

NORTHEAST VOICE

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

Dec 2015/Jan 2016



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

The 22nd annual Stan Gantar Memorial Tournament January 28th to February 7th, 2016

The tournament is held as a tribute to the late Stan Gantar who was always prepared to help in the community programs no matter if it was pounding nails to build the first rink shack (a garage), making ice, caretaking, helping to tie the children's skates, sitting on the Community League or Sports Club executive, to assisting or coaching children in both hockey and soccer. Stan passed away, July 5th 1990.

We trust that everyone will find the Tournament refreshing after a good Minor Hockey Week and that the players will grow through the experiences of renewed or newly made friendships, exhibiting good sportsmanship, and striving to reach for the ultimate goal of fair play in life as well as sport.

These were traits of people such as Wayne Gretzky who showed his love of the game, sportsmanship and respect for people, be they opposing players, anxious fans, even under the most stressful conditions. This Tournament is intended to promote friendship and encourage sportsmanship and fair play through participation in hockey.

(An excerpt from the 21st annual Tournament Program written by that tournament committee) This tournament will feature 32 teams from the hockey program with children ranging in age from 5-17 years; the majority will be under the age of 11. Some 480 kids will be directly involved.

We are currently looking for corporations and local businesses that could possibly help in the following ways:

Category Sponsorship (4 teams) by providing some of the following: items for treat bags, such as vouchers, coupons, posters, lapel pins, flags, pencils.

Category Trophy (remains with Tournament-sponsor prominently acknowledged)

Contribution towards the purchase of individual souvenir token (60 required)

Hosting one round of refreshments for the players and coaches (72 required)

Door Prizes- Appropriate for children

Raffle Prizes

Tournament Sponsorship-similar to category sponsorship but allowing for distribution of items provided to 480 participants. Possibly some of your present promotional materials might be appropriate. Sponsorship through advertising- in the Souvenir Program that will provide your business with direct exposure to some 3000 persons in the community. The Stan Gantar committee would appreciate your consideration of any of these areas of sponsorship. All sponsors will be formally recognised in both the Souvenir Program as well as on site on our Sponsorship board.

To register a team, discuss sponsorship or any other inquiries, please contact 780-475-7915 or email outdoor.hockey@gmail.com or check the Kilkenny Website for updated information at www.kilkenny.ab.ca

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

Poplar Park Playground is Open



Jake, Hayley, Layne and Spencer were among the first kids to test out the newly opened Poplar Park Playground.

By Wendy Peacock, Poplar Park Playground Committee

Kids at Florence Hallock School (16437 - 87 St) are celebrating these days as Poplar Park Playground opened in the same season it was built. Come on down to the park and try the swings, slides, gliders, and... ZIPLINE!

Thank you to the dedicated committee members, numerous volunteers and generous donors who made this dream a reality. It is an amazing accomplishment.

This completes phase I (playground) and phase II (basketball courts) and there is already a new committee working on phase III (spray park). The new poplar park committee is made up of many of the keeners from the previous committee, but we have added a few new members. Why not sign up and help out this seriously overachieving group finish our goal of building a spray park.

We want to begin working on the next phase of building and need your input. Do you support the development of a Spray Park in the Poplar Park District Park? Please complete the on-line survey and help shape the spray park!

Poplar Park Phase III Survey: <https://form.jotform.com/SidPlamondon/SprayParksurvey>

Type the link in or scan the QR code!

Contact us: playground@evansdale.ca



Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires

Evansdale Community League Board & Committees

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

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

E-mail address: www.evansdale.ca

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
Angele Boake	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		
<i>Vacant-volunteer today!</i>	Newsletter & Social Media	<i>volunteer today</i>	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
Sherri 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!

- \$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

EDMONTON

Green Shack Program FREE Community Drop-In Recreation Program

Your favorite summer program is now being offered year round!

Join in games, sports, crafts, nature activities, drama, cooking and more! Children ages 6 – 12 are welcome. Children under the age of 6 must be supervised by a parent or guardian at all times. Families are welcome to participate.

Location: Evansdale Community 9111 – 150 Avenue

Program begins November 9 and ends January 3

Weekdays: Monday & Wednesdays

Time: 4:00pm – 7:00pm

Weekend: Sundays

Time: 1:00pm – 5:00pm

This program focuses on Healthy Living and Winter

Please ensure that your child comes dressed for the weather

*Thank you to Evansdale Community League for use of their facility

Find all community drop-in programs at edmonton.ca/dropincommunityprograms or call 311.



THE CITY OF
Edmonton

Yoga at Evansdale

This gentle yet powerful Hatha yoga 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. Excellent on it's own or as companion program to balance more vigorous exercise programs such as running. This program is suitable for all levels. No extreme poses will be utilized in this program, modifications will be emphasized. Please bring water, a mat and a towel. No pre-requisites.

Thursdays
7:30-8:30pm
\$130 for 12 weeks or \$13/class for drop in

To register or for more information please contact Tracey at 780-264-0706 (call or text) or aldiya@aldiya.com



Volunteer for Eaux Claires Extendicare

By Janice Graff, Volunteer Coordinator

Are you looking for something to do during the day now that the kids are back in school? Do you find you have some spare time on the weekends or early evenings and would love to bring a smile to someone's face by visiting with them? Or perhaps you would like to assist the Recreation Department with our bi-weekly entertainment evenings. Porters needed! Other positions available as well.

If you are interested in volunteering in our long term care facility... please email me for more information. Or drop by the reception desk for an information package and application.
Janice Graff, Volunteer Coordinator
Extendicare Eaux Claires
16503 95 Street
780-472-1106 ext. 202
jgraff@extendicare.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



Free Skates – Try Skating at Evansdale

It is hard to believe that another year has almost past. I must say that we have definitely accomplished a lot this year. We completed the construction of our new sports/meeting facility. Of course we will still be running our skating program this year. If you are not familiar with this program, children that do not have skates can borrow some to go skating. They just trade their boots/shoes for skates then when they are done hand in the skates and get their boots. We will also be running a "learn to skate" program again this winter. Keep checking the website for more information.

The playground at Eaux Claire was completed and enjoyed by many children and their families. It was a great meeting place during the summer months. I know I met several families enjoying sunny days and a safe place to play. Poplar Park playground has also just been completed and will be enjoyed by many families as well. Come check out the playgrounds, it's a great place for children to make friends and for neighbors to meet each other.

Our AGM will be November 24, 7pm at Evansdale Hall (9111 – 150 Avenue). If you are interested in joining the Executive, the President, Vice President and newsletter editor positions are vacant. Welcome to Hanna who recently joined the executive as program director. Two or more people could be program directors as this tends to be a busy position.

I would like to thank everyone for all the support I received as a member of the Evansdale Executive. I started as bingo director then joined forces with Doranna as program directors. From there I was Area 17 rep, casino rep and then President. I truly enjoyed the 20 years I have been involved with the community; however, my old body needs some looking after so I will be stepping away from the community for the next year.

I hope everyone has a very Merry Christmas and a safe and happy New Year.

