

# NORTHEAST VOICE

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

May 2015



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## Upcoming Events in Northeast

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### May

8: Movie Night at McLeod (14715-59-St) ¶

8: This is Home St. Michael's Fundraiser (7406-139-Ave; e-mail [aewanchuk@smhg.ca](mailto:aewanchuk@smhg.ca) for tickets) ¶

9: Cribbage Doubles Tournament at North Edmonton Seniors Association (7524-139-Ave) ¶

10: Mother's Day (Wherever your Mother is) ¶

15: Popovich Dinner Theatre at North Edmonton Seniors Association (7524-139-Ave) \$50 per ticket ¶

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) ¶

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### June

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

12: Move Night at McLeod (14715-59-St) ¶

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

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### July

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

## Baseball Season Fast Approaching!

Last season Kilkenny had over 50 players registered to play baseball. We had 2 Blastball Teams (ages 4&5), 2 Rally Cap Teams (ages 6&7), 1 Senior Rookie Team (ages 8&9) 1 Mosquito Team (ages 9&10) and 1 Pee Wee Team (ages 11&12). This season Kilkenny registered the same amount of teams along with a Midget Team (ages 16-18). House league Baseball/Softball runs under the NEZ Sports Council and currently there are approximately 400 registered participants.

Our coaches, whether they are new or returning for another year, they are dedicated to the kids to make it the most pleasurable time for all, as well as being able to provide the fundamentals of baseball at different skill levels.

Baseball is not only a sport that exercises your body, it also exercises your mind.

**LET'S PLAY BALL!**

*Char, Baseball Director for Kilkenny*

## More Funds Come in for Evansdale's Poplar Park Playground!

The Poplar Park Playground Committee would like to thank everyone who bought a pizza at Famoso Pizza on March 1st! Famoso Pizza generously made a contribution to help top us up to \$300!

We are also thrilled to announce that we received another \$125,000 CFEP grant from the Provincial Government, with a cheque presentation taking place at Florence Hallock School on February 20th. We are still accepting donations of cans or bottles, just drop them off at the front entrance of Florence Hallock School (16437-87 Street) and we will do the rest. Check out the finalized playground plan on the Evansdale Community League website or on our Facebook page under "Poplar Park Playground"! We are so excited that work will be started on the project this year!!

*Noela Shields*



## Kennedale EcoStation Now Open to McLeod Residents

A McLeod volunteer was happy to participate in a public art project to make a "Turn It In" sign out of re-used material from the Eco Station.



Keeping these items out of garbage bags keeps it out of everyone's water supply. Water treatment is not able to remove many chemicals from our sewer water before it enters the North Saskatchewan River and other Alberta water supplies. It is best to take these items to the Eco Station for safe disposal.

Located in Northeast Edmonton, the new Kennedale Eco Station is a comprehensive waste drop-off facility. Summer hours are April 7 – October 31 from 9am to 6:30pm. Located at 5355-127 Avenue, it will accept :

- Electronics
- Household hazardous waste
- Automotive oil, batteries, fluids
- Batteries
- Chemicals and cleaners
- Appliances and scrap metal
- Lighting
- Paints and stains

More information on acceptable items (free drop off of chemicals, batteries, paints, computers, TVs, clean recyclables, small appliances, tires), unacceptable items, and fees (furniture, large appliances, loose waste) available from [Edmonton.ca](http://Edmonton.ca), 311, or [wasteman@edmonton.ca](mailto:wasteman@edmonton.ca).

# Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires

## Evansdale Community League Board & Committees

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

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

E-mail address: [www.evansdale.ca](http://www.evansdale.ca)

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

## Memberships

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

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

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

**Benefits of Community League Membership**

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

## Volunteer with the Community League

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

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

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

## 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](http://www.evansdale.ca)

Facebook Page: [www.facebook.com/evansdale-communityleague](https://www.facebook.com/evansdale-communityleague)



## City Services & General Information

Visit [www.edmonton.ca/311](http://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.

