

NORTHEAST VOICE

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

June 2015



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Poplar Park Playground Gets the Go Ahead!



The final design of the Poplar Park Playground to be built this year.

We are ecstatic to announce that we have been given the go ahead to build both a basketball court and playground this year! Unless Mother Nature has other plans in store for us, we are slated for groundbreaking in July.

We are currently about \$20,000 short of our goal, so have opted to continue to fundraise for a gazebo type shelter that can be installed at a later date. But, after 5 years of hard work, planning and fundraising, wouldn't it be great if we could complete the entire project this year?

Help Us Add the Gazebo

We are still working hard to add the gazebo back to the park. Businesses and individuals can still make monetary donations towards the playground, basketball courts and gazebo at Florence Hallock school (mail to: 16437 87 Street, T5X 3X1) or by contacting us at poplarparkplayground@evansdale.ca. Bottles are also still being accepted at Florence Hallock School. Current updates are available on our Poplar Park Playground Facebook page. Please help us make this final push over the finish line! Noela Shields, Poplar Park Playground Committee



Kilkenny's Volunteer of the year: Amber Fink

Every year the Kilkenny Community League executives gather with the executives from the 7 surrounding communities that make up Area 17 to celebrate and honor their volunteers.

This year we are very proud to announce that our soccer director, Amber Fink, was the recipient of the Kilkenny Volunteer of the year award!

Amber has been involved with the community for several years with her now 12 year old daughter, Shaya, playing soccer. It was on one of these unassuming registration evenings that Adam, Amber's husband, "voluntold" her to help with the Little Kickers (U4) soccer program. Little did they know what they had gotten into;

Helping soon turned into heading the program. After a year of little kickers she was scooped up by the playschool executive as the secretary, Amber is in her 3rd year in that role, with one more to go! With the U4 soccer program and the duties of playschool secretary under her belt, she attended the Kilkenny AGM on a cold snowy night in November of 2012. At the AGM the executive were looking for a new soccer director. "You already do little kickers...you might as well do all of soccer..." they said. Amber being the awesome dedicated person that she is, could not refuse. Little kickers consists of 4 teams, 4 coaches and 40 kids. She stepped up to take on an average of 250-350 kids PER SEASON, over 20 coaches, plus assistant coaches, managers etc. There are game sheets, cancelled games, picture schedules, trophy ordering, Edmonton Minor Soccer meetings, Mother's Day?-what's that? It is the beginning of Soccer Season-that's what it is!!

Overall, Amber is one of those exceptional people who will always put the needs of others above her own. All that she does, she does for the kids and their want to play soccer. Amber has never refused to register a child no matter how many registrations she has already had, and will always be the one sending out reminder emails to ensure everyone is prepared and has a good time.

As part of the Kilkenny Executive we just want to say, thank you to Amber and that we are very proud and grateful for all that she does for our community!!

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.

Upcoming Events in Northeast

May

22: May Frolic Toonie Tea at North Edmonton Seniors Association (7524 139 Ave)

22: Movie Night at Kilkenny (14910 72 St)

23: Ladies Night at Kilkenny (14910 72 St)

June

4 (Change): Move Night at McLeod (14715 59 St)

4-6: Creative Age Festival at North Edmonton Seniors Association (7524 139 Ave)

15: Jam Making classes start at Fruits of Sherbrooke (www.fruitsofsherbrooke.ca)

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

July

2: Green Shacks open up

4&5: Summer Sale 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

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

Edmonton Rocks Team played in the Wheelchair Curling Nationals!



Team members (L to R): Don Kuchelyma (Skip), Warren Fleury (Third), Tracey Jones (Coach), Mike McMullan (Second), Shawna Walsh (Lead).

The Edmonton Rocks Team represented Alberta at the Wheelchair Curling Nationals, April 26 - May 3 in Boucherville, Quebec.

Here is an update from Evansdale curler Shawna Walsh: "Well folks, my update today is not the happiest. We beat Ontario, but lost to Northern Ontario. This means we are now done. No finals for us. However, this first trip to the Nationals has definitely been a great experience. We met some wonderful people and had lots of fun (and crazy) memories. Next year we WILL make it to the finals."

Edmonton Rocks Curling is an organization that promotes active living for people in wheelchairs. We encourage all levels of participation from our Saturday morning wheelchair curling league to the Nationals. There are also three teams that participate in able bodied leagues. In November 2014, two teams went to the Richmond Bonspiel where they had the opportunity to meet and compete with Team Korea, Team Russia, Team Canada and Team USA (to name a few). Curling is a great sport - and the people are awesome. For more information check out our website - edmontonrocks.ca or phone Mike McMullan at 780-263-2094.

Evansdale Curling League- Call for Curlers

The Evansdale Curling League is looking for curlers for the 2015-16 season. It is a mixed league and we are looking for singles, couples or teams. We curl at the Avonair Curling club on Sunday nights at 6:30pm. Last season's fees were \$225.00 per person for 17 games. The Curling season starts again in September. Please call Dave Ford at 780-237-5746 for more information.



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



Message From the President

Hello everyone,

I hope you are all enjoying the nice weather. The nice weather also brings many children outside.

This is a reminder to make sure you drive slowly and watch for children playing, especially around playgrounds and school areas.

