

NORTHEAST VOICE

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

July 2015



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

Evansdale President's Message

Eaux Claires Playground Opening Celebration

Hello everyone. Hope you made it to the Eaux Claires Playground grand opening event on June 6. It was definitely a great success. Thank you to Save On Foods for donating all the items for the BBQ. A total of \$350, raised from selling hot dogs, was donated to Amity House to help support the great programs they offer within our neighborhoods. (More President's message and Eaux Claires opening page 3)

Upcoming Events in Northeast

June

20&21: Summer Festival at Londonderry Sports Fields
(behind M.E. Lazerte)

27: McLeod Launchpad trampoline park outing

July

2: Green Shacks open up

4: Community Carnival Day at N.Edm Alliance Church
(5103 McLeod Road) 11pm to 4pm

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

11: McLeod Road Community Garden Meeting at
N.Edm Alliance Church (5103 McLeod Road)

20: KDays Pancake Breakfast at McLeod (14715 59 St)
7am to 10am

September

1, 9, & 10: Sports Registration at McLeod (14715 59 St)

If you have an event upcoming that you would like to
see on this list, please e-mail

secretary@mcleodcommunityleague.ca

When temperatures rise, stay safe

In addition to the risk of sunburn, rising temperatures also increase the risk of heat-related illness, including heat exhaustion and sunstroke. While children and the elderly are particularly susceptible to heat exhaustion and dehydration, it's important all Albertans follow these simple precautions to prevent sun and heat-related illness:

- Wear waterproof sunscreen of 30 SPF or greater, apply 20 minutes before going outside and reapply frequently.
- Wear a wide-brimmed hat and sunglasses.
- Stay hydrated. Drink lots of water and other non-alcoholic, non-caffeinated beverages. Proper hydration begins the night before.
- If planning to be out and about, consider preparing a backpack with sunscreen, bottled water, extra pair of shoes and healthy snacks, such as fruits and vegetables.
- Pay attention to your body and watch for symptoms of heat exhaustion and sunstroke

If you feel dizzy, nauseous and/or faint, you may have heat exhaustion. Drink plenty of water and move into shade. Symptoms of sunstroke include high body temperature, lack of sweat, disorientation, fainting and unconsciousness. Move people with sunstroke to shade, remove their outer clothing and shoes, wrap them in a wet towel and get medical attention promptly.



Addison Bessette, 8-years-old, enjoying the spinning wheel in the new Eaux Claires playground that was supplied by Playworks. Photo David Dodge, Evansdale Community League

Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires

Evansdale Community League Board & Committees

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

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

Website: www.evansdale.ca

Shawna Walsh	President	780-237-2169	president@evansdale.ca
Vacant-volunteer today!	Vice President		vicepresident@evansdale.ca
Jeff Muiselaar	Past President	780-478-1759	pastpresident@evansdale.ca
David Dodge	Director of Sustainability	780-478-6162	sustainability@evansdale.ca
Moe Taha	Soccer Director		soccer@evansdale.ca
Angele Boake	Treasurer	780-722-0782	treasurer@evansdale.ca
Sue Harris	Credits	780-473-8796	credits@evansdale.ca
Cindy Hoekstra	Secretary	780-472-6559	secretary@evansdale.ca
Elaine Sarac	Membership Director	780-476-7442	membership@evansdale.ca
Richard Halls	Hockey Director	780-406-2885	hockey@evansdale.ca
Rhesa Palapay	Bingo Director		bingomanager@evansdale.ca
Jeff Muiselaar	Buildings & Grounds		
Jenny Park	Newsletter	780-655-7189	newsletter@evansdale.ca
Jeff Muiselaar	Area 17 Representative	780-478-1759	pastpresident@evansdale.ca
Nicole	Belle Rive Sign Volunteer		signs@evansdale.ca
Jim Young	Evansdale Sign Volunteer		signs@evansdale.ca
Nicole	Poplar Park Sign Volunteer		signs@evansdale.ca
Sherri Bessette	Eaux Claires Playground	780-641-6171	ecbr@evansdale.ca
Terri	Hall Rentals	780-478-4444	hallrentals@evansdale.ca
Vacant-volunteer today!	Program Director		programs@evansdale.ca
	Skating Rink	780-478-2577	

Hall Rental Information

Evansdale Hall 9111 150 Ave.



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

Weekend rates:

Friday 12noon to Sunday 3pm

\$500 damage deposit

\$550 rental

Saturday/Sunday

\$400 damage deposit

\$425 rental

Monday – Friday

\$275 damage deposit

\$275 rental (\$150 members)

Use of dishes: \$100

Meetings: \$35/hour

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

Memberships

Get your membership anytime! Membership makes you part of an amazing community of people who care about and help look after our community!