Shawna Walsh
President, Evansdale Community League

Stay on your feet and stay active

Let's face it; falls can happen to anyone at any time but the reality is that as we get older our risks of falling are greater. The statistics paint an alarming picture; one in three Alberta seniors will fall every year. Not only are falls the leading cause of serious injuries in older adults they also result in reduced mobility as fears can increase over getting up and moving around.

While staying in one place may reduce the risk of falling, it also negatively affects your quality of life. That's why the theme for this year's Senior's Fall Prevention month is Keep Balance – Increase Your Strength and Balance.

"We're asking seniors to help reduce their risk of falls by participating in the "Seniors' Keep Active Challenge", says Jodie Breadner, Clinical Coordinator, Falls Risk Management Program, Calgary. "People can participate by themselves, with friends or through fitness classes. It's as simple as signing up through UWalk on the Finding Balance website, then counting and recording steps or minutes of physical activity from November 1 – 30."

While Fall Prevention Month is geared to seniors, it's a good opportunity to remind all Albertans about the risk of falling. As temperatures drop, the risk of snow and ice increases. Every year, thousands of Albertans are hurt falling on icy roads and walkways.

Injury prevention experts say the best way to avoid falls on ice and snow is to waddle like a penguin.

- Stay low
- Feet pointed out
- Walk flat footed
- Use your arms for balance

It's not the fastest or most graceful way to walk, but it will help keep you on your feet. Learn more about walking on slippery sidewalks at <http://www.albertahealthservices.ca/10958.asp>.

For more information about the "Keep Active Challenge" and other programs visit www.findingbalancealberta.ca or call 1-888-492-6014.



Denture Specialist - Over 35 Years Experience

Londonderry Denture Clinic



FREE CONSULTATION

M. Lucyshyn DD

R. Lucyshyn DD

780-476-2529

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

SENIORS
Ask how you
may receive your
dentures
AT NO COST
TO YOU*

*Some conditions and restrictions apply.

www.londonderrydentureclinic.com 13594 Fort Rd. Northeast Edmonton

Healthy After School Snacking

Whether your kids spend their after school time at home or on the way to an extra-curricular activity, they may be hungry for a snack. Planned healthy snacks will help children get the extra energy they need to grow and be active.

- Try to offer snacks at least 2 hours before a meal to prevent your child from being too full at meal time.
- Aim to choose foods from 2 of the 4 food groups from Canada's Food Guide at snack time.
- Wash and slice vegetables and fruits; store them in a container in the fridge so they are easy to grab on the go.
- Keep a small supply of non-perishable snacks such as un-salted nuts, pretzels, or whole grain crackers in a sports bag so your child can have a quick snack before activities or sporting events.

Plan ahead by stocking your fridge and cupboard with items that can be used to make these quick and healthy snacks:

- Low-fat cheese to eat with whole grain crackers, mini whole grain pitas, or apple slices.
- Peanut butter spread on a whole wheat tortilla and rolled around a banana.
- Low-fat yogurt with fresh, frozen, or canned fruit.
- Pair snacks with water, milk, fortified soy beverage, or 100% fruit juice. Limit juice to ½ cup (125 mL) per day.

For more information about healthy snacking, please visit:

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-snacking.pdf>
healthservices.ca/2914.asp

Think before you drink

Protect against tooth erosion

It's no secret; most of your favorite beverages contain a lot of sugar. Sugar in beverages, along with bacteria in the mouth, creates acids that can decay teeth. But did you know that many popular beverages such as pop, fruit juices and sport drinks, also contain acids that can damage teeth and lead to tooth sensitivity and pain? This is known as tooth erosion – the irreversible loss of tooth enamel caused by lengthy and repeated exposure to acidic substances.

Teenagers can be particularly prone to tooth erosion because of their tooth enamel and the impact of lifestyle choices, including drinking acidic beverages and poor oral hygiene. Because tooth erosion cannot be reversed, prevention is important:

- Drink water for thirst and milk with meals
- Reduce number of acidic beverages and use a straw for drinking them
- Rinse your mouth with water to remove acids
- Wait 30 minutes to brush your teeth after drinking an acidic beverage to prevent tooth enamel damage
- Brush twice a day with toothpaste containing fluoride to strengthen teeth and floss daily
- Visit your dentist regularly for check-ups and additional preventive treatments

The Eggsperiment - Calcium is a major part of tooth enamel. Check out how acid affects calcium, the mineral that keeps an eggshell hard. Gently place a hard-boiled egg with its shell into a container of vinegar until it is completely covered. Let the egg sit for at least 24 hrs. Observe what happens to the shell, how is this similar to tooth erosion?

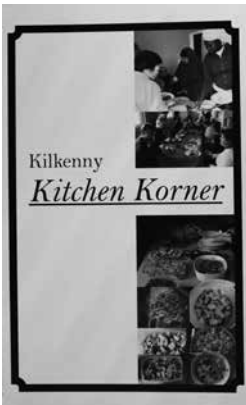
Kilkenny Community League News



Congratulations to Kilkenny's very own, Charlene Deckert! Charlene started with Kilkenny Executive 3 years ago. She came to the Annual General Meeting with a fire in her and a passion for baseball. We made her the baseball director and now this year, Char has been recognized by the North East Zone as Director of the Year!! Way to go! The Kilkenny Executive is very grateful to have you on our board!

Kilkenny Kitchen Korner Recipe Book for Sale!

With 23 diverse recipes from around the world and cooked in the very homes of our Kilkenny community members, this recipe book makes a wonderful gift for those who enjoy cooking and exciting their taste buds, all for only \$20.00! Proceeds from the sales will be going towards supporting the participants of the ESL program that put together this recipe book! Please contact Yodit Tesfamicael, Project Coordinator with the Edmonton Multicultural Coalition to purchase a copy: 780-760-1973 or email yodit@emcoalition.ca. Receipt can be provided upon purchase!



Kilkenny Fun English Program Volunteer Opportunity!

Job Description: Kilkenny ESL Volunteer

The Edmonton Multicultural Coalition is a not-for-profit society of culturally and linguistically diverse multicultural communities in Edmonton. We work with community leaders, the voluntary sector and public institutions so that individuals and groups from multicultural communities experience equitable access to resources and opportunities, facilitate their integration into their new homeland and improve their quality of life. The Coalition is offering a Fun English Program to achieve this goal in the Kilkenny and surrounding communities. We hope you can be a part of this great initiative!

