

Northeast Voice

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

February 2015

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Northeast Voice

is published ten times a year by Calder Publications on behalf of the community leagues of Evansdale, Kilkenny, McLeod & Steele Heights.

Editorial content is the responsibility of the community leagues.

Advertising

To place an advertisement in *Northeast Voice*, please phone 780-434-9732 or visit www.communityleagueneews.com

Canada Post Delivery

Northeast Voice is delivered by Canada Post as a Total Points of Call mailing. For concerns about mail delivery please phone 780-434-9732.

Steele Heights York Community League 2015 Outdoor Soccer Registration

The exciting new 2015 outdoor soccer season is almost here. Soccer registration for U4 to U12 age groups takes place from late February until early April.

Place: Steele Heights/York Hall, 5825 – 140 Avenue

Time: 6 to 9 pm

When: Every other Sunday:

February 22

March 1

March 15

March 22

April 5

Estimated cost of soccer 2015 fees per child:

U4 – 2011, 2012 birth years - \$65

U6 – 2009, 2010 birth years - \$110

U8 – 2007, 2008 birth years - \$110

U10 – 2005, 2006 birth years - \$130

U12 – 2003, 2004 birth years - \$150

Fees include a uniform (socks, shorts, shirt). Members will have to provide their own shin pads and shoes. Cleats are not required for U4 and U6.

Final cost will be posted on the website in early February – www.steeleheightscommunity.com

Cash, cheque, money orders or certified cheques are accepted. Community league memberships will be sold during registration times. League memberships are required in order to sign up.

U14, U16 and U18 team members will be transferred to other communities to play.



Kilkenny Outdoor, Spring Sports, Registration dates:

Thursday Feb 26, 6:30 p.m. to 9:00 p.m.

Wednesday Mar 4, 6:30 p.m. to 9:00 p.m.

Saturday Mar 7, 10:00 a.m. to 2:00 p.m.

McLeod Sports Registration

McLeod's spring sports registration, which is always one of our busiest events, will be February 18th, March 4th, and March 11th. These are all Wednesdays from 6pm to 9pm. For details about your particular sport(s), please see the articles about soccer, baseball, and softball in this issue of the *Northeast News*.

Evansdale Spring Soccer Registration

Evansdale soccer registration will take place at the Evansdale Hall on the following dates:

- February 26, 2015 from 6pm to 9pm
- March 5, 2015 from 6pm to 9pm
- March 7, 2015 from 10am to 3pm

- March 12, 2015 from 6pm to 9pm

Evansdale will be looking for volunteers to help out at registration time and for coaches for the outdoor season. Coaching a soccer team is rewarding and a lot of fun. If you are interested please send an email to the soccer director Moe Taha at soccer@evansdale.ca or to Shawna, the president for other volunteer sign up, president@evansdale.ca Evansdale soccer would like to thank all of our indoor coaches for doing such a great job and I look forward to working with all of you during the upcoming outdoor season. A special thanks to our U16 boys coaches Alicia Walkley, Ryan Mulveney and Alicia's employer. Alicia worked on getting our soccer program a donation from her employer and was successful.

Thanks

Moe Taha

Evansdale Soccer Director



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Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires

Evansdale Community League Board & Committees

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

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

E-mail address: www.evansdale.ca

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

Hall Rental Information

Evansdale Hall 9111 150 Ave.



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

Weekend rates:

Friday 12noon to Sunday 3pm

\$500 damage deposit

\$550 rental

Saturday/Sunday

\$400 damage deposit

\$425 rental

Monday – Friday

\$275 damage deposit

\$275 rental (\$150 members)

Use of dishes: \$100

Meetings: \$35/hour

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

Memberships

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

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

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

Benefits of Community League Membership

- Free community league swims:
 - o Londonderry Pool (14528 66 Street) Sundays 4:15-5:45 pm
 - o Grand Trunk Pool (13025 112 Street) Sundays 4:15-5:45 pm
 - o O'leary Pool (8804 132 Avenue) Saturdays 4 – 6 pm
- Discount on City of Edmonton annual wellness passes
- Hall rental discount
- Discounts for community league events and programs
- Play community sports such as soccer
- Receive emails of upcoming community events and programs

Volunteer today! Make a difference.

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

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

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

The Evansdale Skating Rink is now open!

City of Edmonton for free drop-in Learn to Skate Program. This program is open to participants of all ages. Skate times are as follows:

Tuesdays until February 10

- 6-7pm: Ages 4-6
- 7-8pm: Ages 7-8
- 8-9pm: All ages

*Participants must have their own skates and helmet.

Check the Evansdale.ca website or Facebook page for the latest on skating at Evansdale Rink.

Poplar Park Playground update and raffle

ONLY \$20,000 AWAY from a 2015 playground and basketball court build!! We must have all funds in place by April 1 so please support the Poplar Park Playground Committee in making this happen for our community. Corporate and personal cash donations can be made at Florence Hallock School or you can find a donation form on Facebook by checking out the Poplar Park Playground page. Any donation over \$20 qualifies for a tax receipt.

In February we are raffling off a Family Fun Basket which so far includes:

- 4 Oiler tickets for Oilers vs Boston – Feb 18, 2015 – value of \$740 (THANK YOU to the ATB Namao Center Branch for this donation!)
- \$100 Famoso Gift Cards
- \$100 Subway Gift Cards
- Oiler McFarlane Figure
- Oiler print of Andrew Ference
- Set of Oiler Cards

Tickets are \$5 and will be available at Florence Hallock School on February 5th from 2:30-7pm. Draw will take place on February 6th. Please check our Facebook page or the Evansdale Community League website for updates on fundraisers. You can also email us at: poplarparkplayground@evansdale.ca if you have any questions or comments.

Noela Shields
Chair, Poplar Park Playground Committee

Evansdale.ca Visit Our Website and Facebook Page

Get the latest information, our most recent newsletter, contact information and lots of other great stuff! Also get involved, join us on Facebook! Website: www.evansdale.ca Facebook Page: www.facebook.com/evansdale-communityleague

City Services & General Information

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

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

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

Fitness Classes for the New Year at Evansdale – How about Gentle Yoga?

Start your new year right with a commitment to a fitter, happier, healthier you! Winter session classes begin January 12. All levels welcome in a fun, friendly, non-competitive environment. Experienced, certified, caring instructor.

