicole from Blue Mango Children's Yoga for yoga classes that will nourish the body and mind. Children's classes are a fusion of traditional yoga poses, songs, movement, storytelling, meditation and creative art. Each age group class is unique as it aligns with developmentally appropriate experiences and educational themes. Children's classes will take place on Saturdays and adult classes are TBD. Children's classes: 3-5 year olds, 6-9 year olds, 10-15 year olds
Adult classes: Restore and renew and Movement & Meditation
Check the McLeod website for details.

Movie Night at McLeod

Join us for Movie Night Friday August 21.
Doors open at 5:00pm
Movie starts at 6:30pm
Movie: TBA
Concession open with Hot Dogs, Cotton Candy, Popcorn, Beverages, and treats.
Bring a blanket or air mattress to sit on

Submit-a-tick

Alberta program checks ticks for Lyme bacteria
As summer gets underway, Albertans are reminded to submit any ticks they find to the Alberta Tick Surveillance Program. The program tests first for the type of tick and then, if necessary, for the bacteria that can cause Lyme disease in humans. Lyme disease is an illness caused by bacteria that is spread through the bite of a blacklegged deer tick. Lyme disease in humans can have serious symptoms but can be effectively treated with standard antibiotics, especially if diagnosed early. The risk of being bitten by a tick infected with the Lyme bacteria in Alberta is very low. 63 cases of Lyme disease were reported to Alberta Health between 1991 and 2014, and all were acquired while traveling outside the province to areas where Lyme disease is circulating.

How to safely remove a tick

- With tweezers, gently grasp its head and mouth parts as close to your skin as possible.
- Slowly pull the tick straight out – do not jerk or twist it. Try not to squash it.
- Save the tick in a clean, empty pill bottle or zip-lock bag. Do not add ventilation. Add a small piece of tissue, lightly moistened with water, to prevent the tick from drying out.
- Do not apply matches, cigarettes, or petroleum jellies to the tick as these may cause an infected tick to release the bacteria into the wound.

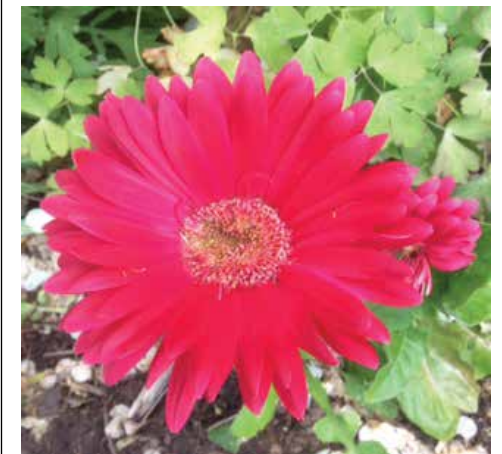
Remember, to protect yourself from tick bites, cover up as much skin as you can when going into wooded or grassy areas, use bug spray that contains the chemical DEET, and check your pets for ticks after they've been outside.

More information on how to submit a tick to the Tick Surveillance Program is available on the Alberta Health website www.health.alberta.ca/health-info/lyme-disease.html

Baseball in McLeod

The McLeod Baseball Program has a successful year in 2015. Our community sponsored seven team. We had three Blastball teams, two Rally Cap teams, one Senior Rookie team and one PeeWee team. A total of 51 kids played on McLeod baseball teams. Several McLeod baseball players were successful in going "AA" teams with the Northeast Zone at the start of the year. Congratulations to the McLeod Senior Rookie team which won their league's B Final and our PeeWee team which made it to the finals. I would like to thank the parents who helped out during games and practices. This is a sport particularly at the younger ages where the more helping hands the better. No team can run without a coach and this year McLeod had seven exceptional people who volunteered their time to coach a team. The McLeod players, parents and I are very appreciative to our coaches who taught the kids, organized the games and practices, and got us engaged in the game. A very special thank you to the McLeod baseball coaches: Michelle Pyesmany, Amanda Holm, Julian Mannella, James Turnbull, Cheryl Noskey, Ron Locke, and Jeff Stewart.