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

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

Benefits of Community League Membership

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

What's Happening at Dickinsfield Amity House

9213-146 Avenue, 780-478-5022, www.amityhouse.ca

A community support and family resource program serving North Edmonton.

Dickinsfield Amity House is open Monday to Friday 8:30 AM-4:00 PM and offers a variety of programs and services to Evansdale and surrounding communities such as:

Magic Carpet Ride/Together Time: A program for parents/caregivers and their little ones.

Magic Carpet Ride is a fun, engaging early literacy program and Together Time is a program

in partnership with Alberta Health Services to provide a fun opportunity to explore and learn through play.

These programs alternate monthly, and run Friday mornings from 9:30-10:30 AM.

COW bus: The Classroom on Wheels (COW) bus from the Centre for Family Literacy arrives at 10:30 AM and stays til noon providing a drop in family literacy program where you can borrow

books, listen to stories and songs and share books and puzzles with your child. The bus parks at the Boys and Girls Club.

Community Lunch: Share a meal with your neighbours the first and third Wednesday of each month from 11:30-12:30 PM.

Cooking Club: Do you have a favorite recipe you'd like to share? Join a group of people to cook and enjoy favorite dishes together.

Swap Shop: Do you have clothing you've outgrown? Do you need bigger clothing for a child? Our swap shop accepts donations and distributes free of charge.

Drop in art: Join Deborah from Harcourt House gallery Friday afternoons from 1:00-3:00 PM to work on different art projects.

Londonderry programs: Starting May 4th, Amity House will be expanding programming into Londonderry Community League, upper floor. Come visit us Mondays, Wednesdays and Fridays from 8:30-4:00 PM.



Lost and Found

Have you lost or found an item in our surrounding communities? We would like to help you find it.

Please send me an email at newsletter@evansdale.com with a description of the item, where it was lost or found and your contact information.

Editor

Attention Evansdale Hockey Players - Eagles hockey Registration
Please visit www.evansdale.ca/hockey for registration dates. We will post them as soon as the details are confirmed.

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



Attention Belle Rive, Eaux Claires and Evansdale Soccer Players!

Evansdale Fall indoor soccer registration

• Please visit www.evansdale.ca/soccer for registration times and dates.

Please remember to bring:

- AHC card
- 1 cheque for registration fee
- 1 cheque for membership fee
- 1 cheque/child for volunteer commitment deposit (\$150 each)

Where to register: Evansdale Community Hall, 9111 – 150 Avenue.

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

Did you know that even though your child wants to play with another community you must register in your home community and indicate on your registration form which community your child wants to play with.

Join our soccer volunteer team, have fun, make a difference, and oh yeah forget about bingos!



More Eaux Claires Park Opening from front page

A community celebrates the Eaux Claires Playground Grand Opening on June 6, 2015. *Photo David Dodge, Evansdale Community League*



More President's Message from Front Page

I am working with the Edmonton City Police to increase their watch within our communities, especially around the playgrounds and schools. If you see anything unusual happening please report it. If you have other areas of concern please report them to 311.

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

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

The Executive will not be meeting during July and August but will resume regular monthly meetings in September. If you have any concerns during these months please email me at president@evansdale.ca. Our Annual General Meeting will be held in October, keep an eye on our community signs, Facebook and website for the date and time.

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

Vice President: assist the president organizing meetings, chair meetings if President cannot make it; attend other City or Area 17 meetings if President cannot make it.

Programs/Events: plan children's events, adult events. Work with City of Edmonton to book community programs held in the hall.

Area 17 Rep: Attend Area 17 meetings (1st Tuesday of month). A representative from all communities within our Area (Lago Lindo, Kilkenny, Northmount, Steele Heights, Londonderry, McLeod, Evansdale) attend these meetings and discuss concerns brought forward at the community league meetings. Updates/concerns from these meetings are then reported back to the community leagues at their regular monthly meetings.

Shawna, Evansdale Community League President

Sandi Draper the recently retired city staffer who worked with community members for five years to help build the playground in Eaux Claires. *Photo David Dodge, Evansdale Community League*

Some fantastic face painting at the Eaux Claires Playground Grand Opening. *Photo David Dodge, Evansdale Community League*



Five years in the making! Eaux Claires Playground committee volunteers with funders and politicians at the Eaux Claires Playground Grand Opening on June 6th. *Photo David Dodge, Evansdale Community League*



What's your Credit Like?