- Mondays - Boot Camp for Women 7:30-8:15pm
 - Wednesdays - Belly Dance 6:00-7:00pm
 - Zumba 7:15-8:15pm
 - Thursdays - Gentle Yoga 7:30-8:30pm
- Cost per class - \$110 for 10 weeks or \$13/class for drop-in



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

Classes are suitable to all levels. Options/modifications provided so all can enjoy and participate. Fun, supportive, non-competitive environment. No previous experience necessary. Cost - \$13/class for drop-in or \$11/class for full, pre-paid registration.

Spotlight on City of Edmonton Bylaws

It's inevitable, with winter comes snow, and with snow comes shoveling. But, did you know there is a Community Standards Bylaw that requires that you clear the public sidewalks around your property of all ice and snow? Snow and ice that is not removed from walkways is not only inconvenient to students and those with mobility issues it is downright dangerous should someone slip and fall on ice or snow. The City of Edmonton gives home owners up to 48 hours to clean their sidewalks after snowfall. If you would like to report icy or uncleared walkways that are impacting accessibility, please call City of Edmonton at 311 or make a report on their website.

Edmonton Police Alarm Green Stickers

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

Edmonton Leisure Access Program

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

What is the Leisure Access Program?

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

Who can get a card?

You may qualify if you meet the following:

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

How can I get a card?

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

How can I get an application form?

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



Councillor Dave Loken, Ward 3

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

Tel: 780 496 8128

Fax: 780 496 8113

E-mail: dave.loken@edmonton.ca



Childhood Immunizations

New Alberta website launches
When it comes to childhood immunizations, Albertans have questions. But where is the best place to get good answers? Not only can you chat with your family doctor or local public health nurse about your child's immunization, you can also visit Alberta Health Services' new immunization website: ImmunizeAlberta.ca. ImmunizeAlberta.ca was designed for, and is based on, insight and feedback from Albertan parents. Whether it's a simple question about the childhood immunization schedule or what to expect after your child gets immunized, uncertainty about the real risk of diseases, or concerns about immunization safety: ImmunizeAlberta.ca has the info you need. Visit ImmunizeAlberta.ca today.

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Kilkenny Community League News

Tomato Preservation Workshop

The Kilkenny Community Centre will be hosting a Tomato Preservation Workshop on Wednesday February 4th, 2015 at M.E. LaZerte High School (6804 144 Avenue) from 4:00pm-6:00pm. The workshop will teach participants how they can preserve their own tomatoes from their gardens or from the store. This workshop will be helpful for participants wanting to use healthy home based preserved foods and participants will get to take their own canned tomatoes home!

Child care is available, if you require child care please inform Yodit when registering. If you would like to attend this workshop please register by contacting Yodit at 780-760-1973 or email Yodit at info@emcoalition.ca.

Message from the Soccer Director:

Another great Indoor Season is coming to an end and the Kilkenny Community League would like to make sure that we recognize the reasons for our success. The children's dedication is rivaled only by that of the coaching staff, fans, and community. Although the children play the game, their victories would not have been made possible without the outpouring of support they continually receive throughout the season. To the parents who get up earlier on Saturday mornings than any other day of the week, who spend half an hour brushing off and warming up the vehicle before AND after the game, to the siblings who are dragged from their warm beds to watch the games against their will, and to the siblings who are old enough to help out on the field, to all of you; THANK YOU!

To all the coaching staff who have put in countless hours to not only make the children great athletes, but strong and confident people. There will never be enough time in the world to thank you for all your hard work and dedication.

We look forward to another great season:)

Amber, Kilkenny Soccer Director



www.communityleagueneews.com

City of Edmonton: Winterscapes 2015

We are getting ready for an exciting season of winterscaping and snow play! Now is the time to start thinking about how to you can create a beautiful front yard in winter. Celebrate winter in the city, and keep our neighbourhoods looking great.

Nominations are open January 12 – February 22, 2015 Submit photo nominations of your favourite winterscapes through our online submission form, found on our website; www.edmonton.ca

You don't need to wait until nominations open to create a winterscape. Take a photo of any winterscape this winter and submit it during the nomination period. You can nominate your neighbour's winterscape or your own winterscape.

Why not create a winterscape in the yard in front of your residence, community hall, office/business building, or school? Consider hosting a winterscape-building party with family, friends, or neighbours, or start a new holiday tradition!

How Do I Nominate a Winterscape for an Award?

Nominating a winterscape as a Winter Yard, Winter Art or Winter Play is the cool way to recognize friends and neighbours for their efforts to keep neighbourhoods looking beautiful year-round.

Nominees could be selected to receive a Winterscape Award!

Nominators who submit their photos online have a chance to win a prize through our weekly prize draw. There are two ways to send in a photo nomination beginning January 12th:

- Online submission form (available Jan 12 - Feb 22)
- In person at the front desk of select Edmonton Public Library branches

Before submitting a nomination, please refer to the Winterscapes Awards and Weekly Prize Draw Complete Details for information.

Winterscape Nomination Categories

Edmonton is a winter city. Front yards that feature beautiful winterscapes capture our enjoyment of the season. Nominate a winterscape in one of three categories:

Winter Yard- These natural-looking winterscapes feature landscaped yards with visible plants, snow, ice, and wildlife-friendly features. Yards may also include garden decorations, accessories, colour, and lights.

Winter Art- These yards may feature creative winter scenes and snow/ice sculptures. Add plant materials, colour, lights, and use your vivid imagination to create an artistic winterscape!

Winter Play- These fun and kid-friendly winterscapes have playful features, and may include snow slides, snow forts, colourful snow/ice art, tree ornaments, lights, and much more.

In each category, winterscapes can be created by an Individual or by a Group.

- Individual – one person or a single household
- Group – examples include a class of students, a community or youth group, a team of employees who work at the same office/business, a church congregation, or even tenants of a multi-unit residence.

Please remember to stay safe when working and playing outdoors. And of course, remember to keep your adjacent sidewalks and pathways shoveled for letter carriers, visitors, and passers-by who want to stop and admire your amazing winter creations!

Please go to www.edmonton.ca for more details!!