Brad
Baseball Director



Beautiful Yards in McLeod

In June, community volunteers scoured the neighbourhoods of Miller, McLeod, Casselman, Matt Berry and Hollick Kenyon looking for homes lovingly kept-up by green-thumbed homeowners.

In July, the front yards were judged, with top nominations then forwarded to the city-wide level.

All nominated yards in our league area deserve special recognition, and will receive an invitation, by Canada Post mail, to attend our Front Yards In Bloom awards presentation held during our Community League Day on Sat. Sept. 19.

Thank you to all residents who keep our community looking outstanding by mowing grass, pruning shrubs and tending the flowers!

McLeod Royals – U10 Provincial Champions!

Congratulations to the U10 mixed team coached by Jasen Pankiw, and Craig Baikie. This fresh-faced group of kids won the gold medal in the Alberta Boys' Provincials "B" Division, held in Devon the weekend of July 10th through 12th.

The team also competed at the girls provincials in Lloydminster and played well enough to advance to the "A" level playoffs – competing against the very best in the province.

This is the first team from McLeod to compete in "A" level provincials in many years. Congratulations to the boys and girls who represented the Community with pride and had a ton of fun doing it!!



McLeod Softball 2015

The 2015 softball season is now in the books.

Thank you to all of the volunteers who stepped up to organize this great group of kids.

We had a number of new coaches and assistants, and many who have been doing it for a while now. Without this continued strong commitment from you, we could not provide this quality program for our children. We are extremely grateful to the continued support of the McLeod Community League, Northeast Zone Softball, the parents, the umpires, and the players.

We saw a lot of smiles from the Nerf, T-ball (U6), and Coach Pitch (U8) teams that took part in the Fun-A-Rama tournament on May 30th at Homesteader Community. Once again the Homesteader Community and Northeast Zone volunteers can take a bow for the great job on hosting and organizing this event.

Teams from McLeod also had a great time competing in the Serenity Landry tournament on the Father's Day weekend and the City Championships at the end of June.

The players will cherish the many memorable experiences, and the great friendships forged along the way. Have a great summer...see you next Spring.

Gord
McLeod Softball Director

Blue Ribbon Country Fair at McLeod Community League Day

Can you imagine all the people who have crossed your city lot over the past centuries, and what they ate?

Towards the end of the last ice age, about 10,000 years ago, people travelled through our region, on their way south. They ate whatever they could hunt or gather. Some stayed here as First Nations. From 1670 - 1870, our area was part of Rupert's Land, so the Hudson Bay Company employees, First Nations and Metis people were busy hunting, trapping, and trading. Bannock and pemican were the order of the day. In 1882 the District of Alberta was created and the push for agricultural settlement was on. People came from Ontario, the Maritime provinces and America to setup farms and businesses. By 1905, we were the Province of Alberta.

The country fair we are holding is in recognition of the farm families who cultivated the land, right under our feet, from the mid 1880s until the 1960s. They were very industrious growing wheat, oats, fruits, vegetables, milk, butter, and wool. They were also very competitive, publishing their agricultural yield per acre in the local newspaper, and starting the Edmonton Exhibition so they could compare their best farm animals and produce.

The categories for this year are:

- (1) baking (bread, cookies, cake, pie)
- (2) preserves (jam, jelly, pickles, relish)
- (3) garden produce (best looking vegetables, weirdest shape, largest)
- (4) home-made wine or beer
- (5) dumplings

From 1970 on (for the past 45 years) the farm quarters have been subdivided into suburban residential lots, and now people from many cultures live here. Our last category is a celebration of the dumpling! You can make banku, kenkey, pyroggy, wonton, ravioli, zongzi, guihia, mande, empanadas, or any other kind of dough wrapped around a filling, cooked by any method. Our president can't wait to judge this category!