It is great to see so many families enjoying the new Eaux Claires playground. Mark June 6th on your calendars - it is the grand opening celebration for the playground. Come and join us for face painting, games and eats (get a hot dog and drink for \$2). Parents have also brought it to our attention that they have seen beer cans, cigarettes and garbage left all over the playground. It is never pleasant to see our playgrounds left in this way, but it will happen from time to time.

I am working with Edmonton Police to have officers do more drive by/checks of our playgrounds. However, it would be great if we can all work together in keeping our playgrounds safe for our children. If you have concerns please report them to the city by dialing 311 and filing a complaint. I am also working with the city to have "no dogs" signs posted at the Eaux Claires, Belle Rive and Evansdale playgrounds. This is a city by-law and will be enforced. Dogs are not permitted on any city parks, sports fields or playgrounds - please respect this by-law. Well, soccer season is well under way and I have received so many positive comments from parents. We will be having our Summer Celebration Event and grand opening of our new building on June 14th (12 noon - 6pm). The day will be filled with all kinds of fun activities.

Just a final note on Bingos. I want to remind everyone that Bingo is your responsibility. If you cannot fulfill your commitment, it is up to you to find a replacement. If you are a no show for your assigned Bingo, your deposit cheque will be cashed. Working Bingos brings in revenue that helps keep the cost of community sports affordable for all.

If you ever have concerns about anything within our neighborhoods, please send me an email and I will respond within 24 hours.

Shawna Walsh, president@evansdale.ca

Volunteer with the Community League

Evansdale Community League is a non-profit organization run by volunteers who live in Evansdale, Belle Rive, and Eaux Claires. The following volunteer positions are open:

- Children's Programming Director
- Social Media Director
- Vice President

The Community League meets on the second Tuesday of each month at 7pm at Evansdale Hall, 9111 150 Avenue. For more information on volunteering opportunities, please contact the President, Shawna Walsh president@evansdale.ca

Evansdale Goes Solar

By David Dodge

Gordon Howell, the designer of Evansdale's solar system.

The solar system will provide electricity to the league for 30 years.

This June Evansdale Community League is installing one of the largest solar-electric systems for a community league in the Edmonton area.

The league installed a 14 kilowatt solar system that will produce half of its electricity for the next 30 years. The system will produce about twice as much electricity as the average home in Alberta uses.

Evansdale Hall was perfect for solar since the large, sloped roof faces almost due south and can easily accommodate the 54 solar modules, each rated at 260 watts.

Evansdale originally applied to become part of the 2012 EFCL Solar Energy Conservation. Unfortunately interest was so high that 18 community leagues applied to be part of the program, but there was room for only seven.

With support from the Community League Infrastructure Program (CLIP) and the Alberta Community Facility Enhancement Program (CFEP) and using its own funds, Evansdale invested \$40,000 in the solar program.

The 14 kilowatt solar system cost only \$2.80/watt which ensures the payback for the system will be about 20 years at the presently-expected growth in electricity prices. The solar modules have performance guarantees for 25 years, which ensures low electricity costs well into the future.

Curious about going solar?

We are planning a "Going Solar" presentation by solar engineer Gordon Howell, tentatively scheduled for Sep. 9, 2014 at Evansdale. Check the website for details.

Evansdale saves more money with LED rink lights. Evansdale also replaced its aging rink lights with modern energy efficient LED lights last year as part of the infrastructure project. The league installed 16 Cree LED flood lights for its rink and two more in the parking lot. The 426 watt LED lights are brighter than the old 1,000 watt mercury halide lights and they use only 43 per cent of the energy that the old lights used, thereby reducing emissions, energy consumption and our power bill!

For more information email me anytime, David Dodge, sustainability@evansdale.ca



Get Moving at Evansdale Hall

Whether you want to shed a few pounds to hot Latin beats, shimmy and shake to the rhythms of the Middle East, or chill out and relax at the end of your day, Evansdale Hall has a program for you. A certified, experienced instructor will take you through a safe, enjoyable, non-competitive program in a positive, welcoming environment. No previous experience is required.

Gentle Yoga – Thursdays, 7:30-8:30pm

Zumba – Wednesdays, 7:15-8:15pm

Beginner Belly Dance – Wednesday, 6:00-7:00pm

Cost - \$13/class for drop-in or \$11/class with pre-paid registration

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.

Wildlife Files- Nestlings and Fledglings

If you find distressed wildlife, it is important you contact a rehabilitator and make arrangements for the animal to be transferred to a rehabilitation centre. Please call the Wildlife Help line at 1-888-924-2444.

Orphaned Birds
Most young birds brought into rehabilitation centres are not truly orphaned.

Altricial Birds (such as: robins and sparrows)

What you should know: Nestlings

When these birds hatch they are completely naked or have light down so they can't keep themselves warm. Their eyes are closed. They spend their first few weeks in the nest. Birds will not abandon their nestlings or fledglings because humans have handled them.

What you should know: Fledglings

Once the baby birds have their feathers, they will leave the nest and often be found on the ground – their parents are still nearby and will continue to feed them.

What you should do:

- If you find nestlings on the ground they must be returned to the nest.
- If they are cold, warm them up in your hands before returning them to the nest.
- If you can not return the nestling, keep it warm and call a wildlife rehabilitator.
- Do not try to raise the bird yourself. Aside from being illegal, the bird requires that you provide appropriate (not human) food and feed every 20 – 30 minutes from sunrise to sunset.
- If you find fledglings on the ground, leave them alone.
- If you have fledglings in your yard, do not let your pets out unsupervised.