Kilkenny Rink Information:

Rink Schedule: (Weather permitting)
Monday to Friday 5:00 p.m. to 9:00 pm
Saturday and Sunday, 12(noon) – 5:00 p.m.

If the lights are on and music is playing; we are open!!

Parents please ensure all kids are dressed appropriately and have their skates tied properly. We have some skates and helmets available to borrow while using our rinks only. Hockey helmets are mandatory for anyone 16 and under while playing hockey. Helmets are strongly recommended for all public skaters-especially those just learning. We continue to accept donations of gently used skates and equipment. Items can be donated at the rink shack.

Kilkenny is very excited to be offering a drop-in, Learn to skate program that will be starting shortly. Please check the website for details.

We ask that regular users allow the "learn to skate" programs to leave the rink before starting hockey.

*Thank you
Vitor, Kilkenny Vice-President*

President's Letter:

Welcome to the New Year of 2015. I hope everyone had a pleasant Christmas Break and New Years.

So, far this season, the weather has been cooperating and our rinks have been open most of the winter season. We would like to thank Terry and Vitor for doing a great job at running the rink.

We hope to get in a least a few more months of skating before the end of the season! Every one of all skating levels is welcome!

It looks to be a busy New Year with the Stan Gantor Hockey tournament starting up on Thursday, Jan 22nd. I hope that you will take the time to come down and watch a few games. We also ask Kilkenny residents for some extra patience around this time as there will be an increase in traffic and parked vehicles around the neighborhood. Drive cautiously and give yourself a few extra minutes when travelling close to the Hall. Please let us know of any major concerns.

Movie Night will be starting again please keep an eye on our signs or check the website to find out which Friday nights we will be showing movies.

We have many other great activities and events planned for the year and are always looking for feedback, suggestions, and of course, your time in helping with events! Feel free to attend any one of our executive meetings, please email for the dates and times.

Anna, Kilkenny President

IMPORTANT DATES:

Outdoor, Spring Sports, Registration dates:

-Thursday Feb 26, 6:30 p.m. to 9:00 p.m.

- Wednesday Mar 4, 6:30 p.m. to 9:00 p.m.

-Saturday Mar 7, 10:00am to 2:00pm

Family Day Events, Sunday, February 15 from 11am-3 pm

-Free Pancake breakfast and children activities at the Kilkenny Hall

March 7 Indoor Wrap Party for soccer.

Save your old electronics for J.A.Fife School!

J.A.Fife Elementary School will be having their Annual Electronic Recycling Fundraiser starting March 2, 2015. The metal bins will be located outside the main doors of the school at 15004-76 street. Dispose of your electronics in an eco-friendly way and help out a local school!

What can be recycled: small kitchen appliances, audio and video equipment, televisions, personal care items (shavers, hair dryers), other electrical household tools (vaccums, irons), electrical power tools, telephones, cell phones, computers and their components, office equipment, specialty equipment containing electrical motors, switches, etc.

Watch for more details on school signs, in the next issue of the North Voice or call J.A. Fife school at 780-476-0775.

Schools within Kilkenny Community League Boundaries

Please note that the boundaries for each school are different than that of the communities

Open-houses and registration will be happening soon!

Father Leo Green, Located at 7512-144avenue, French immersion and Spanish bilingual elementary programs,

St. John Bosco, 7411-161A ave, elementary catholic school

John Barnett, 14840-72 street, Elementary school

J.A.Fife, 15004-72street, French immersion and English elementary programs

Londonderry Junior High, 7104-144 avenue

M.E.Lazerte High School, 6804-144avenue

Kilkenny Community Playschool, a pre-school program for 3 and 4 year olds, registration will open in the spring for the 2015-2016 school year.

Do you have a special celebration that you would like to announce??

You or someone you know celebrating an anniversary, birthday big or small, engagement, special achievement?? Team achievements, staff challenges, we would like to hear from you!! Feel free to send in a picture and the appropriate information and we will include it in the next newsletter!! Please send it to Anjoli, Kilkenny Secretary at secretary@kilkenny.ab.ca

The 22nd annual Stan Gantar Memorial Tournament

January 22 to February 2nd, 2015

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.

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

Are Coyotes a Problem in Your Area

To help prevent conflicts with coyotes

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

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

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

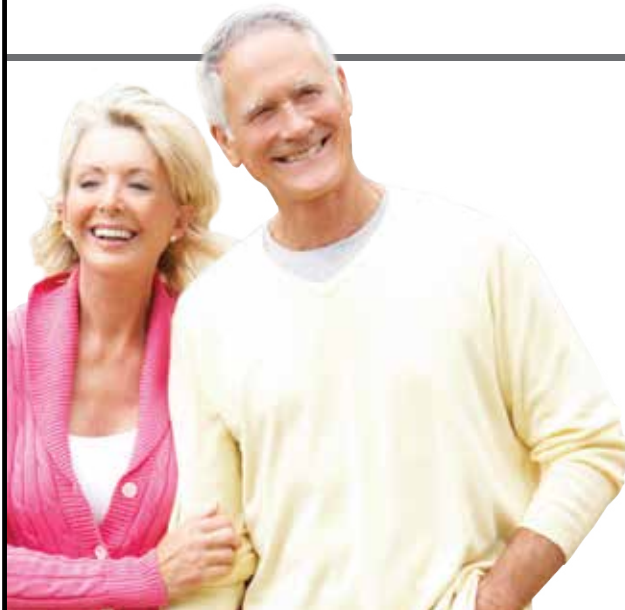
To report a problem coyote(s), call:

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

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

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

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

If you want a service commitment credit to use at spring sports registration or just want to help out, McLeod is seeking assistance with the 2015 Family Day event on Monday, February 16, 2015. Two shifts are available: 8am-noon, 10am-2pm. Please contact Leanne at president@mcleodcommunityleague.ca.

McLeod has some bingo vacancies that need to be filled for Thursday, February 19 and Monday, March 2, 5pm-midnight shifts. If you want two service commitment credits to use at spring sports registration or just want to help out, please contact Sandy at bingo@mcleodcommunityleague.ca.

McLeod President's Message

As McLeod enters 2015, we look forward to celebrating our 45th anniversary! Please keep posted on how we intend to mark this special milestone. If you have any ideas or want to spearhead this, please contact me at president@mcleodcommunityleague.ca.