Scope of the position

The ESL program assist members in the community that need to develop their English language reading, writing, and conversational skills. The ESL program runs every Wednesdays and Thursdays 12:00pm - 3:00pm at the Londonderry Community League (14224 74 Street NW). ESL volunteers will assist the ESL Teacher in providing English training to ESL participants. The responsibilities are outlined below:

- Duties and responsibilities
 - ESL Teaching Support
 - Work one-on-one or in a small group with beginner and intermediate level ESL participants.
 - Participate or assist in ESL conversational and reading activities when required.
 - Provide necessary feedback to ESL teacher on student progress to improve ESL learning.
 - Assist with set-up, clean-up, keeping attendance, and other small tasks.
- Other Competencies and Skills
 - Previous ESL teaching or tutoring experience would be considered an asset.
 - Excellent English oral and written communication skills.
 - Enjoy working with new English language learners.
 - Professional, friendly, and enthusiastic personality.
 - Intercultural sensitivity, flexibility and an understanding or appreciation of the complex dynamics of emerging immigrant and refugee communities.
- Other Requirements
 - Be available to volunteer September 2015 to June 2016 (with the exception of holidays and vacations).
 - Time commitment: 3 hours/day on Wednesdays and/or Thursdays (minimum 3 hrs./week and maximum 6 hrs./week).
- Benefits & Recognition
 - An opportunity to build strong community relationships with multicultural community members in the Kilkenny community.
 - Enjoy other program activities including Zumba and multicultural meals.

For more information, please contact: Donna Entz at 780-250-6456 or email lorenanddonna@gmail.com.

Kilkenny Community Events

Thank you to everyone who attended our Halloween Dance! Lots of great costumes, fun photo booth, and awesome music!! Hope to see you again next year!! ☐

New Year's Day, January 1st

Free skating and hot chocolate from 12-4p.m (weather permitting)

Family Day, Sunday the 14th 2p.m until 6p.m.

Free skating, tobogganing, food, arts & crafts and fireworks!!

Sports Registration: this will be for OUTDOOR SPORTS; baseball, soccer, and Sport Explorerz

Tuesday, February 23, 6:30-9:00 p.m.

Saturday, March 12th , 10 a.m.-1 p.m.

Thursday, March 17th , 6:30 p.m-9:00 p.m.

Kilkenny is VERY EXCITED to launch a new sports program!! Sport Explorerz is an introduction to all sports. We will explore all types of physical movement as we follow the Canadian athlete's model for physical literacy. Literacy (for reading) is how we describe getting the skills we need to learn how to read. Physical literacy is the same; getting the variety of physical skills that a child needs to be healthy and active for life!! This will be a great opportunity to have your child try out several different things to help discover their strengths and passions without wasting a whole season on something they don't enjoy. We are looking forward to a great new season and we will have all the details you need for the spring registration!

Kilkenny Skating Rink Information

Skating Rink will be opened as soon as the weather allows! Skate free with a membership. Drop in is also available. The hours of operation will be 5p.m.to 9p.m. Monday through Friday and 12p.m.-5p.m. Saturday and Sunday.

Kilkenny continues to accept donations of gently used skates and helmets. Bring them by the rink shack once it's open!

Kilkenny Playschool

Ready, Set, Grow!

Kilkenny Playschool has made some exciting new changes to our program! Parent involvement is still required there will be no parent roster days. Have your child learn kindergarten readiness skills while having fun and making friends all under the care of a well experienced teacher!

- 4 year old class; Monday, Wednesday, Friday – 9:30am – 12:00pm

This class focuses on kindergarten readiness, letter and number recognition, printing, a variety of social skills and having fun!

- 3 and 4 year old class; Tuesday and Thursday – 9:30am – 12:00pm

This class focuses on following a classroom routine, various social skills, as well as some pre-printing skills, number and letter recognition and of course free play and having fun!

Classes are subject to enrolment.

If you have any questions please call 587-590-6204 or visit the website – www.kilkennyplayschool.wix.com/kilkennyplayschool (A \$50 non-refundable registration fee will be required)



Halloween Fun at Kilkenny



Better Choices, Better Health now available online

Free workshop for Albertans managing chronic conditions

Do you live with a chronic health condition like diabetes, obesity, arthritis or chronic pain? Do you want to feel better and take control of your own health?

Making that happen is now just a mouse click away with the launch of the Better Choices, Better Health®-Online program. This free electronic workshop is helping remove barriers and improve access to important tools and support for those living with chronic disease.

In-person Better Choices, Better Health® workshops have been available throughout Alberta since 2011 and were offered in more than 100 communities last year. The online version of this program will help improve access to all Albertans, including those in rural and remote areas of the province, those with medical conditions that prevent them from getting out and people who can't access transportation. The online workshop is also a good fit for those individuals who may be working and unable to find an in-person workshop to meet their schedule.

Better Choices, Better Health®-Online workshops are easy to follow and participants can join from any computer with an internet connection. With up to 25 people in each workshop group, interactive sessions are posted each week for six weeks.

Once signed up, individuals login at their convenience two or three times a week for a total of about two hours a week. All participants can remain anonymous and the workshop takes place on a dedicated, secure website.

Led by trained volunteers, many with health conditions themselves, Better Choices, Better Health®-Online helps participants set goals and make a step-by-step action plan towards feeling better.

Based on Stanford University's Chronic Disease Self-Management Program, the Better Choices, Better Health®-Online workshop covers:

- Practical ways to deal with pain, fatigue, and stress
- Better nutrition and exercise choices
- Ways to make informed treatment decisions
- Better ways to talk with doctors and family about your health
- Getting the support you need

To register for a Better Choices, Better Health®-Online workshop, visit: <https://betterchoicesbetterhealth.ca/online/>

For information on both the online and in-person workshops visit: www.albertahealthservices.ca/bcbh.asp or call Health Link Alberta at 1-866-408-5465.

Have a healthy holiday season

Holiday parties are upon us. Over the next several weeks, families and friends will gather together to share the season but unfortunately, they may also share not-so-joyful germs. With seasonal illness circulating, remember to protect your health and prevent illness.

Get immunized: Immunization is the single most effective way of protecting yourself against influenza viruses already circulating in our communities. It's not too late to be immunized. Vaccine continues to be offered to all Albertans (six months of age and older), free of charge. Remember: it takes up to two weeks after receiving your influenza immunization to be protected against influenza, so make plans to get your vaccine today! For more information, visit www.ahs.ca/influenza or call Health Link at 811.

Cover your cough: Cover your nose and mouth with a tissue when sneezing or coughing. If you don't have a tissue, always cough or sneeze into your arm, not into your hands. Throw away tissues after wiping your nose or covering a cough, and wash your hands.

Clean your hands: Using soap and warm water wash your hands thoroughly and often, including after coughing, sneezing, using tissues or the washroom, and before eating or preparing food. Alcohol-based hand rub or sanitizer can also be helpful if hands are not visibly soiled. **Clean or dirty:** always try to keep your hands and fingers away from your eyes, nose and mouth.

Stay home if you are sick: If you're experiencing illness, including fever, cough, diarrhea and/or vomiting, stay home from work, school, daycare or any social function. Please also do not visit family, friends or loved ones in hospitals, care facilities or seniors lodges, until you have fully recovered.