For further information, please visit <http://www.albertawildliferehab.org>



Shredding Events in the Community

Identity theft costs Canadians up to \$30 billion each year. It doesn't take much – with just a few bits of information, thieves can steal your identity to commit fraud. Attend an AMA Shredding Event in your community and safely dispose of your personal documents. This service is free of charge but food bank donations are welcome. All shredding event dates, times and locations are subject to change or cancellation.

Saturday, May 23

Beulah Alliance Church

17504 98A Avenue, 10 a.m. – 3 p.m.

Saturday, June 6

AMA Manning Centre

5040 Manning Drive, 10 a.m. – 3 p.m.

Spotlight on City of Edmonton Bylaws- Dogs

Where to walk dogs off leash

- Check the City Map, find a location and look inside for the site description.

Where to walk dogs on-leash

- Beyond your yard, keep your pet on a leash.

Walk your dog on-leash along

- any trail (more than 0.5m wide) on parkland;
- city boulevards and areas signed on-leash.

Keep dogs away from

- school grounds, playgrounds, spray parks and sports fields
- park buildings or facilities
- off-trail outside off leash area boundaries
- off-trail inside community league parks

Dog related fines

- Dog off leash in a non-designated area, \$100
- Dog on school ground, playground, picnic site, or roadway, \$100
- For further information, please contact the City of Edmonton by calling 311.

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>

Get in Shape for Summer



Move your body, move your spirit with Gentle Yoga and Beginner Belly Dance at Evansdale Hall. No previous experience is required. A certified, caring instructor will lead you through moves designed for all levels. Please bring water and wear comfortable exercise clothing.

Beginner Belly Dance

- Wednesdays, 6:00-7:00pm
- \$13 drop-in fee

Gentle Yoga

- Thursdays, 7:30-8:30pm
- \$13 drop-in fee, Please bring a mat

For further details phone Tracey at 780-264-0706 or visit www.evansdale.ca

Using Neighbourhood Interactive Map

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

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

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

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

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

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



I AM HERE TO SERVE YOU

Councillor Dave Loken, Ward 3

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Edmonton, Alberta, Canada T5J 2R7

Tel: 780 496 8128 Fax: 780 496 8113

Email: dave.loken@edmonton.ca

Twitter: @daveloken

Web: www.daveloken.com



On beautiful Pigeon Lake

ALBERTA'S ONLY ALL GIRLS
CAMP SINCE 1959!

CAMPS for 2015:

Teen Leadership: July 7-11

Mom & Kids 1: July 13-17

All Girls - All Ages 1: July 19-24

Mom & Kids 2: July 27-30

All Girls - All Ages 2: July 31-Aug 6

Family Camp: Aug 7-9

ACTIVITIES:

Themed meals, canoeing, archery, hiking, craft cabin, tickle trunk, campfires, swimming, games and way more!

CGIT Camp Wohelo Contact info: ph. 780-430-4062
Rental and Volunteer opportunities available. [facebook.com/campwohelo](https://www.facebook.com/campwohelo)
Please visit www.campwohelo.com for info and registration forms

Kilkenny Community League News

Presidents Message:

Hi, everyone! Summer is coming; we can feel it in the air! I hope everyone will have many fun and safe times outside as the weather gets warmer. We are happy to announce that we will have many improvement projects happening at the hall this summer. We will be having our parking lot repaved as well as some paving around the building. Our roof is scheduled to be done as well as some interior and exterior painting. As there is so much work to be done at the hall in such a short period we will not be having the skateboard program at Kilkenny. However, please check the City of Edmonton website: www.edmonton.ca for the other sites that are available. There will be some skateboard sites nearby! The Green Shack program will continue as it did before with half days. Please check the Kilkenny website for details or the city of Edmonton website. We also ask that those using the playground and green shack programs are respectful of the workers and to please allow them the room to do their job! Stay well away from all equipment and ladders as they are busy trying to get the job done right! Our hall will still be available for rental during the summer please check our website for availability or leave us a message; 780-478-2481

Please join us for the North East Summer Fest on June 20&21st. It is sponsored by a marvelous team dedicated to our community and seeing its success. Come with the family and enjoy free hotdogs and craft and fun for everyone!

We will be having a garage sale July 10 and 11. If interested in renting a table please call Anna 780-478-3269. Local crafters and artisans are welcome as well.

A final reminder to give our kids a break! Please slow down and drive with caution around ALL parks and playgrounds there are many excited kids out and about!

Thank you,
Anna
Kilkenny President

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>

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.

North East Community Summer Fest!!

TWO EXCITING DAYS!! A Free Family Event-Everyone is Welcome!

This is a collaboration of many groups and people who care about our community-come out and see what it's all about!!

June 20 & 21st 12-4p.m. both days, in the field between Londonderry Jr.High and M.E.Lazerte High Schools

Free hotdogs, bouncy houses, popcorn, crafts and more!

Check out the website at northeastcommunityfestival.ca

Want to Volunteer? Email, Rebekah at rebekah@crosspointchurch.ca Festival Skills, June 4 @ 6:00 p.m.