## Spotlight on City of Edmonton Bylaws

### Business Licenses

*Did you know it is the law that anyone providing goods or services in Edmonton must have a licence under the Business License Bylaw?*

*For business owners, having a business license is beneficial in that it shows customers your business is credible and complies with municipal laws and regulations. Business licensing also is a form of protection of customers. Consumers need to be proactive, remember to ask to see a company's business license. You will be glad you did!*

*Unfortunately, there are unscrupulous individuals out there who are knowingly operating a business without a valid licence. What should you do if you have a concern about a business operating without a valid licence? The City of Edmonton recommends the following steps:*

- Discuss the concern with the business owner
- Record the address of the violation and a description of the problem if you can't resolve it directly with the business owner
- Call 311
- Provide your name, address, phone number, and the details of your concern in case your testimony is required in court

*For further information, please visit the City of Edmonton website, [http://www.edmonton.ca/bylaws\\_licences/bylaws/business-licence.aspx](http://www.edmonton.ca/bylaws_licences/bylaws/business-licence.aspx)*

## 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>

## Volunteer opportunities in the community

*Extencicare Eaux Claires*, a long term care facility, is always looking for volunteers

Do you like to play cards, read, take walks or just have a chat from time to time?

If so, we would like to hear from you!

There are many volunteer positions available!

For more information please contact:

Janice Graff- Volunteer Coordinator  
jgraff@extencicare.com or 780-472-1106  
16503 95 Street, Edmonton, AB

### *The Kidney Foundation*

The Kidney Foundation is currently looking for Volunteers that would be interested in helping with our 'Peer Support' Program. If you're able to share a bit of your time to lend an ear to someone who is living with kidney disease - we'd love to hear from you.

## Free Financial Literacy Class:

*Enrich Your Kids*

Throughout the year, Money Mentors is involved in a number of events to help Albertans learn more about financial literacy. With debt levels on the rise in Alberta, now is the time to focus on personal finance. Attend a free financial literacy class to improve your financial skills and learn strategies to deal with debt.

The next free session is May 13th at the Sandman Hotel (West) and the topic is Enrich Your Kids.

It's never too early to introduce kids to the concept of money. The problem is, how? Enrich Your Kids creatively explains how to show your kids the value of money, how to budget their allowance, the importance of saving, how to afford what they need (or think they need) and the benefits of banking and dangers of debit cards. And it does it in a fun and interactive way.

For more information and to register for upcoming events, please visit:

<http://www.moneymentors.ca/events.html>

## Wildlife Files

If you Find a Hare Leave it There

Baby Hares are usually not in danger if found alone

If you have found distressed wildlife, it is important that you contact a licensed rehabilitator immediately and make arrangements for the animal to be transferred to a rehabilitation centre. Please call the Wildlife Helpline at 1-888-924-2444 or phone one of the centres on our member centres page directly.

Orphaned Wildlife

Most of the young animals that are brought into rehabilitation centres are not truly orphaned. Please read the following information to help you decide if the young animal that you found needs to be rescued or just left alone until their mother returns.

Hares (jackrabbits, snowshoe hares)

What you should know:

- Young hares are easy to catch and appear helpless.
- Precocial at birth – fully furred, eyes open and able to hop.
- Mother hares' natural behavior is to leave the young alone for most of the day, so her scent will not attract predators.
- Mother hares nurse their young only at dawn and dusk.

What you should do:

- If you find a young hare that is not obviously injured, leave it alone and do not handle it.
- If you find a hare in a dangerous place (parking lot, road) try to steer it, without handling it, to a safer location less than 150 meters from where it was found.
- If a dog or cat finds the hare, remove the pet, not the hare.

For further information on what to do if you find distressed hares or other wildlife, please visit <http://www.albertawildliferehab.org/hares.html> or contact the Northern division of Wildlife Rehabilitation Society of Edmonton (serving Northern Alberta) at 780-914-4118

*Editor*

## 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](mailto:aldiya@aldiya.com), or visit [www.evansdale.ca](http://www.evansdale.ca) for information about registering.