The ice rinks behind the hall have been open since December 2014 and have seen an incredible number of shinny players and public skaters. 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.

Please join us for a Family Day pancake breakfast along with a Hawaiian stage show and crafts on Monday, February 16 from 10am-noon. Everything is free but we ask that you bring non-perishable food or a cash donation for the Food Bank. Hawaiian-themes events are also taking place at Steele Heights Baptist Church just steps away from McLeod Hall.

McLeod has increased our hall rental rates effective December 7, 2014. Remember that McLeod Community League members receive a discount on rental rates. Please go here for more information: <http://mcleodcommunityleague.ca/rentals>.

In case you have not come by the hall recently, we have replaced the old broken outdoor sign with a new changeable copy sign. What I am most proud of is the top display that lists the five communities that comprise the McLeod Community League: Casselman, Hollick-Kenyon, Matt Berry, McLeod, and Miller.

Starting at spring sports registration, McLeod will be replacing the term "volunteer commitment" with "service commitment". Service is a requirement for registering your child in a McLeod sports program. Service allows McLeod to bring in funds and labour to run programs and free events, and funds for maintaining the hall. Service is essential to your community league. The Service Commitment Policy is outlined in this edition – by registering your child in our programs, you agree to abide by the policy. Please take the time to read it prior to registration.

Lastly, I have wonderful news for Miller residents. Due to the unwavering support of Ward 4 Councillor Ed Gibbons, the City will be installing sidewalks to connect the Clareview LRT station to the Miller community. "The Manning Drive sidewalk connection between 142 Avenue and 144 Avenue is planned to be tendered and constructed in 2015" thus completing "The Sidewalk to Nowhere". Now that is a Christmas present!

Have a great start to 2015!
Leanne Rosinski

McLeod Upcoming Events

January

12: WinterScapes Submissions Open

27: First meeting of Facility Steering Committee

February

16: Family Day Festivities

18: First Sports Registration Day

21: Movie Night

22: WinterScapes Submissions Close

March

4: Second Sports Registration Day

11: Final Sports Registration Day

20: Movie Night



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 and Possible Volunteer Opportunities at Rexall

Dominion Sports Service has approached us about providing volunteers to work concession and bar service during Rexall events such as concerts and hockey games. Each volunteer is required to attend a four-hour orientation session and work one event (six hours). We are interested in partnering, as this would be a means of receiving donations for McLeod to assist with programs, events and hall maintenance. Volunteers would be provided with free parking, uniforms, discounted meals, and free ProServe certification.

This will require considerable coordination and if there are enough parents interested, we can have this available as a service commitment option at spring sports registration as an alternative to bingo. An orientation session and event is considered two service commitments. Please contact Leanne at president@mcleodcommunityleague.ca if this interests you.

McLeod Service Commitment Policy

At the time of sports registration, you have two options for fulfilling your service commitment to the community league. Service commitments assist McLeod with raising funds to maintain the hall and run programs. Service commitments are not refundable whether your child plays or not. There are no exceptions to this (injury, illness included).

If you have one child in sports, it is \$100 (one service commitment). If you have two children or more in sports, it is \$200 (two service commitments). Note that two people cannot share one service commitment.

- One commitment: one bingo from 5:00-10:00 pm, one casino shift or a McLeod event
- Two commitments: two bingos, either worked on separate evenings or on the same day from 5:00 pm-midnight (considered a double bingo), two casino shifts or two McLeod events

BUY-OUT OPTION:

Purchase WEM tickets (10 for \$100) or other tangible item (if available). Payment for these can be made with your sports registration. If you are registering two or more children, you can choose a buy-out option and a work option.

WORK OPTION:

Sign up to work a bingo, casino (if available) or event. You will need to provide an undated but signed cheque addressed to 'McLeod Community League'.

1. The date and time of your bingo(s)/casino/event is written on your registration form. You are responsible for noting the date and time and ensuring you attend. Reminders may be sent as a courtesy but it is your responsibility to know when and where your work option is taking place. You cannot make up missed work options.
2. It is your responsibility to attend your work option. Your cheque is returned to you at the bingo/casino/event. If you fail to show up, your cheque will be cashed.
3. If a bingo/casino/event is cancelled, you will be given options to fulfill your service commitment – another bingo/casino/event or buy-out option.
4. Any bounced cheques will result in a \$20 fee assessed. If you do not pay out your missed work option (plus any NSF fee), your child will be withdrawn from the sports program and you will not be able to register in any programs until the amount is paid in full.

Questions about this policy can be directed to the McLeod President at president@mcleodcommunityleague.ca.



Steering Committee for McLeod Community Facility Project

McLeod Community League is sponsoring a steering committee that will work towards the construction of a Community League facility in either Hollick-Kenyon or Matt Berry. The steering committee will meet approximately monthly. Tasks will include a needs survey, working with the city on zoning issues, budgeting, working with project managers, and fundraising. The first meeting of the steering committee will be at McLeod Hall on Tuesday, January 27th, at 7pm. If you are interested, please e-mail Jason at secretary@mcleodcommunityleague.ca

ALOHA!
 10th Annual
FAMILY DAY FESTIVAL
MONDAY FEBRUARY 16TH
1:00 - 5:00 PM
 Steele Heights Baptist Church 5812-149 Avenue
 McLeod Community League 14715-59 Street
10:00 - 12:00 Pancake Breakfast at McLeod Hall

Wagon rides, skating, boarding in the snow, jumpy things, hula hoop & limbo competitions, crafts and more!

Special guest musician Paul Woida

Admission by donation to support this event & The Mosaic Center

More information www.shbc.ca or 780-478-1553

EDMONTON

Free Drop-In Learn to Skate Program
 McLeod Community League
 14715-59 Street



Participants must have their own skates. A CSA approved helmet is mandatory for participation

For participants of all ages! Children 5 and under require a parent or guardian to attend.

Fun and basic skill are the focus of this **free drop-in** skating program. Participants will be exposed to various skating skills while participating in stations and games. Children will learn basic skating skills at their own pace. The program will be adapted to the age and skill level of the participants dropping into the program.

Sundays January 11 – February 22
 No session February 15
 Time: 1:30 pm – 5:00 pm
 Families and all ages
 Participants can stay for the full time or drop in for a short while!