Please bring your entry to the community hall between 7pm and 9 pm on Friday, September 18. The items will be judged and on display during Community League Day, Saturday September 19 from 10 am to 2 pm. Entries can be picked up between 2pm-2:30 pm. Any entry not picked up will be discarded.

All entries should be hand made by the contestant. Canned food should be less than 1 year old. Participation limited to residents of McLeod, Matt Berry, Hollick Kenyon, Miller and Casselman.

The judging will be "to standard", ranking the entry as superior, very good or average.

More than one ribbon per category may be awarded.

Please email the information on the entry form to: mattberry@mcleodcommunityleague.ca

or mail by Canada Post to:
McLeod Community League
14715-59 Street NW
Edmonton, Alberta
T5A 1Y3

- Name: _____
- Address: _____
- Phone number: _____
- Email address: _____
- Please circle (youth under 16 yrs) or (adult)
- Please circle category(s) you are entering
- (1) baking (3 cookies, 1 cake, 1 pie)
 - (2) preserves (one jar of jelly, pickles, relish)
 - (3) garden produce (best looking vegetables, weirdest shape, largest)
 - (4) home-made wine or beer (1 bottle)
 - (5) dumplings (3 cooked samples)



McLeod Supports Matt Berry Facility Survey

The Matt Berry Facilities Steering Committee, which is sponsored by McLeod Community League, is at the Needs Assessment phase of our project. This means that we are seeking community input on the preferred type of facility that we proceed with. This facility would be developed just north of the Matt Berry Playground, at approximately 161 Ave and 59a Street.

Please go to www.mcleodcommunity-league.ca and select the Survey link to complete our short survey. It should take no more than 5 minutes.

Alternately, please fill out the attached survey and mail it to us at:

McLeod Community League
14715-59 Street NW
Edmonton, Alberta
T5A 1Y3

Miller Senior Housing Update in McLeod

City Administration has provided an update on the proposed Senior's Housing project in Miller.

Briefly, the intent is to issue a request for proposals for seniors housing on the Miller site, and 2-3 other sites, this fall. Based on available funding from the Province we will advance one or two of the best proposals for design consultation with the community late in 2015. Miller and Caernarvon are the two most likely locations for design consultation this fall, with construction starting in late 2016.

This is the current status, which will be adjusted based on Council direction on the policy to direct development of the sites, which is going to Executive Committee in August, and Provincial funding availability.

McLeod Community League will do its best to ensure that residents have access to current information and are involved in any consultation processes.

1. Which best describes your household?

- Family with children under 5
- Family with children ages 5-17
- Family with children ages 18+
- Family with no children
- Single adult
- Senior or retiree

2. Which neighbourhood do you live in? (Use http://www.edmonton.ca/residential_neighbourhoods/neighbourhoods/neighbourhood-maps.aspx to confirm if necessary)

- Brintnell
- Casselman
- Hollick Kenyon
- Kilkenny
- Maylewan
- Matt Berry
- McConachie
- McLeod
- Miller
- Ozema
- Schonsee
- Steele Heights
- Other

3. The Matt Berry Facilities Steering Committee is considering a project that would see a facility built adjacent to the Matt Berry Playground, at approximately 161 Avenue and 59a Street. Which type of facility would you most like to see in Matt Berry? Please rank in order of preference from 1 (most preferable) to 6 (least preferable).

<input type="checkbox"/>	Do not build a facility at this time.
<input type="checkbox"/>	Sports facility (eg. basketball, skate park, outdoor rink)
<input type="checkbox"/>	Cultural facility (eg. performance centre, ampitheatre)
<input type="checkbox"/>	Multi-use facility (eg. meeting rooms, kitchen, hall for events)
<input type="checkbox"/>	Family space (eg. playschool, before and after school care)
<input type="checkbox"/>	Learning centre (eg. science centre, art gallery, museum)

4. What would you like to be able to do in a facility? Consider any type of program, activity, or service.

5. Could you see people in your household using a community facility located in Matt Berry?

- We would never use this and consider it unimportant
- We would use this less than once per year
- We would use this once per year
- We would use more than once per year
- We would be regular users of such a facility



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 & Civics Director

Denise - Membership Director & Neighbourhood Watch

Gwenna – Facilities Director

Marcus – Communication Director

Tyler – Program & Event Director

Trish – Social Director & Newsletter Editor

Robin - Director at Large

Cecil P – Director at Large

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

President's Report

Wow! Another exciting summer is upon Steele Heights community.