Did you know you can get a free credit report each year? If you are interested in obtaining a free copy of your credit file, please visit The Office of Consumer Affairs (COA) for further information, <https://www.ic.gc.ca/eic/site/oca-bc.nsf/eng/ca02197.html>
Editor

Spotlight on City of Edmonton Bylaws-Cycling

Cyclists are required to have certain equipment based on provincial and municipal regulations.

Essential equipment when cycling:

- A bell or horn.
- A bicycle brake.
- When cycling at night a white headlamp, a red tail lamp and a red rear reflector.
- If under the age of 18, a helmet.

Helmets

- Cyclists aged 18 and younger are required by law to wear an approved bicycle helmet.

- Children in trailers and on trail-a-bikes are required by law to wear an approved bicycle helmet.

- Adults are encouraged to wear a helmet.
- Helmets must meet ANSI, Snell or CSA standards to provide enough protection.

Make Sure It Fits

- The helmet fits snugly, is level front to back, and sits an inch above your eyebrows.
- Adjust the straps so the 'V' is below your ears and you can fit two fingers between your chin and the strap.

Brakes

- By law bicycles must be equipped with adequate steering and brakes that will lock wheels on dry, clean, level pavement.

Tips

- You may not stop in time if you brake with only one hand.
- Allow extra distance for stopping in the rain, wet brakes are less effective.
- Contact Bikeworks for advice and workshops about keeping a bike in good repair.

Bell

- Cyclists must sound a warning device, such as a horn or bell, before passing pedestrians on shared-use pathways and must always give them the right of way.

Bothered by Bugs?

Try These non-chemical or low chemical ways to give bugs the boot
STEP 1: Make Sure Your House Is Clean and Dry

Many insects and rodents are attracted to food and water, so start off by making your home less enticing to pests.

- Wipe up spills immediately with soap and water.

- Keep ripe fruit in the fridge.

- If you have a pet, comb it regularly with a flea comb and wash its bedding frequently. Be sure to vacuum floors, rugs and upholstery your pet comes in contact with regularly.

STEP 2: Seal Entryways

- Deny access to new invaders by making sure potential entry points are sealed off.

- Use silicone caulk to seal any cracks and crevices in baseboards, moldings, cupboards, pipes, ducts, sinks, toilets and electrical outlets.

- Place screens in front of heating and cooling vents, and repair holes in any existing screens. The average mouse found in homes can squeeze through a hole the size of a dime!

STEP 3: Try Chemical-Free Strategies

Now that you're denying pests food, shelter and access, it's time to put the squeeze on any lingering intruders. To solve your pest problems without using chemical pesticides, you can:

- Vacuum for individual bugs or nests (bugs will usually suffocate in the bag)
- Lay traps (flytraps, jar traps, pheromone traps, light traps, etc.)

STEP 4: Choose Lower-Risk Pesticides

If problems persist, try these techniques, which will minimize the health risks to members of your household.

- Dust boric acid on cracks and crevices, which slowly poisons crawling insects like ants, cockroaches and silverfish, but is far less toxic to humans and other mammals. (Still, you should avoid dusting in areas that might result in human exposure.)

- To control insects and rodents, try tamper-resistant bait boxes -- an effective and safer choice than sprays, powders or pellets, which all spread pesticide residues. Look for one that uses a nonvolatile chemical, like boric acid, and make sure to keep bait stations out of the reach of children.

Excerpt reprinted in part with permission from the Natural Resources Defense Council. For further information, please visit the NRDC website at, <http://www.nrdc.org/health/pesticides/gpests.asp>

Evansdale GO SOLAR

Free Solar Tour and Talk - Evansdale Community League



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

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

When: Sep. 9, 2015 - 7 pm

Where: Evansdale Hall - 9111 150 Ave.

Bring your questions and drop in for a tour, short presentation and a coffee!



Wecan Food Basket Society Offers Fresh Food at Affordable Prices

The Wecan Food Basket Society is a not-for-profit food security organization that provides healthy food to its members. The Wecan Food Basket Society is designed to help people access fresh, affordable food. The program does not have any income-based restrictions or qualifications and is open to everyone. All families, individuals, students and groups are welcome to join!

Annual memberships cost \$5, and members place meat (\$15) and produce (\$10) orders for \$25 by the first Friday of every month. The basket then consists of three different cuts of meat, three types of fruit and three varieties of vegetables. We currently have 25 depots throughout Edmonton and area and the pick-up is on the third Thursday or Friday of the month. For example, the May 2015 order included 0.5 lb of lean ground beef, 1 kilo of chicken thighs, 1 kilo of turkey sausages, 5lb bag of potatoes, 2lb bag of carrots, English long cucumbers and green onions, 1 kilo of apples, 1 kilo of bananas and 3 kiwis.