Mind your food prep: If you are sick, do not prepare food for anyone, until fully recovered. When you are cooking, always keep safe food handling practices top of mind. To help you with the turkey task, follow AHS' Turkey Tips: www.albertahealthservices.ca/turkeytips.asp

Around the house: Keep household surfaces clean, using a household cleaner. Think creatively when hosting gatherings: put a bow on a hand sanitizer pump and leave it out for guests to use; choose pre-wrapped candies or single serve food items instead of offering bowls of unwrapped snacks to all. Always thank others for declining invites due to illness.

Year-round: Keep yourself in good health by covering the basics: get enough rest, eat a balanced diet including at least five servings of fruit and vegetables each day, and exercise regularly. Finally, if you drink alcohol, do so in moderation and don't drink and drive.

For more information on these and other wellness topics, visit www.myhealth.alberta.ca, or call Health Link at 811.



McLeod News

McLeod President's Message

Now that we have had some snow falling, it is most appropriate to promote our upcoming Christmas events!

Join us for a fun Christmas Party and movie on Saturday, November 21. The party (crafts and cookie decorating) is from 4:00-6:00pm. The party is free for McLeod Community League members so please show your card at the door. Otherwise, there is a nominal fee of \$2 per child for entry. Memberships will be available for purchase (cash, debit or credit card). The Minions movie starts at 6:00pm (bring your favorite blanket and pillow). This event is free but a paid concession will be available. We will be accepting cash and non-perishable donations for the Food Bank for both events so please give generously. 14715-59 Street.

Our Christmas shopping event takes place on Saturday, November 28 from 10am-4pm. Join us for free hot chocolate courtesy of Starbucks – McLeod Park, 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! 14715-59 Street.

McLeod is still short workers for our bingo on Wednesday, December 23, 2015 at Castledowns Bingo. If you can help out, please contact me at president@mcleodcommunityleague.ca. Please remember that we rely on gaming funds to operate the hall, put on events (like parties and movie nights) and maintain the ice rinks for example. We need your support!

We have had a number of questions about the Clareview Rec Centre and although I advised on this in my March 2015 message, I will re-post the information again.

Currently, members have free community league swims (upon presentation of a current membership card) at three City pools: Londonderry, O'Leary and Grand Trunk. McLeod is one of seven community leagues that belong to Area 17 Council. The Council pays for these swims at a cost of \$75.00 per hour per pool. The Clareview Recreation Centre costs \$212.00 per hour, almost triple the cost of the current pools. The cost includes full access to all the Centre's amenities, which is why it is higher than the City pools.

I brought the idea forward to the Council and it was decided that we would maintain the three pools we have rather than replacing one of the pools with Clareview Recreation Centre access.

I have looked into whether McLeod can afford this on our own. One month of two-hour swims is almost \$1,700 and over a year, we would need to budget over \$20,000 for this. Perhaps McLeod will be able to join with some other leagues nearby to lower the cost. I will continue to explore this with the City.

The ice rinks behind the hall will be opening as soon as they are ready. Please remember to call the rink shack telephone line at 780-473-8993 for updates on the ice conditions, especially in extreme temperatures. Please see the article in this issue regarding the Rink Use Policy and Rules for McLeod Rinks. Rink information is also posted here: <http://zpanel.theoneco.ca/users/mcleod/index.php/facilities/rink>.

Stay warm!
Leanne Rosinski

www.communityleagueneews.com

McLeod Supports Physical Literacy Programming

We are excited to be working on new programming for children 3-5 years old starting in Spring 2016. Registration will occur at the next registration sessions in early 2016.

“Active for Life’s new KidActive web app is now available for FREE.

KidActive gives you dozens of fun games and activities to develop your kids’ physical literacy. Just scroll and click to find the perfect activity whether you are at home, at the park, or anywhere on vacation. KidActive also tracks your kids’ skill development as they practice different games and activities. Each time you open KidActive, the app suggests new games and activities based on the skills your child has already practiced.

Launch the KidActive app right now, and get your kids started on their physical literacy skills!”

Go to this website to get started: <http://activeforlife.com/kidactive-app-now-available/>. (Retrieved November 9, 2015.)

Upcoming Events in Northeast

November

- 20: Northmount Ladies Night
- 21: McLeod Christmas Party and Movie Night
- 21: Steele Heights Santa's Extravaganza (noon-5pm)
- 28: McLeod Christmas Bazaar

December

- 11: Northmount Movie Night (Family and Teen)
- 12: McLeod Movie Night

2016:

January:

- Jan 21-23: McLeod Del Golinoski 3v3 Adult Hockey Tournament
- Jan 23: McLeod Valentine Bazaar
- Jan 23: McLeod Movie Night
- Jan 28-Feb 7: Stan Gantar Memorial Hockey Tournament at Kilkenny
- Jan 29: McLeod Launchpad Outing

February:

- 7: Northmount Family Winter Carnival
- 13: McLeod Valentine's Day Kids' Party
- 15: McLeod Family Day Event
- 26: McLeod Movie Night

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

McLeod Indoor Soccer Update

The indoor season kicked off October 17th at Edmonton's three soccer centres. McLeod has 26 teams registered this season in age groups from U6 to U18. U6 and U8 play Saturdays at the soccer centre on Victoria Trail. U10 and U12 primarily play Saturdays and the odd Sunday at any of the three soccer centres. U14 – U18 play Sunday at any of the three soccer centres. We sincerely wish all teams playing indoor soccer good luck. The regular season wraps up January 31st with a two week break over Christmas starting December 21st. More information about tournaments and post season play will be available in the next issue.

One question I frequently receive is how are practice times, and locations determined? Once teams have been assembled and coaches assigned, coaches select a gym and time that best suits their schedule from a gym inventory provided by EMSA North. U6 and U8 teams have 6 practice times built into their registration fee, U10 and U12 have 12 practice times, and U14-U18 have 14 practice times. McLeod authorizes coaches to select additional practice times again from an inventory of EMSA North gym times. We'd like to see teams practicing weekly, but that's not always possible.

Thank you to all the coaches, assistant coaches and team managers that graciously volunteer their time. We couldn't do it without them. Thank you parents for driving your children to practices and games, cheering on teams and displaying good sportsmanship. Please continue to support your coaches. Please do not hesitate to contact me at soccer@mcleodcommunityleague.ca if you have any questions.

Todd

McLeod Soccer Director



DANCE THEME

School of Dance

572 Hermitage Road
Edmonton, Alberta
T5A 4N2
780-475-5930



© 2011 HIT Entertainment Limited

The place to be!

*Have a wonderful
holiday season from the
Dance Theme family!*



WINTER SESSION SHORT TERM PROGRAMS

10 WEEK PROGRAMS STARTING JANUARY

- Shakers & Movers: 3-4yrs, 5-6yrs
- Hip Hop: 4-5yrs, 6-8yrs, 9-11yrs, 12+yrs
- Everybody Dance: 6-8yrs, 9-11yrs, 12+yrs
- Angelina Ballerina: 3-4yrs, 5-6yrs
- Acro & Cheer: 6-8yrs, 9-11yrs
- Baby Stars: 12mos-3yrs*

* 8 week class

JANUARY - JUNE PROGRAMS

FOR 3-5yrs:

- Mini Stars
- Angelina Ballerina

*Winter Magic
Day Camp!*

*Sunday,
December 6th*

AGES 3-11yrs:

A great way to have a day to yourself to prepare for the holidays while your child is having fun! Dancing, movies, singing, cookie decorating and making gifts for parents (and wrapping them too!)