M.E.Lazerte HighSchool
Car Wash
Saturday, May 30 th
9:30 am – 4:00 pm
M.E. Lazerte High School
Parking Lot
6804 - 144 Ave
Fundraiser for
Music Students
Sponsored by MPAL (Music
Parents Association of
LaZerte)
Rain Out Day? Sat. June 6th
- Check Facebook:
Music Parents Association of
LaZerte

A drink can pack more punch with age

You may not be whooping it up at the bar or falling down drunk at Sunday dinner, but as you age, you could be drinking too much alcohol without even knowing it.

Coping with unresolved grief, stress, boredom, anxiety, depression and loneliness can all lead older adults to drink more, says Cindy King, program manager of Urban Services, Addiction and Mental Health at Alberta Health Services.

Depending on your health and state of mind, a single drink can pack a lot more punch than when you were in your 20s or 30s. Our body's ability to process alcohol changes as we age. We have a lower proportion of body water, slower metabolism and fewer enzymes, which can all increase the potency of alcohol.

The truth is, alcohol misuse can be harmful at any age. But when you're 50 or older, alcohol can pose more serious problems because you're more likely to take medications or have deteriorating health. "Alcohol interacts with more than 150 medications commonly prescribed for seniors," King says.

Canada's Low-Risk Alcohol Drinking Guidelines strongly advise not drinking at all if using medications or other drugs that interact with alcohol. The guidelines also recommend not drinking at all when driving or using tools, working, caring for others and several other situations.

Detecting problem drinking (in yourself or others) is not always easy because the signs are similar to symptoms related to aging, such as an overall decline in health, social isolation (introversion), memory loss, sexual difficulties, depression, insomnia and falls.

That's why you may want to ask yourself: how much do I drink—in a week or a day?

Ultimately, the more aware you are about how much you drink, the less likely it will become a problem.

If you are concerned about your own or another person's drinking, call the 24-hour Addiction and Mental Health Helpline at 1.866.332.2322.

— reprinted from *Apple magazine*

Area 17 honours their volunteers by naming them volunteers of the year!





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

Choosewell Contest Winners Announced for McLeod

McLeod community league supports healthy eating and active living choices for all our residents. We had a Facebook campaign to share ideas. One participant suggested "After dinner every day, get outside with the entire family for a walk. Even if it's 10 minutes of walking around the block. Walking is free, calms the mind, and if you have kids, it's a great way to teach healthy habits (lead by example)." Reusable lunch boxes were awarded to Gwendolen and Shauna. Congratulations!

McLeod President's Message

April was a month of celebration of the volunteers who do so much to support our communities. McLeod recognized Donna Ballantyne for a volunteer award at the Area Council 17 event with the following comments:

Donna Ballantyne has been a model volunteer since joining McLeod Community League's Board. She is involved at all levels, from Board Governance to implementing programs. Donna has taken an active role in communication, driving unprecedented levels of traffic to McLeod's Facebook page. She took the initiative and built McLeod's full-page advertisement that was placed in the Edmonton Sun and the Edmonton Examiner.

Donna makes every member of the Board feel at home at every meeting, preparing health snacks for each meeting. She continually takes on new projects and proposes great ideas. She takes the lead on health promotions projects, such as Walkable McLeod. Donna has dabbled in history, guiding tours of the Little Mountain Cemetery. She is the most prolific contributor to the McLeod portion of the Northeast News, providing articles on a wide variety of topics, including City initiatives and nature.

Donna Ballantyne is the kind of volunteer we should all strive to be. She is responsible, conscientious, and enthusiastic. Donna makes the lives of those around her better through her words and her actions.

We also held our own volunteer appreciation dinner in which I was delighted to present five outstanding volunteers with McLeod Angel Awards. Please see the article in the newsletter that celebrates their many accomplishments.

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!

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.

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.

Warm regards,
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.

Update from McLeod's Community Safety Director

School is almost out for another year and I ask you to be more cautious and slow down driving through residential streets and playground zones as kids will be out and about this summer. Snow is gone and the temperatures are going up I ask you to leave your pets at home when running errands instead of putting them at risk in hot vehicles. If you notice an animal in a vehicle in distress please call the Edmonton Animal Protection Officers at (780) 491-3517 and if that doesn't work to call police at (780) 423-4567. If you have any safety concerns in the community please feel free to email me at safety@mcleodcommunityleague.ca

Thanks
Ryan

2015 McLeod Angel Award Recipients

April 12-18 marked National Volunteer Week across Canada and it was my pleasure to be able to celebrate that by presenting the five recipients of the 2015 McLeod Angel Awards. The theme this year is "Volunteers are part of the ripple effect". "A volunteer action is like a stone thrown in a lake: its effect has a direct impact. At the same time, like ripples, volunteer efforts reach out far and wide to improve communities. Undeniably, volunteers rock."

The McLeod Angel Award recognizes those who volunteer above and beyond their service commitment, and those who volunteer freely without expecting anything in return. These individuals have shown an outstanding commitment to their community and deserve special recognition. Thank you to Councillor Ed Gibbons for presenting the awards.

McLeod would like to recognize Gord Matlock who has been the Softball Director for over five years. Every spring, like the tulips, Gord reappears from the dark winter to coordinate the softball program, assemble teams, and coach. Gord was the NEZ Softball Director of the Year in 2013 and is the NEZ Softball Category Director for all teams. Gord, thank you for your commitment to the young people in our community.