For more information, to find a depot near you and pick up hours, please visit www.wecanfood.com or call our office at 780-413-4525.



I AM HERE TO SERVE YOU

Councillor Dave Loken, Ward 3

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

Tel: 780 496 8128 Fax: 780 496 8113

Email: dave.loken@edmonton.ca

Twitter: @daveloken

Web: www.daveloken.com



Kilkenny Community League News

Community

I was recently a part of an interesting discussion about community. I have often heard the talk, much like an urban myth, of that fairy tale community. You know the one; it's the one on the south side/west end/north end, where children run freely in the streets, toys lay strewn on front lawns for all to share, nothing goes missing and no one locks their front door!

I believe neighbors are like family; you can't choose who they are, but you can choose the quality and depth of the relationship. This will most likely require a lot of patience, understanding, acceptance and most of all compromise. The benefits of this relationship are endless. "We shall never know all the good that a simple smile can do" (Mother Teresa). I can't count the number of times my neighbor has ran across the street in her pyjamas to borrow an egg or two for breakfast. We take turns watering for each other in the summer when we are away. I am also surrounded by gardeners who don't hesitate to share in their bounty. This is because I have taken the time to wave, say Hi, and chat in the street. You can inquire about people without being 'nosy' in several simple ways. One of my favorite ways to get around the neighborhood is canvassing. I know that in February when I haven't seen much of my neighbors due to the cold, I can make the rounds while seeking donations for the heart and stroke foundation. Often it just takes someone to break the ice. Neighborhoods where people know each other and look out for each other, are safer, happier, more engaged neighborhoods. It is not a street address, geographical area or postal code that gives you that fairy tale neighborhood; it is the relationship that any one of you can have with the people that live next door and in your vicinity. Kilkenny challenges you to meet a new neighbor- engage with someone new this summer. "Too often we underestimate the power of touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around" (Leo Buscaglia)

Anjoli Usman, Kilkenny Secretary

A Thank you to Soccer Coaches

I'm writing this for a number of reasons as a salute to all the coaches for all the little things people may, very innocently, forget that you do.

The first and most important is to thank you for all your time you have shared with your players during outdoor soccer. Many of you live and breathe soccer for these two months. Rainy day games, weekend practices, taking team pictures in the freezing cold are all a part of what you do.

You are a teacher, too. Not only teaching the fundamentals of the game, but also teaching the kids life lessons. You instill a strong work ethic, reminding them the number on the scoreboard at the end of the game is secondary and that holding your head high after every game is a most noble thing.

You watch it all; the highs, and the lows, and everything in between. Those players become your own kids for these two months.

You watch in pride as your players keep getting better as the season progresses.

You go home after games and slowly rewind the highlights from that night.

It's a lot to ask of a volunteer-absolutely!

There must be times when you ask yourself: do I really have time to coach, am I even making a difference? We want you to know that you ARE making a difference in these children lives.

Without Coaches like you we wouldn't have a program. Without your involvement, practices and games would never happen, never mind the life lessons that these young kids learn.

We tell the kids it is all about fun, I sincerely hope you have as much fun as your players do.

Thank you for all you do:)



Edmonton Multicultural Coalition
—Kilkenny Community—

Youth Leaders Wanted!!

The Edmonton Multicultural Coalition will be planning youth programs in the Kilkenny Community. We're looking for youth ages 16-21 who want to work with their community and help run fun and educational programs! As a Youth Leader, you will help organize recreational and educational programs while developing your skills. This is a great opportunity to build your skills and put on a resume! Call out ends June 30th!!

Contact us at
→ info@emcoalition.ca or ←
780-760-1973
www.emcoalition.ca

Presidents Message:

I would like to thank all the volunteers that helped out with the Sports Wrap-Up Party. If it was not for your assistance events like this could not happen. The Kilkenny Executive

always welcomes new volunteers. We are open to ideas and suggestions, if you would like to attend one of our meetings or simply assist with one event, our doors are always open. We are also currently looking to fill the position of Publicity person on our executive. This position makes changes to the website and would help us increase our presence on social media. Please don't hesitate to contact us with any questions.

Summer is here! The Green shack program will be open in three locations within Kilkenny over the summer months.

Kilkenny Park; 14840-72street (at the hall, beside John Barnette school) open 10am-1:30p.m

Mayliewan; 160 ave-74 street (beside St. John Bosco school) 2:30-6:00p.m.

Ozerna, 158 ave & Ozerna road; 10am-1:30 p.m.

We also have a green shack program and spray park at 15004-72street (J.A.Fife School)

In July we will be having a **Garage Sale, Friday July 10** from 12-8 and Saturday July 11 from 10-6. Tables are available for \$15 please call Anna 780 478 3269.