Celebrating 35 years of
high quality dance training.

Youth and video games

Research has shown that playing video games (or “gaming”) can affect youth in both good and bad ways.

Playing certain video games can help youth develop thinking and fine motor skills and manage anger and stress. However, gaming can also result in lower grades and reduce the time spent with family and friends. Video game play can take away time from other healthy activities and sometimes may encourage youth to act aggressively.

It is up to parents to help their teen learn to enjoy video games safely and responsibly. The following questions will help parents decide whether video games are a problem for their young person:

- Is your teen playing too much? Does gaming interfere with chores, school, work, family time? Too much gaming takes time away from sports, hobbies, sleep and other healthy activities.
- Does the game fit with the household norms or values? Games that include aggression, bullying, violence and discrimination can influence a young person’s developing beliefs.

Here are some ways in which parents can teach their youth to play video games appropriately:

- Make sure play comes AFTER important tasks like chores, school, work, meals and family time.
- Ensure play happens in a central location, not a bedroom, so it can be monitored.
- Set and enforce a time limit on play.
- Discuss with your teen the types of games that are acceptable to you.
- Play together. Playing video games as a family can be fun and allows parents to role model appropriate behaviour and monitor play.
- Balance video game time with other fun family activities. Invite your teen to go for a walk or a coffee, throw a ball around, go for a bike ride, play a board game, cook a meal, watch a movie or do a puzzle together.



the Gutter Doctor
 GUTTER INSTALL / REPAIR / CLEAN
 FASCIA & SOFFIT
 DOWNSPOUTS & FLASHING
 SIDING REPAIRS
 780-709-6825
 info@gutterdoctor.ca
 15,000 HAPPY CUSTOMERS!



DENTAL CHOICE
 LONDONDERRY
 780-476-6135
 Dr. James & Dr. Larson

Are you considering a new dentist?

Now Accepting New Patients
CALL TODAY

Because your mouth says it all.

Practice of General Dentistry www.dentalchoice.ca



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




Now Recruiting Girls Softball Players for the 2016 Season Come and play for us!

The Edmonton Warriors Athletic Association delivers highly competitive play, funding support for teams, reasonable player rates, off-season training camps, experienced, qualified coaches, travel opportunities, emphasis on team-building, and amazing memories to last a lifetime!

Contact: Grant Taylor 780-340-2259
 Kevin Martin 780-995-0983
 George Juhaz 780-707-3190



REGISTRATION NOW OPEN

FOR SKILLS DEVELOPMENT
 CAMPS STARTING JANUARY 2016 AT
EDM-Warriors.com
 Follow us on Twitter: @EdmWarriors

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

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. Please contact Jason at secretary@mcleodcommunityleague.ca if you are interested.

McLeod Supports the Christmas Bureau

The Christmas Bureau of Edmonton is looking for volunteers. They need Donation Desk Ambassadors; Donation Desk Team Leaders; and volunteers for the Special Events Team. Please check out their website at christmasbureau.ca/volunteers or call (780) 414 7682.

McLeod Needs Donations of Skating Equipment

McLeod needs donations of 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.

McLeod Needs Translators

We continue to look 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 Leanne at president@mcleodcommunityleague.ca. If you represent a cultural group within Miller, McLeod, Hollick-Kenyon, Casselmen, or Matt Berry, please contact me and let's talk about a partnership!

McLeod Rink Use Policy

McLeod maintains two ice rinks during the winter for community enjoyment. The rinks are open to the McLeod community league members, other community league members and the general public. As McLeod pays for the cost of the rink attendant and rink maintenance, we charge a nominal fee to non-community league members to assist in offsetting the operational costs.

Fee: \$2.00 cash per visit payable to the rink attendant

Free: With the purchase of a McLeod Community League single/family membership (cash only) from the rink attendant, you will receive skate tags accordingly. Affix the skate tag to your skates and skating is free for the entire season.

If you are from another community league, please show your current membership and/or your skate tag(s).

If you do not have your community league membership with you, please pay the nominal \$2.00 fee per skater. You will need to ensure you connect with your own community league to get skate tags to avoid paying the fee each time to access our rinks. The rink attendant does not have the discretion to waive the fee.

Receipts are available upon request from the rink attendant.

Access:

1. The BIG rink is for shinny.
2. The SMALL rink is primarily for public skating.
3. The SMALL rink may be partitioned for dual use – shinny and public skating.
4. There is no blanket schedule for either rink.
5. Team practices are not permitted. Rinks are not available for rental.
6. Usage of the rinks is determined on a night-to-night basis by the rink attendant.

Questions about this policy can be directed to president@mcleodcommunityleague.ca

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.

Rules for McLeod Rinks

- Skaters under the age of 18 must wear helmets while on rinks and on ice paths
 - No inappropriate behavior or language permitted
 - No alcohol or illegal drugs permitted
 - Clean up any mess you make, use the garbage cans, put empty beverage containers into the recycling bins
 - No playing tag or British Bulldog on rinks
 - No playing hockey or stick handling of pucks on any of the ice paths that lead to the rinks
 - No playing on the snow piles or ice surfaces inside the fenced rink area – this facility is for skating only
 - Report any problems to the rink attendant
- Failure to follow the rules will result in skaters being asked to leave the rink. Continued disregard will result in a complete ban. If you appear intoxicated, you will be asked to leave.
- Please respect your facility.
Skate at your own risk.

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.

Mark Your Calendars for Upcoming McLeod Events

Mark Your Calendars for Upcoming McLeod Events

Saturday, November 28, 10:00am-4:00pm
– McLeod Christmas Bazaar
(see President's message for details.)

Saturday, December 12, 5:00-9:00pm –
McLeod Movie Night
Doors open at 5:00pm and movie starts at
6:00pm. The event is free but a paid con-
cession will be available.

Sneak peek for 2016!

January 21-23 – Del Golinowski Hockey
Tournament
In recognition of the long volunteer service
of Del Golinowski, McLeod proudly pre-
sents the inaugural Del Golinowski Hockey
Tournament. Please contact Cheryl at vp@mcleodcommunityleague.ca for more
information.

Saturday, January 23, 10am-4pm –
McLeod Valentine Bazaar
Vendors will be delighted to help you select
something for that special someone! More
details will be forthcoming.

Saturday, June 4, time TBC - McLeod
Care Fair
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 com-
munities!

McLeod Board – Positions Available

McLeod and its neighbourhoods (Cas-
selman, Hollick-Kenyon, Matt Berry,
McLeod, and Miller) are vibrant communi-
ties. McLeod Community League is one
of the largest Leagues in the City, and has
a reputation for running excellent sports
teams, awesome social events, and pro-
grams that appeal to a variety of groups.
We have a robust board, sufficient financing
to run creative and interesting programs,
and we have quality facilities. If you would
like to be a part of our board, please e-mail
Jason at secretary@mcleodcommunityleague.ca. We have lots of great volunteer
opportunities available, both on and off the
board.