Speaking of young people, McLeod has ample reason to celebrate Noah Cherrington who has been a dedicated volunteer at the McLeod monthly movie nights since the first screenings. Noah is always punctual, works hard, and treats everyone with respect. Laura, our Youth Director told me "It has been a pleasure working with him over the past couple of years and we are grateful for all he's done." Noah, you are a fine example of a young leader and we are proud to acknowledge your efforts.

Our next Angel to be celebrated is Soccer Director Todd Chmilar. Todd has been involved with the soccer program for many years and took up the reins in 2013. When I told Todd about the nomination, this is what he had to say. "The soccer program wouldn't be the success it is without the huge commitment from all those involved, from the McLeod board, the Soccer Committee that I work so closely with, and the coaches who freely give their time teaching our community members about soccer." Thank you so much Todd for the amazing effort you have put forward.

Brad Trefan has been with the McLeod Baseball Program since 2006 as a coach. In 2008, he became the Baseball Director and has increased the number of teams and players. Brad was also on the NEZ Baseball Council from 2008-2011. In 2012, he became the NEZ Baseball Commissioner who oversees all matters of player, coach, parent, and umpire disputes and misconduct, including disciplinary actions. Brad has earned the NEZ Coach of the Year and the NEZ Baseball Director of the Year not once but twice! Brad, you have shown great commitment!

Our final award recipient is Cheryl Petruk who has been involved with McLeod for many years. Although Cheryl is formally the vice president, she has taken on so much more such as memberships and social events. One thing about Cheryl, which makes her such a special volunteer, is that she is always offering to help whenever and wherever it is needed. I know that I could not act in the role of president without her support. Cheryl, you have deserved recognition for some time and it is my pleasure to be able to celebrate you and your commitment to McLeod.

Lastly, I want to make say a very special thank you to all the wonderful people that support the efforts of our volunteers and Board members. These are the partners and spouses who run errands for us, watch the kids, and give up evenings and weekends so that the community benefits as a whole while we run programs, put on events, and do our community league duties. Our successes are also your successes.

*Leanne Rosinski
McLeod President*



Councillor Ed Gibbons presents Cheryl Petruk with the McLeod Angel Award



Councillor Ed Gibbons presents Todd Chmilar with the McLeod Angel Award



Councillor Ed Gibbons presents Gord Matlock with the McLeod Angel Award



Councillor Ed Gibbons presents Noah Cherrington with the McLeod Angel Award

Help youth stay hydrated to perform at their best

Eating healthy meals and snacks and drinking enough fluids (staying hydrated) are important for good health as well as school and sport performance. Drinking enough fluid helps your body to control its temperature. Not having enough fluid (being dehydrated) can increase the risk of injury, lead to low energy, and have an impact on performance. Active youth need to drink enough fluid before, during and after exercise to help the body function at its best.

Try these simple tips to help your child stay hydrated:

Encourage your child to drink plenty of fluids throughout the day so they arrive at sports events well hydrated. Ensure that your child has easy access to free water: provide water stations during sport events send your child to school with a water bottle to bring to gym class and to keep at their desk ensure easy access to water fountains

Make sure your child drinks enough fluid during activity by stopping them for regular water breaks every 15 to 20 minutes. Most children do not need a sports drink during activity.

Encourage fluids after activity is over as well. Water, milk, and soups are great options.

Discourage children from drinking soft drinks, fruit juices, sports drinks and energy drinks. These are higher in sugar (which

could cause stomach aches and tooth decay). Some may contain caffeine which can be harmful to children.

Healthy food and drinks are an important part of school, physical activity and sports performance. Active children need plenty of fluids throughout the day with extra water during and after activity.

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. In the meantime, learn why fundamental skills are so important for children to learn according to Canadian Sport for Life (retrieved May 7, 2015 from <http://canadiansportforlife.ca/physical-literacy/fundamental-skills-0>).

“Physical literacy is the combination of mastering fundamental movement skills and fundamental sport skills. This allows children to see, understand and react to movements going on around them. Most skills require a series of developmental stages, which can be detrimental if missed.

Once children have mastered fundamental movement skills and fundamental sport skills, they have achieved physical literacy!

For children to have success in sport – either for recreation or competition – it is important they master movement skills before learning sport skills, and fundamental sport skills before specific techniques. Learning fundamental sport skills before mastering the related fundamental movement skills actually reduces performance ability later. For almost every skill, children need to go through a series of developmental stages. The challenge is to help them learn the next level of the skill rather than pushing them to perform like an adult.

Children usually learn their fundamental movement skills in the same sequence and go through the same phases. There is a time when children can learn a skill, a time when they are ready to learn a skill and an optimum time to learn a skill. If a child goes too long without learning a skill, remedial work can be done. Parents also play an important role in skill development.

Running, jumping, catching, kicking, throwing, swinging and hitting are the basic fundamental sport skills. They allow children to play several sports with ease. Missing out on them can lead to a lifelong disconnect from recreation and sport. Learning to throw a softball using a pitching motion – and aiming over home plate – represents the shift from learning a fundamental movement skill to learning a fundamental sport skill.”