The Green Shack is up and running weekday afternoons from 2:30pm to 6pm. Come by with the kids and say "Hi!" to the great City of Edmonton staff running the Green Shack for Steele Heights. The shack is located at the York/Steele Heights play park : 59th Street and 140 Ave. There is always some sort fun and laughter going on in the two Steele Heights community play parks, so drop by with the kids and enjoy some sun and fun.

There are many new and exciting events planned for Steele Heights over the next few months. Come check out the carnival-themed Community League Days event on Saturday, September 19th from 11am to 3pm. There will be many FREE activities, performers, games and bouncy houses for the kids. A membership table will be set up where you can learn more exciting information about Steele Heights community league. There will also be a quick survey so Steele Heights members can plan for the next one to five years of development in our community, and information and prices for Steele Heights hall rentals and upcoming programs. Don't be Shy and come say Hi to the volunteers working the tables and see if there is anything they can assist you with.

I also want to give a tease about another exciting event coming on Saturday, November 21st. Keep your eyes and ears open as more Information is released in late September!

There is a NEW and exciting website coming for the League in September! This website will blow the last website out of the water. It will be interactive with so many new features. It will allow "real time" updates and will link Facebook and twitter to each other so that all information is available on all platforms. There will be all sorts of detailed information on rentals of the hall, events, programs, sports and leisure, volunteer opportunities and much, much more. So stay tuned for the new and improved website for Steele Heights Community league.

I would like to thank all the players, parents and coaches who made another hugely successful Steele Heights outdoor soccer season be a roaring good time. Without all of you there would be no Steele Heights Soccer program. So a massive, huge THANK YOU !!

And a great big CONGRATULATIONS to the U10 Girls soccer team for winning the U10 City Championships!! You girls rocked it and made the Steele Heights Community League Proud. This is the first City Championship under the Steele Heights banner in over 27 Years in any sport. So again, thank you players, parents, fans and supporters of the U10 Girls team. I would also like to thank coaches Vanessa, Colin and Gary for all their hard work and dedication to helping the girls enjoy the season.

Jeff Gokiart – President

Our People - Our Community

A Girl From Steele Heights

Hi there!

My name is Abigail and I am 9 and 1/2 years old. I live in Steele Heights neighborhood and I also go to York school in the same area.

I was born here – well, in the Gray Nuns Hospital, and my mom and dad brought me home to Steele Heights. I have lived here my whole life. I love living in Steele Heights as lots of my friends do as well. I also go to school here and that is so important as the school supports the community.

I also try to support the community of Steele Heights whenever I can. I help run the Concession stand during the skating and hockey season. I also help set up for community events and then clean up after we have so much fun. This makes me feel like I am helping people enjoy Steele Heights. Because Steele Heights is a great and fun place to live in.

I also play soccer for the Steele Heights Tigers soccer teams. I have really enjoyed being a Tiger the last 5 years. And this year me and my teammates won U10 Girls City Championships. We started slow but my dad and the other coaches kept working with us to help us get better. Which we did, and the final game of the season we won Cities!! Me and the other Girls went crazy as this was the 1st anything most of us won in sports. The game was great and the pictures and medal ceremony were awesome as well. And the party a week later was excellent and fun all together. I hope to win many more City Championships for myself and my teammates as well as Steele Heights .

So I would recommend everyone comes to a Steele Heights Event. Or goes to York school because it is a great school. And Most of all come watch or play for the Steele Heights Tigers Soccer teams.