McLeod Youth Outing to Launchpad Trampoline Park



McLeod Community League is offering a
trip to Launchpad on Friday, January 29
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
atyouth@mcleodcommunityleague.ca.

McLeod Valentine's Day Kids' Party

Join us for a fun Valentine's Day Party on
Saturday, February 13 from 2-4 pm. Come
make a card for your Special Valentine &
enjoy making a few crafts & decorating a
cookie and playing some games.
Paid concession will be available.
The party is free for McLeod Community
League members so please show your card
at the door. Otherwise, there is a nominal
fee of \$2 per child for entry. Memberships
will be available for purchase (cash, debit
or credit card)
We will be accepting cash and non-perish-
able donations for the Food Bank for this
event so please give generously.
14715-59 Street.



Thinking of Registering for Outdoor Soccer in McLeod?

The indoor season has barely started and
preparations have already started for the
2016 outdoor season. Dates have not been
set, but we expect registration will be
between mid-February and mid-March. For
those playing indoor soccer, you'll receive
an email from your coaches informing
you of registration dates in late January or
early February once player fees have been
established. For those that last played the
2015 outdoor season, you'll need to watch
for advertisements in the North East Voice,
roadside signs, or the McLeod website for
registration dates. There's no guarantee
your 2015 outdoor coach will be return-
ing for the 2016
outdoor season
as we experience
quite a turnover
in coaches every
outdoor season.

There was a
significant shift
in the registra-
tion process that
seemed to catch
a number of
parents off guard
for the 2015-16
indoor season. Parents are no longer able
to complete a registration form at McLeod
hall to register for soccer. Parents need
to create an account online using a par-
ent name and email address. Then, other
parents and children can be added to the
account. Parents not following this process
were forced to stand in long lineups at
McLeod hall to create accounts and register
players which lead to longer registration
times. For those considering registering for
the 2016 outdoor season and who currently
do not have an EMSA soccer account, I'd
encourage you to set up an account now
and email me if you have questions or con-
cerns. You can use the link on the McLeod
indoor soccer announcement to set up your
account.

Once fee have been set, parents will be able
to log into their soccer accounts pre-register
players online. You simply select a player
listed on the account and click register.
For those playing this indoor season, your
information is already in the system. You'll
only need to access your account and click
the register button. You'll need to attend
a McLeod registration session to select a
volunteer commitment and make payment.

*Todd
McLeod Soccer Director*



Message from McLeod Community Safety Director

Snow and ice on sidewalks is hazardous
for everyone, but even more so for people
with limited mobility. Walkways that are
not cleared make it difficult for people who
perform services in our community - mail
carriers, meter readers, delivery drivers,
and emergency services personnel. The
Community Standards Bylaw #14600
requires that you clean the public sidewalks
around your property removing all ice and
snow. The City of Edmonton may give
home owners a time frame of 48 hours to
clean their sidewalks after a given snowfall,
however homeowners cannot let snow or
ice accumulate on their sidewalks during
continuous snowfalls for multiple days at
a time.

I encourage you to help your fellow
neighbors in our community that have a
difficult time removing their snow and ice
and assist them.

If you are a senior or a person with a dis-
ability and require help with your snow and
ice please contact 311 and ask about the
Snow Angel Program.

As the weather changes and the road
conditions become poor more emergency
vehicles will be out for extended periods of
time on our roadways.

Please be aware that if there are two or
more traffic lanes in the same direction as
the emergency vehicle or tow truck, you
must decrease your speed to 60 kilometres
per hour or the maximum posted speed
limit, whichever is lower unless there is
one full lane between your vehicle and the
stopped emergency vehicle or tow truck
that has its flashing lights on. If the emer-
gency vehicle or tow truck overlaps (ex-
tends) into a lane, vehicles in the adjacent
lane next to the extended vehicles must also
slow down. There must be a whole empty
lane between the emergency vehicle or
tow truck and the driving lane. Please help
everyone go home safely.

McLeod Remembers our Soldiers and Veterans



Dwerlichuk: Since Mr. Dwerlichuk has passed away over 20 years ago, the community historian may request information about his military service file from Library and Archives Canada.



McIver: Mr. McIver was a supply technician who served on peace-keeping missions in Egypt and Bosnia-Herzegovina.



Carnegie: Killed in action, while serving in WW1, and buried in France; George Carnegie, and brothers James, Benjamin and Duncan McDairmaid are remembered at Little Mountain Cemetery.



Hutchings: Mr. Hutchings served as a leading aircraftman in WWII until his honourable discharge on Sept. 4, 1945, just two days after Japan surrendered to the Allied forces, that included Canada.



Williams: Mr. Williams served as a leading aircraftman.



Maitland: Community members joined Mr. Maitland's son and daughter with a moment of silence after placing a wreath.

Blue Mango Yoga Classes Starting at McLeod in Winter 2016

Adult Yoga classes start on Tuesday, January 12- March 15 (2- 5 week sessions), 6:30- 8:00 pm
* \$75 for 5 classes, 90 minute classes focusing on balance, core strength, coordination and 45 minutes of restorative, relaxing, rejuvenating poses. (no experience required)

Detox adult yoga classes start on Tuesday, January 12- March 15 (2- 5 week sessions), 8:15- 9:15 pm

* \$60 for 5 classes or \$100 for all 10.

The class is designed for participants who want to move, sweat and DETOX. When you twist at the abdomen, the organs are compressed and toxins are released. As the twist or compression is released, new blood enters the organs and tissues. These movements increase metabolism, digestion and energy levels. This is an active practice, healthy and motivated participants will benefit greatly.

*20% off will be given to siblings registering in either class.

Little Yogis (ages 3-5, unparented)

January 16- March 12 (no class on Saturday, February 13 for Family day)

10:00- 11:00 am, \$90 for 8 classes

Kids yoga (ages 6-11)

January 16- March 12 (no class on Saturday, February 13 for Family day)

11:15 am- 12:15 pm, \$90 for 8 classes

Celebrate Valentine's Day & Family day with a FAMILY YOGA class- Saturday, February 13.

10:30- 11:45 am, 4 people, \$40, \$5 per additional family member. Limited spots.

Take time to connect, laugh and have fun. Explore the fun movements of partner yoga, acro yoga, interactive games and create a masterpiece to take home at the end of class. Mark your calendars

Limited spots for all classes.

Register online mcleodcommunityleague.ca Sport & Programs Yoga

Classes are proudly taught by Nicole of www.bluemangochildrensyoga.com



Be wise at the wheel

During the winter, it's easy to blame vehicular collisions on snow, ice and poor visibility. Rarely do drivers point the finger at themselves. Yet, the truth is, no matter how skilled drivers are, winter or summer, road safety depends largely on their driving attitude. "A lot of people don't think they are part of the problem. They like to blame it on the other guy or the weather," says Sharon Richards of Alberta Motor Association Driver Education.