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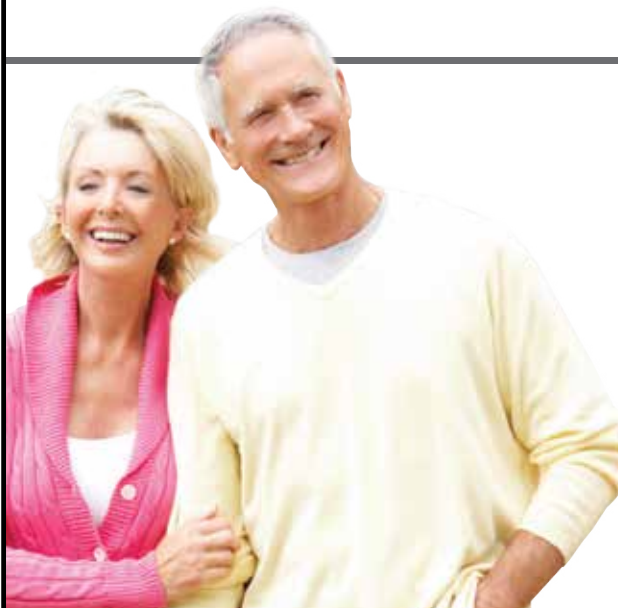
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McLeod's Yards Are Starting To Bloom!

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)

Judges from our community will be searching through McLeod, Miller, Matt Berry, Casselman and Matt Berry for yards to nominate. Plant those annuals, trim back the perennials, water the grass and pull those weeds! We all appreciate your gardening efforts! Nominees will be recognized at our Community League Day Sat. Sept. 19

McLeod's Condo and Apartment Balconies Can Bloom Too!

If you are living in one of the new buildings north of 153 avenue and south of 167 avenue, or any of the other great multi-family buildings in McLeod, you can participate too. Small pots of flowers or herbs, along with a cafe table and chairs can make a great relaxing spot after a long day at work.

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



McLeod Asks you to Recycle your Unaddressed Mail



In Matt Berry and Hollick Kenyon we have super mailboxes instead of house delivery from Canada Post. The postal workers are obligated to deliver unaddressed mail to you box, but please take it home and put it into your blue recycling bag instead of dropping it on the ground or squeezing it between boxes.

We've had a concern brought to us by a resident about this litter problem and we're helping to spread the word. Recycling is ... (from edmonton.ca)

Good for the environment

Recycling helps conserve landfill space, natural resources and energy, and reduces the amount of landfill gas (a major contributor to greenhouse gas emissions) that is released into the atmosphere.

Conserves natural resources

- Trees used to make paper products Making paper from discards instead of trees not only saves forests, it reduces energy use by up to three quarters and requires less than half as much water.

Reduces waste

Landfill space is conserved—20% of residential waste is diverted from landfill through the City's recycling programs."

Thanks for your green action!

McLeod Outstretches Hand in Friendship

The McLeod community league has joined the Area 7 community recreation network being organized by City of Edmonton staff CRCs. The City envisions city staff, schools, community leagues, religious faith groups, non-profits, and cultural organizations increasing cooperating to serve residents in the area.

There have been two organizing meetings already, and McLeod has connected with McLure United Church and the Northgate Lions Senior Rec Centre among many others.

If you belong to a group in the McLeod league area, willing to share your organization's gifts and needs, please contact mattberry@mcleodcommunityleague.ca to connect with the new project.

Repairs Underway at Hollick-Kenyon Park

Hollick-Kenyon Park is currently getting additional surfacing repairs, please be patient and play safe around all construction fences. Thank you for allowing the crews to do their work to make our park safe!

Art From the Heart in McLeod

Do you LOVE yoga and art? Imagine walking through the streets of Spain like Pablo Picasso, being inspired by the sights and sounds. Each day we will learn about an artist (local, current and from the past), their life and their legacy. During art exploration, be prepared to study their technique, style and medium and be inspired to create your own. 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.

McLeod Hall: 14715 59 St NW
July 6- 10 | 9:00 am- 12:00 pm | 6-9 year olds

\$165.00 for 1 participant *includes all materials and supplies

\$140.00 for additional sibling(s)

Tentative Daily schedule:

9:00- 9:15 | welcome, debrief

9:15- 10:15 | yoga movements

10:15- 10:45 | reflection, mindfulness activities, games

10:45-11:00 | 15 minute snack/ break

11:00- 11:45 | Art exploration/ themed experiences

11:45- 12:00 noon | Closing, clean up, reflections. Sharing

Register at <http://www.mcleodcommunityleague.ca/programs>

The camp is brought to you by bluemango-childrencyoga.com

Contact Nicole for more information or if

you have questions, 780-235-4191

A Red Ribbon Country Fair in McLeod?