***The program will cancel at -20 degrees Celsius with the wind-chill**

Edmonton

Dance and Drama Clubs

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

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

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

Check out the McLeod website to register.

Yoga Classes at McLeod

McLeod is proud to have Blue Mango Yoga as a partner for offering classes at McLeod Hall.
 We have the following Classes starting January:
 Yoga for Moms and Teens (10 year +) Thursdays from 6:15-7:15
 Yoga for Youth (10 years +) Tuesdays from 6:00-7:15
 Movement and Meditation Thursdays from 7:30-8:45
 Yoga 3-5 year olds Saturdays from 10:00 am - 11:00 am
 Yoga 6-9 year olds Saturdays from 11:15 am - 12:15 pm
 Yoga 10-15 year olds Saturdays from 12:45 pm - 1:45 pm
 Introduction to Meditation Thursday March 5 from 7:00-9:00

Check out our website for more information and to register



Fitness Kickboxing at McLeod

Tuesdays and Thursdays
 Times: 7:00 PM-8:00 PM
 10 Sessions
 Cost: \$75 for non community league members.
 \$50 for community league Members
 \$10 drop-in fee
 Kickboxing has its roots in martial arts and was originally limited to being a full contact sport, but in this new millennium, 98% of participants join strictly for the fitness.
 Like boxing classes, fitness kickboxing offers the opportunity to train like a real kickboxer, reaping all the benefits without having to get in the ring. Studies show that a 45-60 minute kickboxing class can burn off 600-800 calories! In addition to the weight loss, you build lean muscle which raises your metabolism burning calories at rest and toning the whole body. The kicking exercises concentrate on the thighs, hips, and buttocks unlike any other workout.
 Instructor We are very fortunate to have Master Harry Reid 5th DAN and 6 times Canadian Forces Tae Kwon Do Champion as our fitness instructor.

2014 McLeod Baseball Registration

It is that time of year to start thinking of Baseball. The McLeod Community League Baseball Program for the 2015 Baseball Season will be taking player registrations at the McLeod Spring Sports Registration Days at the McLeod Community Hall. Please come down and register your child for the great sport of baseball. Please note that a \$150 Baseball Uniform Deposit (cheque or cash) is required at the time of registration. Your deposit is returned to you at the end of the season when the uniform is returned to the coach.

The 2015 Baseball fees are as follows:

Year of Birth	Category	Fee	Game Nights (May-June)
2009 & 2010	BlastBall	\$40	Thursdays
2007 & 2008	Rally Cap	\$75	Mondays & Wednesdays
2005 & 2006	Senior Rookie	\$85	Monday & Wednesdays
2003 & 2004	Mosquito	\$135	Tuesdays & Thursdays
2001 & 2002	PeeWee	\$140	Mondays & Wednesdays
1999 & 2000	Bantam	\$150	Throughout the week
1996-95-98	Midget	\$175	Throughout the week

Blastball, Rally Cap and Senior Rookie Teams play within the Northeast Zone while Mosquito and PeeWee teams compete with teams from across northeast Edmonton, Sherwood Park, Ardrossan and Fort Saskatchewan. Bantam and Midget teams play in the Baseball Alberta Rural and Recreational Baseball League. Players on Mosquito and lower category teams also participate in two skill development clinics. Teams will usually also participate in at least one tournament.

McLeod's baseball program is affiliated with the Northeast Zone (NEZ) Sports Council Baseball Program. Our program follows the guidelines and standards set by Baseball Alberta and Baseball Canada, focusing on skills development, fair play and the enjoyment of the game of baseball. Coaches are encouraged to be NCCP qualified to the appropriate level and have completed the Respect in Sport module as mandated by Baseball Alberta.

2015 NEZ Baseball Spring Camp and Pitching and Catching Clinics

This is a great way to get ready for the 2015 Baseball Season. Hosted by the NEZ Baseball Program, the camp and clinics focus on player development for Mosquito (2003-04), PeeWee (2001-2002), and Bantam (1999-2000) baseball players. Space is limited so register early. Contact Leonard Meyer at wizard_876@msn.com to reserve your spot.

Spring Camp

Location: Queen Elizabeth High School, 9425 – 132 Avenue
 Cost: \$25.00/player; Saturday & Sunday mornings
 Dates: February 1 & 8; March 1, 8, 9 & 23; April 12 & 26
 PeeWee & Bantam Time: 9:00 am to 11:15 am
 Mosquito Time: 11:30 am to 1:00 pm

Pitching and Catching Clinics

Location: Queen Elizabeth High School, 9425 – 132 Avenue
 Dates: March 9, 23 & 27
 Time: 9:00 am to 11:00 am

Brad – Baseball Director

City Council Initiative On Public Engagement

Edmonton City Council has launched a special initiative to review and improve the City's public engagement. Housed under the Open City initiative, the Council Initiative on Public Engagement aims to help improve the City's transparency, openness, and accountability, while fostering greater collaboration in community and citizen participation in local government.

http://www.edmonton.ca/for_residents/public_involvement/council-initiative-on-public-engagement.aspx

These workshops will be held between Nov. 5 and Nov. 25 at various venues around the city. We urge residents to register.

Learn how to become engaged in TWIN BROOKS ISSUES including the "First Place" program (39 condo units - soil testing early 2016) beside the new community centre building and rink. For more info on this contact Ida at KeepItGreen@twinbrooks.ca / 780-989-5431

McLeod Softball 2015

One way to beat this nasty winter weather is to start thinking about softball!! We are ready, are you? Registration takes place in February, and March at the McLeod Hall or at central registration at the NEZ as follows:

McLeod Registration

Wed, Feb 18 – 6:00 pm to 9:00 pm

Wed, Mar 4 – 6:00 pm to 9:00 pm

Wed., Mar 11 - 6:00 pm to 9:00 pm

at McLeod Hall 14715-59 st

NEZ central Registration

Sat, Feb 20 – 12:00 noon to 3:00 pm

Sat, Feb 27 – 12:00 am to 3:00 pm

Sun, Mar 13 – 12:00 noon to 3:00 pm

Wed, Mar 23 – 6:30 pm to 8:30 pm

Wed, Mar 30 – 6:30 pm to 8:30 pm

at NEZ building 7515 Borden Park Rd

(behind the tennis courts at Borden Park)

The season starts near the end of April, weather permitting. Parents are required to fulfill one volunteer commitment per player. A deposit is required, in the form of a post-dated cheque, which will be returned once the commitment is fulfilled. A uniform deposit may also be required, also by way of post-dated cheque.