Indoor Soccer Registration will be Tuesday Sept 8, 6:30-9p.m. Saturday Sept 12, 10am to 1 pm and Wednesday Sept 16, 6:30 to 9pm.

Community Day will be held on Sept 19th starting at 3p.m. Kilkenny will also be celebrating our 40th birthday!!! We plan to celebrate!! Free hotdogs, music, jumpy things, petting zoo and more!! Everyone from the community is welcome- come out and help us celebrate!!

I hope everyone has a safe and fun summer.

Kilkenny Executive



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

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

McLeod Launchpad Outing

McLeod Community is holding a Launchpad event on June 27! Hot dogs and juice will be served at 1, and we will be back by 4. Must be between 12 and 16 years of age and it will be \$10 per child. Parents are welcome on the bus. If you would like to register or require more information, please contact Laura at youth@mcleodcommunityleague.ca.

McLeod President's Message

"In the March McLeod News you had requested input regarding outdoor pools. Our family did use the Fred Broadstock pools several times last summer. We are very much interested in the continuing of outdoor pools being included in the program. Being able to be in the outdoors is such a treat in this winter city."

*Thanks for your work in the McLeod community,
Harold Thys"*

Thank you Harold for reaching out! With the great temperatures upon us, I am pleased to announce that your Board of Directors has approved funds to purchase outdoor swim times this summer as follows:

Fred Broadstock May 30-August 29

Sundays, Mondays, Tuesdays, Wednesdays from 5:00-7:00pm

Oliver June 14-September 6

Sundays, Mondays, Tuesdays, Wednesdays from 6:00-8:00pm

Queen Elizabeth May 31-August 28

Sundays and Tuesdays 5:00-7:00pm, Mondays and Wednesdays 6:00-8:00pm

Mill Creek May 30-September 6

Weekdays and weekends 7:00-9:00pm

Please make sure you show your McLeod Community League membership card to gain free access. To purchase a membership, please contact Cheryl at membership@mcleodcommunityleague.ca.

Don't forget:

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

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

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

McLeod Community League will be celebrating our 45th anniversary on Community League Day, Saturday, September 19, 2015. The event is free but we will be accepting monetary and non-perishable donations for the Food Bank. Details will be forthcoming in the next newsletter.

Sneak peak:

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

*Have a great start to the summer!
Leanne Rosinski*

McLeod Summer Sale

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



McLeod to Host K-Days Pancake Breakfast and Business Mixer

McLeod will be hosting a Pancake Breakfast from 7am to 10am on Monday, July 20th. Stop by on your way to work and join us for free pancakes! Business owners in the neighbourhood are encouraged to drop by and meet your fellow entrepreneurs.

McLeod Supports Physical Literacy Programming

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

Here is a sample lesson plan that parents can easily do outside this summer with children 2-3 years of age (retrieved June 7, 2015 from <http://activeforlife.com/activities-for-babies-and-toddlers/>).

Toddler Bunny Hop

Time: 5-10 minutes

Skill: Jumping, as well as agility, balance, and coordination

Requirements: An open outdoor space on grass or dry pavement.

Rope, ribbon, or string to mark a starting line in the grass. Chalk to mark a starting line on pavement.

Directions

1. Talk with your toddler about rabbits and bunnies. How do they move?
2. Show your child how to hop like a rabbit. Feet should be shoulder-width apart.
3. Keep your hands held up in front of your stomach or chest.
4. Take off with both feet and land with both feet.
5. Play "Follow the Leader" while hopping, and take turns being the leader.

Variation

- Create a starting line, and see who can hop the farthest with one hop.
- If other children and adults available, try making a relay race with two or three mixed teams of toddlers and adults. Create a starting line and place markers about 5-8 metres away. Each player has to hop around the marker and return to the start before the next one can go.

• Bonus points: Have a contest to see who can wiggle their nose like a rabbit!

Benefits

- This activity develops basic jumping (strictly speaking, hopping means using only one foot).
- It also develops agility, balance, and coordination.



WWW.ABCHEADSTART.ORG

780-461-5353

September 2015

EARLY LEARNING SPACES AVAILABLE

OPENING DOORS FOR CHILDREN AND FAMILIES

FOR 30 YEARS!

- 4 HALF DAY PROGRAM / WEEK (TUESDAY-FRIDAY)
- LEARN THROUGH PLAY CLASSROOM EXPERIENCE
- FREE BUSSING FOR QUALIFYING FAMILIES
- NUTRITIONAL SNACKS
- FAMILY & COMMUNITY SUPPORTS FOR FAMILIES OF LOW INCOME
- PROGRAM SITES ACROSS THE CITY

CONTACT US TO LEARN ABOUT OUR PROGRAM TODAY!