These tips can help drivers make the right decisions on the road.

Stop tailgating

In 2009 in Alberta, driving too close was the number one reason for crashes involving a death or serious injury. Many drivers may feel they are keeping a safe distance when they're not. "The rule we recommend is one car length for every 10 kilometres per hour of speed," says Rick Gardner, acting director/deputy chief of the Alberta Sheriff Highway Patrol. In icy winter condition the distance needs to be two to three times more.

Slow down

When we get behind the wheel of a car, strangely every minute seems to count and we recklessly disobey speed limits just to get to our destination one minute earlier.

The risks of speeding increase during the winter as ice and snow drastically reduce the ability of tires to grip the road. "On icy roads, everything your car does should be slower," says Gardner. "If you try to change lanes too quickly on black ice, or make any quick adjustments, you will lose control."

Plan your route

Before leaving on a trip during the winter, plan your route and give yourself lots of time to reach your destination. Paul Oss, a public affairs officer with Alberta Transportation, also suggests you let someone know where you're going, your planned route, destination and expected time of arrival. Alberta's 511 telephone information line and website have the latest reports and conditions across the province. You can also check AMA Road Reports, at AMARoadReports.ca.

— reprinted from *Apple magazine*



"Helping Build Strong Families"

NEW SPACES FOR KINDERGARTEN CHILDREN

Our Philosophy:

- Improving Academic Performance
- Developing Life Skills
- Building Positive Relationships
- Exploring the Creative Arts
- Nurturing Young Faith

We're right across the street from McLeod School!!

Hours: 6:45 am – 6:00 pm

***Location: Steele Heights Baptist Church
5812-149 Avenue***

Contact: 780-473-KIDS (5437) or osc@shbc.ca

Government of Alberta subsidy available/Quality accredited program

Register online:

www.mcleodosc.com



"I'm a promise to be anything God wants me to be!"

CHRISTIAN PRESCHOOL PROGRAM REGISTER NOW!

WHERE

Steele Heights Baptist Church
5812-149 Ave. Edmonton

WHEN

3 & 4 year old program
Monday, Wednesday and Friday
Morning: 9:00 - 11:30 am
or Afternoon: 12:30 - 3:00 pm

Theme oriented licensed program including Bible stories, music, crafts, snacks, games, gym outdoor time and free play.

HOW TO REGISTER

Apply online www.mcleodosc.com
or phone **780-473-5437**
E-mail osc@shbc.ca

FAX **780-478-8045**

www.mcleodosc.com

Does an offer seem too good to be true? Could be a scam

The Better Business Bureau (BBB) has launched a handy Scam Tracker that makes it easy for Canadian residents to stay informed about scams that may be occurring in their area. The tracker allows you to click on your province via an interactive map and review a list of common scams.

The free interactive online tool – found at bbb.org/scamtracker – offers a heat map showing where scams are being reported. Users can search using a variety of filters to see what scams are happening in their area, or track a particular type of scam, or even see how much money has been lost. Users can also report scams that they hear about, whether or not they have fallen victim.

In 2012, two local BBBs – one in Edmonton, Alberta, and one in Las Vegas, Nevada – were credited with helping bring down Jesse Willms, the notorious fraudster who bilked more than four million people.



Your Voice in Ward 4



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

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

Volunteer Opportunities

Whether you're looking to spend an hour or two just once, or on a more regular basis, Steele Heights Community League is always looking for volunteers! You can volunteer your time or talents in a multitude of ways, be it decorating for our next big community event, or helping tidy up and organize the hall itself. If you'd like to spend some time getting to know your neighbors, volunteer by sending us an email at steeleheightscommunity@gmail.com

Here's a few of some upcoming volunteer opportunities:

Five volunteers needed for Bingo Night

Where: Kensington Bingo Hall

When: 5 pm – 9:30 pm on Thursday, December 31st.

How to volunteer: Please contact Cecil Gibbs at 780-473-2728

Hall Rentals

Looking for a Fabulous Venue for Your Next Event?

Good day Steele Heights Community!

Did you know you that community members with a current membership receive a discount when renting the hall? Do you have an upcoming event? If so, our hall is equipped with a commercial kitchen, with stove, coolers, microwaves and freezer. We have some photos of the upgrades on our Facebook page. You really should come down for a peek :)

I am available on Mondays between 530 and 630 pm. for tours.

We have received many compliments on the layout, rental cost, flexibility and customer service.

We wanted to offer smaller groups the ability to use our hall so with some creative minds we designed the multipurpose room. It is better equipped to accommodate groups of up to 50.

We will continue to upgrade and improve the layout of our facility so it better assists the renter's needs.

In the near future our web page will also be up and available to assist with your event bookings.

That's all for now.

Gwenna – Facilities Director

President's Report

Hello Everyone

Its that time of the year when the weather changes to the Cold and Bitter at times . The leaves have gone and the snows are starting to fly . The birds even know its time to get out of town and head to warmer climates . For the rest of us hardy folk we just get down to the business of enjoying new activities around the community . Which is one of the Services Steele Heights community league tries to provide its members as well as other folks from all over the city . The community league of Steele Heights is BACK and Vibrant as ever . Rinks in the winter and soccer fields in the summer as well as a batting cage and parks and green spaces in the summer months . The never ending seasons should Never hold us back from getting out and enjoying what our community has to offer . The board of Steele Heights is always looking for New ideas and Activities to bring forward for the members of the community league . So Don't be shy , send us your ideas and or wish list of Programs or Social events you would like to see the community league work towards . It is as easy as just email us at : steeleheightscommunity@gmail.com and leaving a detailed outline of what you think Steele Heights could use or needs .

Steele Heights Community league had another Successful Santas Extravaganza on November 21st . Santa and Mrs.Claus as well as one of their Elfs was there to greet the kids . We also had Free face painting and Kids Tattoos for everyone . We also had Free cookie decorating for the kids as well . Many great vendors supported Steele Heights as did the people who came out to check them out and Santa and his Entourage . I also would like to Thank everyone who brought a Food Bank donation as this is a Great cause that helps many in the Edmonton and surrounding areas . I also would like to Thank All the volunteers who put in their valuable time and effort to help with the event . I also would like to Thank Santa and Mrs.Claus and Ms.Elf as well as the Face Painter Lady : Terri . So keep your eyes peeled for the Next exciting event coming this February to Steele Heights Community League .

I would also like to send out a Big Congrats ! to all the young soccer players who are enjoying the 4th Indoor soccer season in the history of Steele Heights Community league . As always we have great Coaches and Players as well as Parents who support their Kids as well as the team and community . They Rise up and Beyond and make sure that Steele Heights is Represented in a Positive way with some Great leadership and sportsmanship . So here is to another Outstanding Indoor soccer season for all the Players and coaches as well as Parents .