Categories and fees for girls and boys are as follows.

Play nights	Category	Birth Year	Fees
Wed	Nerf (mixed girls and boys)	2011	\$50
Tue – Thur	T-Ball (U6) (mixed girls/boys)	2009-2010	\$70
Mon - Wed	Coach Pitch (U8) (mixed girls/boys)	2007-2008	\$85
Tue – Thur	Mites (U10)	2005-2006	\$100
Mon - Wed	Squirt (U12)	2003-2004	\$120
Tue – Thur	PeeWee (U14)	2001-2002	\$125
Mon - Wed	Bantam (U16)	1999-2000	\$130
Tue – Thur	Midget (U18/19)	1996, 1997, 1998	\$135

Returning players, if you forgot to return your uniform to your coach please bring it with you when you register.

Any parents interested in coaching or other volunteer assistance with the softball program can contact me directly. Thank you.

Softball Director

Gord Matlock

Ph: 446-7727

Softball@mcleodcommunity.ca



McLeod Community League

What follows is the text of a full-page article that was printed in the Edmonton Sun and Edmonton Examiner in December, as McLeod was the winner of a contest sponsored by the Edmonton Sun and the Edmonton Federation of Community Leagues.

www.mcleodcommunityleague.ca [Facebook.com/McleodCL](https://www.facebook.com/McleodCL)

Come join the fun and meet your neighbours!

McLeod Community League is a member of the Edmonton Federation of Community Leagues, and is made of community volunteers who work together to provide a healthy and safe community by organizing recreation, sports and social activities. We're part of an Edmonton tradition that goes back almost 100 years!

The Way We Organize

We represent and serve people living in the area north of 137 Ave. and south of 167 Ave., east of 66 St. and west of Manning Freeway. It includes the neighbourhoods of McLeod, Casselman, Miller, McLeod Park/Matt Berry, and Hollick Kenyon.

The Way We Communicate

www.mcleodcommunityleague.ca

Northeast Voice, a community newspaper delivered by Canada Post, ten times per year, to every mailbox

[Facebook.com/McleodCL](https://www.facebook.com/McleodCL)

The Way We Play Sports

Community volunteers coach thousands of children on our teams for indoor soccer, outdoor soccer, baseball, softball, and hockey.

We sponsor tons of free activities: outdoor and indoor swim times at city pools, Green Shacks at our four playgrounds, outdoor basketball drop-in programs and two outdoor ice rinks.

A McLeod League membership also entitles you to participate in the community league wellness program providing discounted admission fees at city recreational facilities.

The Way We Program

*yoga *baby&children * fitness kickboxing *seniors club *camp sampler *cooking for tweens *Laser Quest *collective kitchen *meditation *glee club/choir *dry land training camp *fitness bootcamp

The Way We Socialize

*Halloween Party *Christmas Celebration *Family Day Event *Volunteer Appreciation Dinner *Garage Sale *Community League Day Party *Monthly Family Movie Nights

The Way We Move

Bikeable and walkable area mapping project and multi-use trails. Advocating for lighted crosswalks across the Manning Freeway to the LRT station and across 59A at NE Edmonton Christian School.

The Way We Green

*Front Yards in Bloom *Winterscapes
*Clean Sweep program *Blue Box Recycling

The Way We Remember

*Little Mountain Cemetery Tours *No Stone Left Alone
*Local history articles in the Northeast Voice

The Way We Donate

We've collected donations for the Edmonton Food Bank, Canadian Legion, and Youth Empowerment and Support Services.

The Way We Cooperate

Board members join with surrounding community leagues to achieve area goals by serving on Area 17 Council, Northeast Zone Sports and Edmonton Federation of Community Leagues committees.

We have a strong working relationship with councillor Ed Gibbons and MLA Peter Sandhu who advocate for programs and facilities for our area.

The Way We Rent the Hall

The McLeod hall, located at 14715-59 St, is available for rental for events, meetings, weddings and other functions. The main area of the hall (excluding the stage) is 44' by 50'. The hall's capacity is 240 people, but for functions requiring the dance floor, the maximum capacity is 240 people. There is a curtained elevated stage. Please check hall availability in our website before contacting hallrental@mcleodcommunityleague.ca for a booking.

The Way We Sell Memberships

Visit our website for details and email requests to membership@mcleodcommunityleague.ca

McLeod Soccer Registration

Spring registration for Outdoor soccer will take place on Wednesday, February 18, 2015, March 4, and March 11 from 6pm-9pm.

In preparation for registration, please enter your child's information online using the pre-registration link on the community website: www.mcleodcommunityleague.ca. The link will be made available on February 7. You will need to enter the information online, click the submit button and print two copies as preprinted registration forms will not be available at the hall. You will need to attend one of our aforementioned registration events at McLeod community hall to pay your registration fees and finalize your registration.

Last outdoor season we ran 50 teams with approximately 26 of them being U8 or younger, consisting of 690 players. We will most likely be short coaches for these younger age groups so please consider coaching. Coaching at this level is about making new friends, having fun and snacks.

All new coaches are enrolled in coaching clinics where you'll learn soccer basics to ensure you're successful. Many of our 2014 outdoor coaches will be returning again for the upcoming season.

We will also have socks, shin pads, and shorts available for sale for first time players and for those that have outgrown their current apparel.

Feel free to contact me if you have any questions about registering or coaching: soccer@mcleodcommunityleague.ca

Todd

Soccer Program Coordinator



McLeod Indoor Soccer Season Wrap-Up

Regular season play ends Sunday February 1st. There will be a number of U8 to U16 McLeod teams participating the FC Memorial tournament, February 6 – 8. Games will be held at all 3 Edmonton soccer centres and generally draws a number of teams from outside Edmonton. Please come out and cheer on your favourite McLeod team. We also have a few U6 teams entered into the EMSA Minifest tournament which will be held February 14th. We're currently in the final round for indoor soccer. U10 and up teams finishing either first or second in their pool may qualify for post season play. City Finals will be held February 22nd and 23rd. Successful teams will either participate in Intercities March 8 and 9 or Provincials March 14 to 16. Good luck and congratulations! Thank you to all the coaches and volunteers who have made the 2014/15 indoor season a huge success and I look forward to seeing you during the 2015 outdoor season.