As part of Community League Day this fall, we are considering hosting a country fair where residents can display their best: - garden fruits, flowers and vegetables - baking and preserving - handcrafts like woodworking, jewellery, knitting, needlepoint, embroidery, crocheting - artwork like poetry, painting, collecting - best dumpling! (pyroggy, potsticker, banku, gujhia, ravioli, Manti, empanadas ...). If you would like to be part of an organizing committee, please contact mattberry@mcleodcommunityleague.ca

Here is a tried and true recipe to get the bakers started in training:

POPPY SEED CHIFFON CAKE

2 cups all purpose flour

3 tsp baking power

1/2 cup canola oil

2 tsp vanilla

1 1/2 cup white sugar

1 tsp salt

7 egg yolks unbeaten

7 egg whites + 1/2 tsp cream of tartar powder

1/2 cup poppyseed

3/4 cup cold water

Pre-heat oven to 350 degrees. Soak 1/2 cup poppy seeds in 3/4 cup cold water. Separate 7 eggs, yolks from whites into different bowls. Make sure there is no yolk in the whites. Sift dry ingredients flour, baking powder, sugar, salt into a large bowl and make a well in the middle. Add poppy seeds, water, oil, egg yolks, vanilla. Mix until smooth. In a separate bowl beat 7 egg whites (about 1 cup) and 1/2 tsp cream of tartar to stiff peaks. Gently fold whites into yellow batter. Bake in ungreased tube pan 65-70 minutes. Invert on counter and let cool. Enjoy!

McLeod Community League Night Out at Launchpad

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.

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311

Jewels and Gems in McLeod

Jewels and gems are precious just like you. Jewelry is fashionable, personal and beautiful. This camp is designed for youth who are interested in making jewelry. We will learn about the history of jewelry and the various techniques and types. Be prepared to get creative and patient. During yoga class, youth will learn anatomy, sun salutations, posture benefits and lead a sequence. Confidence building, body awareness and positive connections are at the core of this camp.

McLeod Hall: 14715 59 St NW
 July 6- 10 | 1:00 - 4:00 pm | 10-15 year olds
 \$180.00 for 1 participant *includes all materials and supplies
 \$150.00 for additional sibling(s)
 Tentative Daily schedule:
 1:00- 1:15 | welcome, debrief
 1:15- 2:15 | yoga movements
 2:15- 2:45 | reflection, mindfulness activities, jewelry planning
 2:45-3:00 | 15 minute snack/ break
 3:00- 3:45 | Jewelry project
 11:45- 12:00 | Closing, clean up, reflections, sharing
 Register at <http://www.mcleodcommunityleague.ca/programs>
 The camp is brought to you by bluemango-childrensyoga.com
 Contact Nicole for more information or if you have questions, 780-235-4191

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, 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.

Fun in the Sun at McLeod

This summer the green shack program (drop-in play for children 6-12) will be running at Miller, Matt Berry, McLeod, and Hollick Kenyon starting July 2. Games and activities are lead by City of Edmonton trained staff. More details at edmonton.ca and mcleodcommunityleague.ca

McLeod has also purchased certain swim times at the City's outdoor swimming pools. Must show your community league membership card for free access. Free swim times for McLeod members at O'Leary, Londonderry and outdoor pools is at our website, mcleodcommunityleague.ca



Summer Green Shack Program

Green Shack playground program (ages 6-12) starts July 2 – August 25

Join in games, sports, crafts, music, drama, and theme days every weekday, 5 days a week, for 3.5 hours each day! Children under the age of 6 are welcome as well but must be supervised by a parent or guardian at all times. Find a calendar of planned activities on the side of each Green Shack each week. If there's a game you'd like to play, just ask the Program Leader! There will be a Green Shack at:

Regular Program Sites

10 am – 1:30 pm	2:30 – 6:00 pm
Eaux Claire - 16003 – 95 St	Belle Rive - 15904 – 84 St
Hollick Kenyon - 5315 – 159 Ave	Klarvatten - 200 Klarvatten Road
Kildare - 14224 – 74 St	Matt Berry - 15950 – 59A St
Lago Lindo - 17221 – 95 St	Mayliewan - 7503 – 161A Ave
Northmount - 9208 – 140 Ave	McLeod - 14715 – 59 St
Ozerna - 7010 – 158 Ave	Miller - 14903 – 50 St
	York - 5825 – 140 Ave

Extend Hours Program Sites

Evansdale - 9123 – 150 Ave	10 am – 6:00 pm
Kilkenny - 14840 – 72 St	10 am – 6:00 pm

Flying Eagle (ages 6-12)

The Flying Eagle program gives participants the opportunity to learn more about Aboriginal cultures and heritage through games, crafts and other recreation activities. This program visits various Green Shack playground program sites for one week during the summer. The following two sites for this area are:

Kilkenny	July 20 – 24	2:00 – 6:00 pm
Lago Lindo	July 27 - 31	10:00 am – 1:30 pm

Youth Hub (ages 13-17) starts July 2 – August 25

This program offers a variety of activities such as art, sports, just hanging out, skateboarding, and much more! Come and go as you please. Is there something you'd like to try? Let the Youth Hub staff know and they will try to make it happen. Every Thursday, we'll travel from the Youth Hub via public transit to a central location for a city-wide youth event.

Kilkenny	Near Londonderry Jr. High School - 14627 72 Street	Mondays & Wednesdays 12:30 – 8:00 pm	Every Thursday 12:30 – 8:00 pm
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Water Play Site – G. Edmond Kelly – 15005 - 79 Street

Stay cool this summer...visit this area spray park.

May 19 – June 22	Jun. 23 – Sept. 19	June 6 – 28 staffed wkends	Jun. 29 – Aug. 28 staffed daily	Sept. 6 – Sept. 8 staffed daily
Mon – Fri: 3 – 8 pm Wkends: 10 am – 8 pm	9 am – 9 pm	11 am – 6 pm	11 am – 6 pm	11 am – 6 pm

For more information: <http://edmonton.ca/programguides> or call 311.