# Welcoming

# Dr. Irvine Skuba

Skuba Dental  
ASSOCIATES

# 780-473-2003

# [www.skubadental.com](http://www.skubadental.com)

## Same Day and Emergency Appointments Available

# Kilkenny Community League News

## Kilkenny Community League Upcoming events

- Don't Forget Mother's Day, Sunday the 10th
- Movie Night, Friday the 22nd of May
- Ladies Night, Saturday the 23rd of May
- Summer Festival Saturday the 20th & Sunday the 21st, 12noon-4p.m. both days at the Londonderry Fields

## Ladies Night

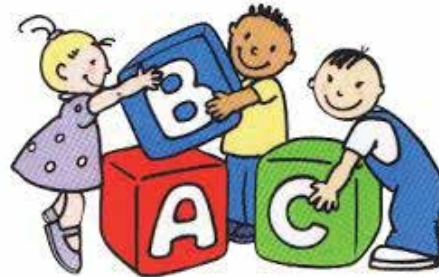
Kilkenny Ladies Night, Saturday May 23rd, doors open at 6:30 p.m.

We are very excited to already have many great vendors lined up! Epicure, Gold Canyon, Legs of luxury, 31 (new to Canada!), as well as local artists and small entrepreneurs! We still have some spots available. Interested in being a vendor? \$15 will get you a table, first come first serve, call Anna at 780-478-3269

There will be food, music and some exciting entertainment! Vendors are from 6:30-10p.m, hall open until midnight.

Tickets are \$10 each, call Anjoli at 780-904-3839 or Anna at 780-478-3269 to get your tickets in advance.

## Kilkenny Playschool Ready! Set! Grow!



We are growing too!! We are making some exciting new changes to our program for the 2015/2016 school year! Come and find out more at the spring open-house, at Kilkenny Community Hall, 14910-72 street Registration is open!! Reserve your spot! Let your child make friends, gain confidence and learn kindergarten readiness skills. They will have fun while learning! Some parent involvement is required. A \$50 application fee will confirm a spot for your child.

For more information go to our NEW web page [www.kilkennyplayschool.wix.com/kilkennyplayschool](http://www.kilkennyplayschool.wix.com/kilkennyplayschool) or call 587-590-6204 or email [kilkennyplayschool@hotmail.com](mailto:kilkennyplayschool@hotmail.com)

## President's Message

*Hello everyone!*

Spring is here, the sun is out, and we are enjoying spending more time outdoors! The neighborhood is filled with activity. Outdoor sports will be starting up again soon, another great year for both baseball and soccer!! There will be kids and families all over in the parks, in the fields and playgrounds. Please be courteous when parking and always be mindful of the school zones and speed limits.

The warmer weather can also bring about an increase in evening and night time activity. Please watch out for and report any suspicious activity. Together we can increase our sense of safety and community. Kilkenny executives also want to encourage everyone to be neighborly! Don't be shy when it comes to your neighbors, say; "hi" if you're out doing yard work at the same time or as you walk by. A friendly smile can go a long way, and is one small gesture that helps build community.

There are many fun activities and events coming up; Ladies night, May 23rd and a community garage sale in July to name a few. Please check the website for further details [www.kilkenny.ab.ca](http://www.kilkenny.ab.ca).

I would like to thank all the executive members for their help with activities that run in our hall. I would also like to thank all of the coaches, assistants and managers who have stepped up to take on a team this year. Baseball or soccer we appreciate your commitment and we know that this season would not be possible without you!!

Lastly, we are still recruiting for Members at Large on the executive team. People who may be interested in volunteering for specific activities like, movie night or another social event, a person who would be able to help with data entry or someone who is good with websites and other social media to take on our Publicity role. If you are interested in attending the meetings or have any questions please email at [president@kilkenny.ab.ca](mailto:president@kilkenny.ab.ca)

*Happy Spring Everyone!*  
*Anna, Kilkenny President*

## Using Neighbourhood Interactive Map

Explore Edmonton using the neighbourhood interactive map. [http://edmonton.ca/for\\_residents/neighbourhoods/neighbourhood-maps.aspx](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.