Enjoy the Sounds of Life

ACUTE  HEARING



What we offer

- Consultations and hearing tests with our Registered Hearing Aid Practitioners
- Battery and repairs to all hearing aids
- FREE cleaning and hearing aids checks
- Hearing aids and assistive listening devices
- Hearing Protection & 60-Day Trial Period
- All warranties honoured
- AADL, WCB, RCMP, DVA, NIHB
- Service Language: English, Cantonese & Mandarin
- New patients are welcomed & No referral required
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McLeod is Creating a Bloomin' Great Neighbourhood – One Yard at a Time!

Do your friends and neighbours have beautiful yards? Consider nominating someone's yard for a Front Yards in Bloom Award. This program is all about recognizing and appreciating neighbours who make an effort to beautify their front yards.

Did you know you can nominate a yard in one of four categories?

- General: Appealing front yards that makes people smile as they pass by! Can include a variety of colours, textures, plants, and garden features.
- Natural: Yards with a "natural" aesthetic, using native plants, and limited chemicals.
- Edible: Yards including edible fruits, flowers, and plants into the landscape design.
- Public Spaces (*New*): Yards with landscaping features and aesthetic appeal in front of a public building (e.g., schools, offices, multi-unit residences, churches, and community league halls)

Nominations can be submitted until Tues June 30. It's easy to nominate! Submit nominations online at www.frontyardsinbloom.ca or by calling 311. Anyone can submit a nomination (no self-nominations please)

Nominees will receive a yellow lawn sign and mailbox brochure. Award recipients will be announced at the Edmonton In Bloom Awards, Wed Aug 12, 2015.

We are hoping to get more than 3,700 nominations city-wide this year, so don't delay, nominate someone's yard today! For info and questions, visit www.frontyardsinbloom.ca or email front.yards@edmonton.ca

Do you have a bloomin' great balcony or apartment green space you'd like to nominate? Check out the Balconies in Bloom program at www.efcl.org or www.facebook.com/BalconiesInBloom

In addition, community volunteers scouted McLeod, Matt Berry, Casselman, Hollick Kenyon and Miller for beautiful yards from June 15-19. The McLeod community contact is mattberry@mcleodcommunityleague.ca.



McLeod Soccer Update



The outdoor season is in full swing and thanks to the co-operation of Mother Nature started on May 1st as scheduled. We've had exceptionally pleasant weather this spring which has resulted in only a few games being missed. However, the Women's FIFA tournament has caused a few games to be rescheduled. Thanks to all parents for bringing their children to the games.

This year McLeod soccer has 700 players participating on 52 teams ranging from U4 to U16. We have an enthusiastic U4 program where the players show up excited to play and sad when they realize how quickly their hour has gone by. We have quite a few rising stars in the U6 and U8 programs. It's great to see the players making new friendships and enjoying the soccer experience. It's what community soccer is all about. Our 10's to U16's are old pros and we welcome the players who have winter commitments and can only play spring soccer. For U10's and U12's, a Tournament of Champions weekend will be held June 19-21 to determine who will represent the north zone in various tiers in Cities. Cities for U10 – U18 will be June 29th – July 5th with successful teams advancing to Inter-Cities July 18/19 or Provincials July 24th – 26th. For Inter-Cities, boys will play in Calgary and girls will play in Edmonton. Locations for Provincials have not yet been set by Alberta Soccer.

In order to expedite the return of soccer equipment at the end of the outdoor season, please ensure jerseys for U10 and up teams are promptly returned to coaches. Thank you for your assistance.

INDOOR REGISTRATION dates will be September 1st, 9th and 10th. Please see the McLeod website mid-August for registration fees. The season will begin mid-October with weekly games, U6 – U12 on Saturday, U14-U18 on Sunday. Coaches will pick practice night and location from an inventory of gyms available to the north zone. I hope to see many of you back for the indoor season.

Finally, thank you to all the coaches who stepped forward this season, freely giving your time to teach our community members about soccer. We couldn't have done it without you. It's your dedication and enthusiasm that make McLeod soccer successful.

Todd

McLeod Soccer Director

Update from McLeod Community Safety Director

I want to remind parents and caregivers not to put children at risk by leaving them in unattended vehicles with the temperatures going up as the extreme heat could put children at an unacceptable risk. The temperature in a car is even hotter than the temperatures outside. It doesn't matter if the windows are cracked open or if it's just for a few minutes. And for obvious and just as important for safety reasons. Children can put a car in motion, go into medical distress, wander away, roll up the windows on themselves causing suffocation, serious injury or death. The vehicle could be stolen with the children inside and the potential of the children being abducted and crimes against them.