Todd

Soccer Program Coordinator

Walkable/Bikeable McLeod

Where do you like to walk or bike in Matt Berry, McLeod, Hollick Kenyon, Miller, and Casselman? You can e-mail Donna at the address below describing your favorite route, so it can be shared with others. Moving ahead with the mapping project, we'll be asking residents about their current walking and biking routes through the neighborhoods. I'll be attending community events and asking people to mark out on a map where they like to walk and/or bike and places they like to go.

If you'd like to compile the routes for a section of the neighbourhood please contact Donna at mattberry@mcleodcommunityleague.ca.

Benefits of McLeod Community Soccer

Parents often ask "Why sign up for community soccer?"

The most obvious benefit of community soccer is exercise. The average season goes from May 1st to June 30th, with post season opportunities in July for older teams. Players can expect one practice and one game per week, each approximately one hour in duration. The community program focuses on friends playing with friends and having fun. When registering for the McLeod soccer program,

players can request to play with a certain friend. We try to honour the request as best as possible. There are occasions when friend or coach requests cannot be filled, as every team has a team player limit. Players can expect fair field time in regular season games. There are

other leagues out there that organize players by skill level and age with an emphasis on winning and unfortunately not all players get an opportunity to play or play with their friends. Community soccer is very affordable. In addition to registration fees, players are responsible for their own footwear, shin pads, socks, and shorts. McLeod will provide jerseys that will be returned upon season end. U6 and U8 programs are sponsored by major Canadian corporations in an effort to promote the game and make it affordable for all community members. Parents will be required to purchase a community membership and sign up for one community service per child to a maximum of two per family. Other soccer programs will have more expensive registration fees, require you to purchase jerseys, and participate in multiple volunteer/fund raising activities.

McLeod soccer acknowledges our players have many interests, with soccer only being one. Our older players, for example, often have part time jobs to earn spending money. McLeod soccer does not penalize players for missing the odd practice or game and we're grateful for them making as many soccer events as possible. Other soccer leagues have been known to bench players for missing practices or games.

We hope to see you at one of our upcoming registration sessions starting in February 2015. For more information, please see the McLeod website at www.mcleodcommunityleague.ca.

Community League 2014-2015 Memberships

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

Membership dues are as follows:

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

A McLeod Community League membership has a number of benefits:

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

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

McLeod Needs Props and Costumes

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

McLeod is Looking for a Local Mural Artist

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

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

McLeod Needs Contractors - Locksmith

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

McLeod Skating Rinks

The skating rinks behind McLeod hall are generally open each year from December to March depending on the weather. The rinks are closed when the temperature hits -20C (including wind chill) or when it is too warm (ice melts). The rink shack telephone number is 780-473-8993 and the answering machine is updated regularly on the rink status.

Hours for 2014-2015:

- Monday to Friday 4:00-9:00pm
- Saturday and Sunday 12noon-5:00pm

All members of our community are welcome to use the rinks. A McLeod membership and skate tags are required for all participants, and these can be purchased (cash only) from Justin Tovey or Joe Tovey on-site if you don't already have them. For non-members or visitors to our community, a one-time admission of \$2.00 (cash only) can also be purchased. A concession (cash only) is available in the heated rink shack attached to the rear of the hall, which is also the entrance to the rink area. Please do not attempt to go through the hall to access the rinks.



The following rules apply to all skaters:

- 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 stickhandling 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.

McLeod Needs Volunteer Help – Data Entry

McLeod is looking for assistance in entering membership information into our database. If you have some hours to spare, please contact Cheryl at vp@mcleodcommunityleague.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 & Area 17 Representative

Denise - Membership Director & Neighbourhood Watch

Gwenna – Facilities Director

Robin - Director at Large

Sherilyn - Director at Large & Spray Park Committee

Cecil P – Director at Large

VACANT- Program & Event Director

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

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

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

• **Monthly Meeting at the Hall** – Third Monday at 6:30pm (except Holiday Mondays where it is held the week before)

• **Hall Address**

5825 140 Avenue NW

Edmonton, AB

• **Mailing Address**

Steele Heights Community League

PO Box 70005 RPO Londonderry

Edmonton, AB T5C 3R6

• **Membership & Associate Membership Information**

Family (immediate family members) - \$25

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

Senior (65 years+) - \$15

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

Visit our website for details on benefits.

President's Message

A new year has arrived with a huge roar. Cold is putting it mildly, which we all hope to see real soon. Steele Heights community league is always looking forward without forgetting about today. Today is the continuing hall remodel, most of which is done. There are a few comfort items to be added in the near future. The Steele Heights hall has a new AED machine which offers piece of mind to anyone using the facility. The main doors to the hall now have a Barrier-Free or handicapped automatic door opener. There is also a state-of-the-art card access system installed. This makes it easier for renters and other users to access the hall at all times of the day for their events. The hall also has the most modern fire-life safety system installed. This system gives protection above and beyond most other halls and schools.

Steele Heights fabulous hockey and family skating rinks are up and operating for another season. Come out for a skate or a game of pick-up hockey. Steele Heights also rents the ice surfaces to youth hockey teams and pick-up hockey groups that are looking for much cheaper ice to rent. The ice is perfect for a family skating party or birthday party. Call the Steele Heights Hall at 780-475-3553 and leave a message to be contacted for more information. Also starting on Friday January 16th is a FREE learn to skate program at the Steele Heights Family rink. The information is posted on the website and our Facebook page.

Steele Heights Community League is in great need of volunteers to help out with events and activities such as seasonal ice maintenance and yard maintenance. Any amount of time you can spare is welcomed. We are also open to ideas and suggestions for programs and events. Please e-mail the hall at steeleheightscommunity@gmail.com or phone at 780-475-3553. Also check out our website at www.steeleheightscommunity.com or Like our page on Facebook to get updates.