## I AM HERE TO SERVE YOU

### Councillor Dave Loken, Ward 3

2<sup>nd</sup> Floor, 1 Sir Winston Churchill Sq.  
Edmonton, Alberta, Canada T5J 2R7

Tel: 780 496 8128 Fax: 780 496 8113

Email: [dave.loken@edmonton.ca](mailto:dave.loken@edmonton.ca)

Twitter: @daveloken

Web: [www.daveloken.com](http://www.daveloken.com)





# 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](mailto:secretary@mcleodcommunityleague.ca).

## McLeod Supports Matt Berry Facilities Steering Committee

McLeod Community League is sponsoring a steering committee that will work towards the construction of a Community League facility in Matt Berry. The steering committee will meet approximately monthly. Tasks will include a needs survey, working with the city on zoning issues, budgeting, working with project managers, and fundraising. If you are interested, please e-mail Jason at [secretary@mcleodcommunityleague.ca](mailto:secretary@mcleodcommunityleague.ca)

If we don't get some volunteers out who reside in the community of Matt Berry or Hollick Kenyon, it may be necessary to suspend this project. Please consider whether you would like to see a community league facility in your neighbourhood.

## McLeod President's Message

Spring is finally here and we are very excited to announce that the City of Edmonton has tendered the Manning Drive sidewalk between 142 and 144 Avenues for construction in 2015. This is infamous "Sidewalk to Nowhere" between the Miller community and the Clareview LRT Station. Again, we are very grateful to Councillor Ed Gibbons for ensuring this was a priority for this budget year – Ed, you do an excellent job of taking care of your constituents!

Look for an exciting new McLeod program for under-four children in summer 2016! McLeod will be working with the City of Edmonton and the University of Alberta to develop and deliver a physical literacy program that is based on the Long Term Athlete Development Model that helps children become active for life. More information about the program will be posted as we finalize the dates and costs. I have already seen this model put into place in the 2015 University of Alberta summer camps and it looks amazing.

"Learning how to move is just as important as learning how to read and write. Kids who have fun playing a sport are more likely to stay active and healthy for their entire lifetime. They also have a better chance of becoming a top athlete. But first, they must learn how to move properly by experiencing a wide range of physical activities in different indoor and outdoor environments. Physical literacy develops the competence and confidence needed to live a healthy, happy and more playful life." For more information, please go to [www.canadiansportforlife.ca](http://www.canadiansportforlife.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!

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.

Lastly, I have received some initial information that the Green Shacks in McLeod Community League will be open as follows: Hollick-Kenyon 10am-1:30pm, Miller 2:30-6:30pm, McLeod 2:30-6:30pm, Matt Berry 2:30-6:30pm. More information about the start and end dates as well as general information will be posted on our website and I will update you in the next newsletter.

*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](mailto:president@mcleodcommunityleague.ca).

## McLeod's Front Yards Will Be In Bloom

Spring is here, and we want to see your bloomin' great yards. The Front Yards in Bloom program is all about recognizing neighbours who make an effort to beautify their front yards. Last year McLeod honored 20 homeowners with exceptional yards by presenting them with certificates and flowers at the fall Community League Day open house.

Nominations can be submitted Wed May 20 to Tue June 20, 2015 in the categories of general, natural, edible and public spaces. Anyone can submit a nomination for a front yard or yard visible by everyone. Online submission forms are at [www.frontyardsinbloom.ca](http://www.frontyardsinbloom.ca) or phone 311. If you have a green thumb and would like to volunteer to be part of the McLeod community judging panel, please email [mattberry@mcleodcommunityleague.ca](mailto:mattberry@mcleodcommunityleague.ca). We're looking forward to some fantastic yards again this year!