If your child is not with you, you cannot see your child, you cannot protect them. If parents are caught leaving children unattended, police can issue warnings or lay criminal charges. If you see a child left alone in a vehicle I ask you to call police via 911 right away. Provide them with the location, license plate and vehicle description. Stay with the children until help arrives, and help them if required. I ask you to not to let fear or your lack of time stop you from reporting unattended children to police. You could prevent injury or save a life. Help our police keep to keep our children and community safe by keeping an eye out for any suspicious/criminal activity during your daily routines.

If you have any safety concerns please email me at safety@mcleodcommunityleague.ca Hope everyone has a great safe summer!!!! Thanks Ryan

McLeod Needs Contractors - Locksmith, Plumber, Electrician

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

Art from the Heart

Do you LOVE yoga and art? This camp is for you. Imagine walking through the streets of Spain like Pablo Picasso, being inspired by the sights and sounds. This hands-on imaginative camp will get your blood pumping, challenge your balance, engage the senses, focus the mind and create art from the heart.

July 6- 10, 6-9 year old

9:00 am- 12:00 pm (half day)

\$165.00 for 1 participant | \$145.00 for additional siblings

9:00 am- 4:00 pm (full day program)

Full day program includes a trip to the Art Gallery of Alberta and swimming.

\$270.00 for 1 participant

Jewels and Gems

Connect with friends, create jewelry, learn about gems and flow through yoga poses. This camp is designed for teens who want to make their summer meaningful and mindful. Remember, yoga is better when we do it together.

July 6- 10 | 1:00 – 4:00 pm | 10-15 year olds

\$190.00 for 1 participant

\$350 for 2 friends

Complete details at: <http://www.blue-mangochildrencyoga.com/services/summer-camps/>

Register online at: <http://www.mcleodcommunityleague.ca/programs> Click on "register here" under any of the yoga classes.

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.

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

Programs & Events

As we finished our renovations in and around the hall, it is time to get the hall functioning again! We have many ideas for events and some interesting plans for programs run by the Community League.

With summer quickly approaching, we will again be having the city of Edmonton's Green Shack Program operating during the months of July and August. The Program is a free drop-in with games, art projects and activities.

There will also be a few full-day summer camps available:

Summer Camps

A Taste of a Camp

6 – 9 years

July 14 – 18

Do you want to come to camp, but don't know which theme to try? This camp is for you! You will get a taste of all sorts of camp fun. From cooking, dancing, outdoor adventures, arts, and sports, you will get the chance to discover what your favorite activity is in this 'theme a day' program. You will even get to end your camp adventure with a fun filled field trip!

9:00 am – 4:00 pm with early drop-off

8:00 am and late pick-up until 5:00 pm

517622. \$135

Outdoor Adventures

4 – 6 years

August 18 – 22

Want to learn about the world outside your door and all that you can do? Learn about different outdoor skills such as cooking outdoors, setting up a tent, and using a magnifying glass to discover new creatures. Participants will also play games and create their own outdoor masterpiece to take home at the end of the week.

1:30 – 4:00 pm

517546. \$76

Signing up for camps is easy! Just follow the instructions on the City of Edmonton website:

http://www.edmonton.ca/activities_parks_recreation/program-guides.aspx

Save the Date! Community League Day

September 19th is Community League Day and Steele Heights is having a big event to bring everyone in the community together to get to know one another and be introduced to the new hall and plans for the upcoming months and years.

Come down and participate in a fun and entertaining day at Steele Heights Community League!

More details to come in the August/September edition of the Northeast Voice!

Have a safe summer!

Tyler Ames

Steele Heights Programs and Events Director

A Message from the President

After a successful Annual General Meeting, Steele Heights looks towards an exciting year

Steele Heights recently had another successful AGM with new and returning board members coming on board. No community league can be successful without the dedication of many people in many roles.

So, I would like to thank Cecil G, Cecil P, Gweena, Robin, Dinah, Heater, Denise and Jon for their continuing leadership on the Steel Heights Community League Board. I would also like to welcome three new board members: Trish Horbachewsky in the Position of Newsletter Editor and Other Media Forms; Tyler Ames as the New Programs and Special Events Director; and Marcus Verhoeven as the New Website Designer and Communication Director.

These 11 people are the new 2015/16 Steele Heights Board. Their youthful energy and years of wisdom and experience will help Steele Heights take even bigger steps in Late 2015 and early 2016.

Jeff Gokiert

Steele Heights CL -- President

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.