Abigail

From the Programs and Events Desk

As a community we are working to create a place where you can not only rent a facility to host a wedding or other private function, but also build a stronger sense of community by hosting league-run functions and programs.

Our programs director has some good ideas for classes and activities that are geared towards adults, as well as programs for all ages. However, as ultimately it is you the community member that would be making the decision to participate in these programs, we would like your input for what you would like to see us do.

Some examples would be yoga classes, ball room dancing classes, pub nights, new parent day-time classes and activities, karate classes, etc. If there is anything you would like to take part in, please let us know at steeleheightscommunity@gmail.com ATTN: programs.

Thank you for your input, and we hope to see everyone at our community league day celebration September 19, 2015 from 11:00am to 3:00pm.

Tyler Ames – Programs & Events

Special Savings on Quality Produce

Locked In Pricing for the Month. While quantities last

	Maple Lodge Halal Hot Dogs \$2.49/Doz	Fresh loaf bread 99¢ each White/Brown/Whole Wheat	
	Fresh Baked Baklava Wide Variety	Reggie Pasta 99¢ /Pkg	
	Compliments Canola Oil \$6.99 3L bottle	Lebanese fresh baked meat pies. Spinach & cheese 3 cheese family pack \$9 ⁹⁹	

Elsafadi Bros. Supermarket

Two Locations 11316 - 134 Ave & 10807 Castledowns Rd
780 - 475-4909 Local Community Owners

Beat the Heat Mini Cheesecakes

Ah- Summer! Who doesn't love to spend summer evenings with friends and family to enjoy the best BBQs the season has to offer? Whether you're having a casual get together or a fierce competition to crown the next BBQ sauce champion, no one wants to be stuck in doors.

I am a s'mores advocate whenever a fire pit is involved, but marshmallows and graham crackers have their time and place. Whether you're entertaining or looking for something a little bit different to satisfy your sweet tooth, these no-heat mini cheese cakes are up to the task.

Did I mention they're also incredibly easy? The crust is made by airy, crispy croustades. Don't worry- you can get these small baked shells at any grocery store! Top these desserts with some small berries like raspberries, blueberries, and blackberries, or sliced strawberry and kiwi.

Ingredients

8 ounce package of cream cheese, softened
 1 teaspoon vanilla
 8 ounces whipped topping
 Package of crispy pastry shells (croustades)
 Your choice of berries

Directions

- In small mixing bowl, beat the cream cheese until smooth
- Add vanilla and whipped topping, beating for about 45 to 60 seconds until smooth. You'll end up with about 3 cups of filling.
- Spoon about 1 tablespoon of filling into each pastry shell
- Garnish with fresh berries or small slices of fruit
- Refrigerate for one hour to allow filling to thicken



Come one! Come all! To the Wild and Wonderful Steele Heights Carnival!



**ON SEPTEMBER 19 WE WOULD LIKE TO WELCOME
EVERYONE FROM THE STEELE HEIGHTS COMMUNITY TO
COME DOWN TO THE HALL AND PARTICIPATE IN GAMES,
FUN AND EXCITEMENT, BBQ, CONSESSION AND A
PROFESSIONAL PREFORMER**

WHEN: SEPTEMBER 19 11:00 AM- 3:00 PM

**WHERE: STEELE HEIGHTS COMMUNITY LEAGUE
5825 140 AVE EDMONTON**

Window and balcony safety Protecting your children

As summer temperatures rise outside, many parents open their windows or balcony doors to let in fresh air. Unfortunately, along with the fresh air comes a significant risk to children.

For a curious child, an open window or balcony door can pose the risk of a serious fall.

Every year, Alberta Health Services (AHS) EMS responds to multiple calls related to children injured after falling out of windows or off of balconies. In 2014, 20 Albertan children were seen in our Emergency Departments, due to these kinds of falls, and of those 20, 17 were less than seven years of age.