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Want to Volunteer?

Email Rebekah at
rebekah@thecrosspointchurch.ca

 **Festival Skills Training Night**
Thursday, June 4 | 6:00 pm

 For a full list of sponsors and for more details about the festival check out
NortheastCommunityFestival.ca

Questions?

 Contact Rebekah at
780-466-3532


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Steele Heights News

Steele Heights Community League

www.steeleheightscommunity.com

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

Email us at steeleheightscommunity@gmail.com
Twitter: Follow @SteeleHeightsCL
Facebook: www.facebook.com/steeleheightscommunity

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

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

Heather – Past President & Spray Park Committee Chair

Jon - Vice President

Dinah - Secretary

Cecil G - Treasurer & Area 17 Representative

Denise - Membership Director & Neighbourhood Watch

Gwenna – Facilities Director

Robin - Director at Large

Sherilyn - Director at Large & Spray Park Committee

Cecil P – Director at Large

VACANT- Program & Event Director

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

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

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

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

• **Hall Address**

5825 140 Avenue NW

Edmonton, AB

• **Mailing Address**

Steele Heights Community League

PO Box 70005 RPO Londonderry

Edmonton, AB T5C 3R6

• **Membership & Associate Membership Information**

Family (immediate family members) - \$25

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

Senior (65 years+) - \$15

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

Visit our website for details on benefits.

Why Should I Buy A Steele Heights Community League Membership?



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

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

Edmonton's Front Yards are in Bloom

The Front Yards in Bloom program is all about recognizing neighbours who make an effort to beautify their front yards.

Front Yards in Bloom started in 1999, with 150 nominations in its first year. It is now the largest program of its kind in Canada. Last year, we received over 3,400 nominations city-wide. This year, our goal is to receive 3,700 nominations. Nominations can be submitted up to Tues June 30. Front Yards can be nominated in one of four categories:

- **General:** Appealing front yards that makes people smile as they pass by! These yards could include a variety of colours, textures, plants, and garden features.
- **Natural:** Yards with a “natural” aesthetic, using native plants, and limited pesticides and herbicides.
- **Edible:** Yards incorporating 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 (including schools, businesses/offices, multi-unit residences, churches, and community league halls)

After the nomination deadline, volunteers deliver a sign and brochure to each nominated yard, and also choose some top yards for recognition. Edmonton Native Plant Group and Sustainable Food Edmonton judge the top Natural and Edible yards, respectively. Results will be announced during the Edmonton in Bloom Awards on August 12th at City Hall.

It's Easy to Nominate!

- Anyone can submit a nomination (no self-nominations, please)
- Nominations must be for a front yard or a yard visible by everyone.
- You can submit nominations via:

Online submission form: www.frontyardsinbloom.ca

Phone: 311

Front Yards in Bloom is a partnership between the Edmonton Horticultural Society, the City of Edmonton, and the Canadian Union of Postal Workers. For information, visit: www.frontyardsinbloom.ca

Questions? Email: front.yards@edmonton.ca

Protect yourself from Hantavirus

As spring cleaning gets underway, Albertans are reminded of the important steps they should take to protect themselves from Hantavirus.

Hantavirus is a serious illness that mostly affects the lungs/respiratory system. Caused when humans inhale airborne particles of urine or feces from an infected rodent.

Follow these precautions whenever cleaning areas of mice or mice droppings:

- Open doors and windows and keep out of the area for at least 30 minutes prior to commencing clean up.
- Wear rubber gloves, thoroughly soak droppings, nests and dead mice with a bleach/water solution (one part bleach to nine parts water) or a household disinfectant.
- Let the bleach water solution sit for five minutes. Never disturb any droppings, nests or dead mice, prior to soaking with this bleach solution.
- Mop up bleach-soaked droppings, nest and/or dead mice, or pick up with paper towels, and place them in a plastic bag.
- Seal the bag and put in a garbage container with a tight fitting lid.
- Wash your gloves before removing, and then wash your hands.
- Never vacuum or sweep droppings, nests or dead mice. This can create dust that can be inhaled. The dust may contain Hantavirus.
- Although rare, Hantavirus can be fatal. Infected individuals typically show symptoms one to two weeks following exposure; however, symptoms can appear up to five weeks after exposure. Symptoms resemble severe flu, including fever, body aches, chills, abdominal problems and severe breathing problems.

For more information visit MyHealth.Alberta.ca or call Health Link Alberta at 1-866-408-5465.

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

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Two Locations 11316 - 134 Ave & 10807 Castledowns Rd
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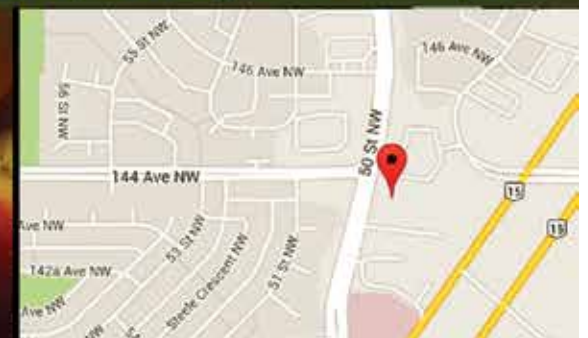


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