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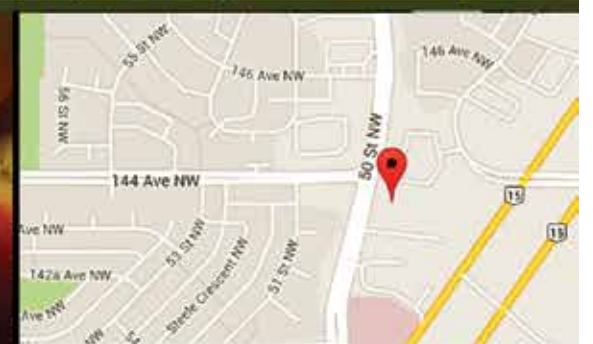


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Successful Soccer Season Comes to a Close

The players, coaches, and volunteers have made a huge impact

Another outdoor soccer season is about to come to a close. The 2015 Outdoor season was a huge success, with 8 teams competing under the Steele Heights Community League banner.

The U10 girls team has improved weekly and is into the North Zone play downs. The two U8 mixed teams have been amazing this season, showing some unbelievable soccer skills with the will to out-work and out-play every team they face. The two U6 mixed teams are young in age, but old in skills and desire. Both teams are excelling above and beyond any expectations. The U4 teams are always the most fun and crazy to watch and be involved with. They are so new and just learning the basics as they socialize and learn the game of soccer.

I would like to thank all the players and parents who chose Steele Heights to play soccer with this outdoor season. I would also like to thank all the volunteers who give freely of their valuable time. Be it at the fields, registrations or even the Fun Day, it is all appreciated and needed.

Last but Not least I would like to thank the coaches. You guys have gone above and beyond this year. You have given so much time and effort to make sure the players have fun, as well as teaching the players great life skills in addition to soccer skills.

I would just like to give a huge shout out to everyone: THANK YOU!!

Jeff

Steele Heights Soccer Director



Meet Your MLA

A Note from the MLA for Edmonton-Manning, Ms. Heather Sweet

I am very excited and grateful to be writing this column for the Northeast Voice on behalf of the new NDP government caucus, as I roll up my sleeves and get to work for the residents of Edmonton-Manning. But first, I'd like to introduce myself.

Before being elected as your New Democrat MLA for Edmonton-Manning, I was a registered social worker, specializing in child protection and high-risk youth. Through my work as a social worker, I saw the flipside of the Alberta Advantage – the large disparities between wealthy and the middle-class Albertan; between the working Albertan families and those struggling with poverty. This, alongside the strong track record of the Alberta NDP in the Legislature, inspired me to step forward and become your MLA.

I also served as a member of the Alberta Union of Provincial Employees' Committee On Political Action, and was a former Chapter Chair for Edmonton and Area Human Services workers. I have also taken an active role in influential community campaigns, such as working to Save Alberta Hospital Edmonton, rallying against Bills 45 and 46, and speaking out against pension cuts proposed under Bills 9 and 10. I look forward to speaking and advocating on behalf of the residents of Edmonton-Manning for a fairer tax system, stable education funding and an improved health care system for you and your family.

I am so grateful for all the support the residents of Edmonton-Manning have shown me. I am truly overwhelmed by your faith and trust in me, and Rachel Notley, to elect the first ever Alberta NDP government.

I am so proud to be part of a diverse caucus that represents Albertans. As the Premier said on the day of our first caucus meeting: We are young parents, we are grandparents. We are business owners and workers. We are nurses and health care professionals. We are students and we are teachers.

Our caucus's median age reflects the median age of the province. We have more women in our caucus than ever before. We are proud and humbled to be your representatives.

I want to thank the residents of Edmonton-Manning for putting your trust in us. As we get to work in the Legislature during our first session as government MLAs, we all look forward to bringing forward the issues that matter to our constituents.

the Gutter Doctor

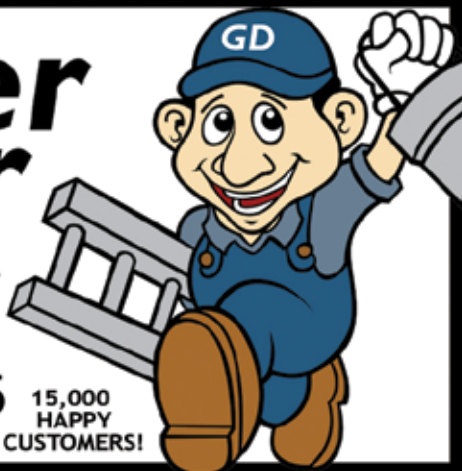
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Smoking in Outdoor Shared Spaces

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

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Summer Dance Extravaganza / August 17 - 21



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