Always take these steps to prevent falls, and keep your children safe this summer season, and year round:

- Move furniture such as cribs, beds, stools, and change tables away from windows to prevent access to them.
- Install window guards on all windows on the second floor and above. These act like gates in front of windows.
- Consider installing safety devices which limit the distance in which a window can open. to 10cm (4 inch).
- Remember: screens are designed to keep bugs out, NOT to keep children in.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate the possibility that your child will be able to fit between the vertical bars of a balcony or deck.
- Furniture and other items stored on balconies and decks can be used to climb, resulting in a fall over the railing
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Direct supervision of children is always the most effective way to prevent falls.

AHS EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Visit us at: www.windowssafety.ca to learn more.

Steele Heights Indoor Soccer Registration 2015/16

Register Your Player for the 2015/16 Indoor Soccer Season

A new and exciting indoor soccer season will be upon us in a few short months. There will be three age groups for Steele Heights this 2015/16 Indoor Season: Boys and girls U6, U8 and U10. We will also register the U12 and U14 and U16 age groups with the players transferring to Beverly Heights and Delwood.

Registration will run from 6pm to 8:30pm at Steele Heights Community League, located at 5825-140 Ave. A valid 2015/16 Community Membership is required to register. Memberships will be on sale at each of the registration dates.

Sunday, August 30th, 2015
Thursday, September 10th, 2015
Sunday, September 13th, 2015
Sunday, September 20th, 2015

U6 - Birth years 2011 & 2010
U8 - Birth years 2009 & 2008
Registration fee: \$180

U10 - Birth years 2007 & 2006
Registration fee: \$225

U12 - Birth years 2005 & 2004
Registration fee: \$235

U14 - Birth years 2003 & 2002
Registration fee: \$240

U16 - Birth years 2001 & 2000
Registration fee: \$245

U18 - Birth years 1999 & 1998

One volunteer commitment is mandatory for each family. A \$125 Post-dated check is required to hold the volunteer date commitment.

Registration fees, Memberships, and volunteer commitment pay-outs are payable by cash, check, or money order.

See everyone for another exciting Steele Heights indoor soccer season this 2015/16!

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

Playing outside fuels a child's curiosity

For generations, parents have been telling their children to "go outside and play." It's good advice: playing outside is a big part of healthy childhood development. And it's fun.

"Children are eager to understand how the world works and they do this through play," says Laura Crawford, provincial lead for Play and Physical Literacy for the Early Years at Alberta Health Services. "Outdoor play fuels curiosity, problem solving and social skills."

Young kids, from toddlers to six years old, discover all kinds of new things while they're climbing, swinging, running or riding their bikes. Playing outside helps them develop basic movement skills. And as they master the monkey bars, they're also building self-confidence.

Children need lots of play time. "From ages one to four, children need at least three hours of activity over the course of the day," Crawford says. "Children five and older need at least one hour of moderate to vigorous physical activity every day."

Some of that play can be structured and led by an adult so children can learn how to do a new skill or activity. "Structured activities are things such as going to the park and kicking a ball, throwing a ball, playing soccer or learning to swim or ride a bike."

But it's also important for children to have plenty of unstructured play, such as running around or using their imagination to invent brand new games and activities. Crawford suggests allowing most play to be unstructured.

As a parent, you can watch, wait and listen as your child plays. Watch to see what your child is interested in and what he may be struggling with. Wait to see how you can offer support, but give him time to practise and see if he can figure it out on his own. Finally, listen to him describe his game or suggest how you can play along or help. Follow his lead.

— reprinted from *Apple magazine*

Your Voice in Ward 4



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





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Shawn Bracke from Toronto - Contemporary

Rachael Brierley from England- Ballet

Carmen de Los Santos from Vancouver - Hip Hop

Danielle Tingley from Vancouver - Jazz, Lyrical

Krista Tingley - Cheer and Acro

Paul Otterbein from Vancouver - Hip Hop Choreography



Zac Vran from
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online at www.dancetheme.com

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