Jeff Gokiart
President

EDMONTON

Participants must have their own skates. A CSA approved helmet is also mandatory for participation

Free Drop-In Learn to Skate Program
Steele Heights Community Rink
5825 140 Avenue

For participants of all ages! Children 5 and under require a parent or guardian to attend.

Fun and basic skills are the focus of these free drop-in skating programs. Participants will be exposed to various skating drills and games while participating in skating skills at their own pace. The program will be adapted to the age and skill level of the participants dropping in

Every Friday Night
January 16 – February 13

Times: 4:30 – 7:30 PM

FAMILY SKATE

****THE PROGRAM WILL CANCEL AT -20 DEGREES CELSIUS OR COLDER WITH WIND-CHILL****



THE CITY OF
Edmonton

Using Neighbourhood Interactive Map

Explore Edmonton using the neighbourhood interactive map. http://edmonton.ca/for_residents/neighbourhoods/neighbourhood-maps.aspx

Find the City amenities - swimming pools, sports fields, parks, playgrounds, golf courses and spray parks - that are in your neighbourhood.

Locate fire stations, police stations and bus stops anywhere in the city.

You can mark your current location or home address with a red pin and search for City amenities within a 0.5km to 10km range.

Type in your address, click on the red pin and get your property assessment and waste collection schedule.

Join Us!

Why Should I Buy A 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

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack (Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

Reduce your risk

Heart attack risk factors include:

- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.

Know Your Risk: Fire Pit Burning

Source: used with permission from the Lung Association, Alberta & NWT http://www.ab.lung.ca/site/fire_pit_burning

Fire pit burning in both urban and rural areas creates smoke that contains many pollutants and irritants which can cause or aggravate lung health problems as well as negatively impact air quality. It is important that residents of Alberta and the Northwest Territories are aware that fire burning can lead to serious health and environmental consequences.

Environment Canada and Health Canada have identified many hazardous chemical substances in wood smoke, including:

- PM10 (inhalable particulate matter less than 10 microns in diameter) consists of a mixture of microscopic particles of varied size and composition, and has been declared a toxic substance under the [Environmental Protection Act](#). These particles can be inhaled deep into the lungs, leading to serious respiratory problems especially among those with pre-existing cardiopulmonary illness.
- Carbon Monoxide (CO) can reduce the blood's ability to supply necessary oxygen to the body's tissues, which can cause stress to the heart. When inhaled at higher levels, CO may cause fatigue, headaches, dizziness, nausea, confusion and disorientation and, at very high levels, can lead to unconsciousness and death. [Fire Prevention Canada](#) advises that CO detectors be installed in every home that has a combustion appliance or an attached garage as CO is a colourless, odourless and tasteless gas.
- Oxides of Nitrogen (NOx) can lower the resistance to lung infections. In particular, nitrogen dioxide can cause shortness of breath and irritate the upper airways, especially in people with lung diseases such as emphysema and asthma.
- Volatile organic compounds (VOCs) can cause respiratory irritation, loss of coordination and illness. Some VOCs emitted by wood-burning appliances, such as benzene, are known to be carcinogenic. • Formaldehyde can cause coughing, headaches and eye irritation and act as a trigger for people with asthma.
- Acrolein can cause eye and respiratory tract irritation.

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



Youth head injuries during sport and recreation

According to the Alberta Centre for Injury Control and Research, sport-related injury is the leading cause of emergency department visits in Alberta among teens aged 15-19 years.

Concussion is a common sport related injury that often occurs during hockey, football, skiing and snowboarding. A concussion is a brain injury that occurs when the brain suddenly shifts inside the skull and knocks against the skull's surface. It may be caused by a direct or indirect hit to the head or body.

After suffering a concussion, a person may experience many different symptoms. These could include, headache, ringing in the ears, nausea and/or vomiting, disorientation, emotional and personality changes, dizziness, poor balance and/or coordination, poor concentration, light sensitivity, irritability, fatigue and sleep complications.

In order to reduce the risk of a concussion, encourage your teen to look first when engaging in a risky activity, such as hockey. Preparation, good sportsmanship and fair play all help to reduce the risk of injury, including concussion.

Teens should also wear the gear, such as a helmet that fits correctly and is secured on the head throughout the sport. Always replace your child's helmet after impact or as instructed by the manufacturer. In high impact sports such as hockey, teens should wear a face and mouth guard. To manage a concussion, encourage your teen to seek help from a coach, teacher or parent immediately after an injury has occurred. Consult a physician immediately after being notified of an injury in order to determine if a concussion has occurred. Finally, ensure that your teen does not return to activity or play until it has been approved by their doctor.

Risk is a part of life, and while not all risks can be eliminated, most can be managed. Taking smart risk means recognizing the risks of an activity and choosing to manage risk to prevent injuries. For more information on smart risk visit: <http://www.albertahealthservices.ca/4880.asp>

For more information on concussions go to www.myhealth.alberta.ca.

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*

Your Voice in Ward 4



Ward 4 Councillor
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Sledding Safety

Alberta Health Services, EMS would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects such as trees and rocks or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Educate your family how to stay safe by following these simple reminders and have a fun day on the toboggan hill.

Equipment

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.

Plan ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up out of the cold.
- Ensure frostbite hasn't affected any exposed skin.
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.



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Elsafadi Bros. Supermarket

11316 - 134 Ave 780 - 475-4909 Local Community Owners



February is outdoor soccer registration month

Community soccer is a fast paced, fun filled activity the whole family can enjoy. Soccer remains one of the most affordable activities available to youth and the regular season runs from early May until June 30th.

Players learn new skills and get to team up with friends for a more complete and enjoyable experience.

We offer a community soccer program for children of all ages beginning at U4 that focuses on fun and fair play time.

Preregistration can be completed online, however; payment is completed at your local community league.

For more information start with your local community league website or the EMSA north website at <https://www.emsanorth.ca>

If you don't know your community league then visit the Edmonton Federation of community leagues and select "find my community."



XTREME FC
 THE MOST SUCCESSFUL CLUB

If you are ready for a more competitive style of soccer; then consider Xtreme FC, EMSA norths' premiere program.

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

Try-Outs take place at the East Soccer Centre March 17th, 18th and 19th (to be confirmed.)

For more information on Xtreme FC visit the website at <http://www.edmontonxtremefc.com>