I would also like to Thank everyone who has been Liking us on Facebook and using the resource as a way to keep track of Steele Heights Info . I also would like to let everyone know we are So close to the New Exciting Website making its Grand entrance . There will be so many great and interactive features for everyone to use on the New website . Also remember to read the Northeast Voice when it appears in your mail box as there is Monthly going ons about ongoing Steele Heights events and programs . And you can also email the Community at : steeleheightscommunity@gmail.com with any questions or concerns or even suggestions . The more we the board hear about the more we can plan for Today as well as Tomorrow .

And remember any amount of Volunteering is appreciated and needed in Steele Heights community league . You may have an hour or two here and there or even the time to help out with the ice rinks or hall itself . You might have a skill or talent that the community league could benefit from . So feel free to email : steeleheightscommunity@gmail.com or Call : 780-473-3553 and leave a Detailed message and someone will get back to you . So in closing I would like to Welcome all New community members to a Great community to call home . I also would like to Thanks all the Volunteers that give tirelessly of their valuable time and efforts . With out you we Steele Heights community league wouldn't be able to offer much in the way of programs or events .

So Thank You All

Jeff

Our People - Our Community

Fall is here and the leaves have changed and mostly fallen down off the trees. That means school is going for a few months now. I really like school for my friends and the teachers I enjoy. I am in an advanced class so we have more work than the rest of the kids in school do. I don't mind again because I am real good at school work. I also have Spanish this year and I love it and hope to be able to use some of my new Spanish this winter in Mexico with my Grandparents. I also like to practice Spanish with my classmates and friends who either know Spanish or who don't. I sang in the York school choir for the Remembrance Day event and was nervous but we all did great. I also had my friend's dad there in his military uniform which is so cool. Because of people like him I am able to go to York school and play sports and just be a girl.

I also am into our indoor soccer season now. My team is young but we work hard and get better every day. My dad is the coach and he is always helping us girls and other teams as well with soccer. We have real good coaches and all of them help us girls to improve. I play goalie and it is a hard position to play. Everyone is out to beat you and score goals for their team. I am pretty good people tell me because I never quit and I am fearless. I get hit a lot with the ball in the stomach and legs as well as the face at times. I also get stepped on and kicked but that is okay because my teammates know I will always be there to back them up. So the Steele Heights Tigers U10 girls team will keep getting better and will try to Win another City championship in February for us and Steele Heights.

Steele Heights had another great Santa's Extravaganza on November 21st. I volunteer every year for this and make the posters and help run the free cookie decorating table for the kids. I also go to the meetings to help plan this year's and next year's events. I enjoy being involved in my community as I get to help out and meet new people all the time. So I would tell anyone to come check out the Steele Heights events as they rock. I also want to Thank Santa for coming to another Santa's event at Steele Heights without Santa we would have to change the Name of the event!

I also like to help run the concession during the skating and hockey season at Steele Heights rinks. The ice is just starting now and I can't wait until the rinks open for the season. So come on out and say Hi to me and other people from Steele Heights.

Abigail

Thanks for your kind invitation

With the sound of each snap of the reins jingles bells can be heard around the world as my sled and reindeer brings me and my family safely to your community of Steele Heights in the city of Edmonton, area 17. From decking the hall we bring families, friends, co-workers and business associates together.

Mrs. Claus and I would like to thank you for your kind invitation to your 3rd annual Santa extravaganza. We both enjoyed your hospitality and I especially enjoyed listening to all of your wishes and dreams in the glow of my den, with the lights dancing on the Christmas tree and the warmth of the fireplace that was placed into my heart for Christmas day and seeing the gleam in each and everyone eyes. Also the fun we had taking those special pictures of Christmas memories with Mrs. Claus and Jingles the elf.

As you were climbing down off of my knee with your candy cane in hand and with the knowledge that your special message was heard you turned around to give me that smile and a wave of your hand as you left my den.

Your Mom and dad and your Grand parents take the care of knowing that their memories of the family coming together once again to have hot chocolate and seeing the Christmas spirit with in the hall and as well as in their hearts

Mrs. Claus and I are looking forward to next year seeing all of the new families as well seeing old friends once again.

On Dasher, on dancer, on Prancer, on vixen, on comet, on cupid, on Donner and Blitzen to the top of the porch to the top of the wall now dash away Dash away all. Happy Christmas to all and we hope everyone has a very happy new year in 2016.

*From
Santa and Mrs. Claus*



All I want for Christmas is...

HOLIDAY GLAM \$140

Women's Haircut & Style
6 highlight foils
Eye brow shaping

UNDER THE MISTLETOE \$190

45 Minute Signature Massage
Signature Manicure
Signature Pedicure

MERRY & BRIGHT \$220

Aroma Steam Treatments
60 Minute Signature Massage
Signature Facial

MR & MRS. CLAUS \$250

2 - Aroma Steam Treatments
2 - 60 Minute Signature Massages

CHRISTMAS JOY \$430

Aroma Steam Treatments
60 Minute Hot Stone Massage
Luxury Pedicure
Luxury Manicure
Signature Facial
Elite Membership



Try our NEW



Brazilian SLIMPLUS

Introducing Spasations Brazilian Slim Plus
Brazilian Slim Plus brings together three therapies for reducing one's body measurements and muscle strengthening. The sessions are 90 minutes each that can be performed 3 x week. The first session is a cavitation ultrasound therapy that explodes fat cells with powerful sound waves without prejudice to the surrounding structures. The second is the non-invasive electropolysis. The electromagnetic impulses are applied by electrodes that turn fat to metabolism routes. Muscle-building occurs in the 3rd session, causing contractions at specific points, strengthening and drawing the region treated. One should engage in aerobic activity for 45 minutes after each session to consume the fat released through the heart muscle.

ULTRASOUND CAVITACION & ELECTROESTIMULATION

Working with 40K strong sound waves the Brazilian Slim Plus carries explosions which effectively conquer the body's fat metabolism; repel orange peel fat, firms skin, enhances skin elasticity, etc. The effect is long lasting. This muscle stimulator device is used for applying electrical current via electrodes in direct contact with the patient.



Look at these amazing men & women before & after transformations.



Options
1 Trial Session
5 Sessions
10 Sessions

Brazilian SLIMPLUS



8 Locations to serve you

www.spssation.com • 780-406-7272



Happy Holidays!



From Heather Sweet

MLA Edmonton Manning

Open House: Thursday,
December 10, 5:30 to 7pm

Join your MLA and
Constituency staff for hot
apple cider and holiday
treats!

Constituency Office
5523 - 137 Avenue
Edmonton, AB
Phone: 780.414.0714

Edmonton.manning@assembly.ab.ca

Special Savings on Quality Produce

Locked In Pricing for the Month. While quantities last

DATES 1 kg \$5.99	Maple Lodge Halal Hot Dogs \$2.49/Doz	Fresh loaf bread 99¢ each White/Brown/ Whole Wheat	Emma Extra Virgin Olive Oil 1lt \$6.99
	Fresh Baked Baklava Wide Variety	Reggie Pasta 99¢ /Pkg	
20Lb New Red or White Potatoes \$6.99	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