*Credit Donna Ballantyne*

## McLeod's Nature Nook - Insects

Sometimes you need to walk slowly and look at the ground, under rocks, and in the leaves to see small insects. Insects are in your yard and along the pipeline trail or electrical line trail, when you go for a stroll.

**ANTS** – You might get grumpy with finding an ant hill in your yard, but they will draw flicker woodpeckers to your yard to eat them up! Ants live in a colony, and work together to gather food and build their anthills. They can be found everywhere on Earth except Antarctica.

**BEES** – Bees are important for their roll in pollination and producing honey. Did you know scientists at the University of Alberta are collecting really old Alberta pollen from up to 11,000 years ago, the time since the last Ice Age retreated? They can discover what types of plants and trees were here so long ago. Bees collect pollen from flowers to feed their larvae. As they move from flower to flower, they drop some pollen that fertilizes the flower and it will become a fruit in the fall. Bees are important to your backyard food crops like raspberry, strawberry, and apple.

**BEETLES** – Beetles have two pair of wings, the front are hardened into a shell to protect the flying wings and body. They are important in breaking down dead plants and animals. Others eat flowers, fruits or aphids. On a warm day, you might lift of a rock in your garden and see a black beetle. The Ladybug beetle with a red body and black spots are quite common, and eat the aphids in your yard. Look on the bottom of a green leaf and you might see beetle eggs laid there.

The Provincial Museum of Alberta has a “Bug Room” where you can see live insects and spiders and learn more about them. If you find an insect in your yard and cannot identify it using a book or website, you could bring it into the museum and compare it to the specimens in the Alberta Insect Collection. [royalalbertamuseum.ca](http://royalalbertamuseum.ca)

**BUTTERFLIES** - Butterflies had bright colorful wings. They are important pollinators and are food for birds. The lifecycle of a butterfly moves from egg to caterpillar to pupa and back to butterfly. Watch for a white butterfly with black spotted wings, or a black butterfly with red spotted wings.

**DRAGON-FLIES** –

Dragonflies are amphibious: as larvae they live in the water pond at Hollick Kenyon, and when mature they can breathe air and fly around your backyard. They are larger insects with two sets of wings and iridescent metallic bodies of green or blue.

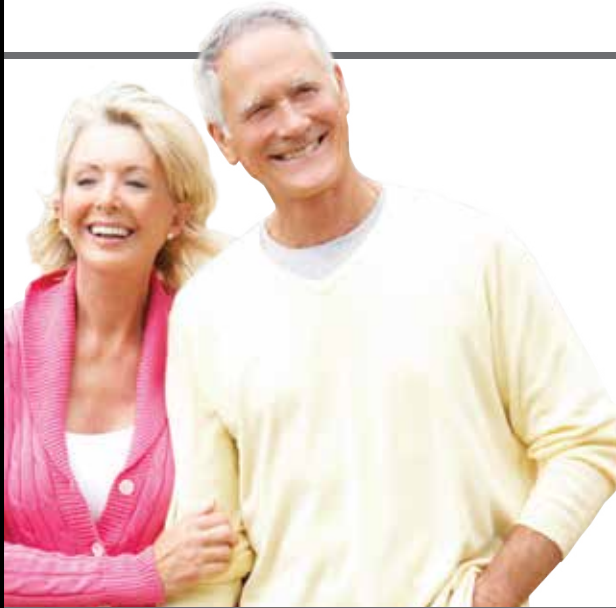


## Is Marching in the KDays Parade on your Bucket List?

McLeod will be joining the EFCL float in the K-Days parade and is recruiting a flag bearer. You can bring family, friends or sports team members along with you. The volunteer should be a resident within the McLeod league boundaries, able to walk/wheelchair/scooter the 1.5km route, and carry a lightweight 8” flag in holster. The parade takes place on the morning of July 17 and is a 3-4 hour commitment. Please RSVP your interest to [mattberry@mcleodcommunityleague.ca](mailto:mattberry@mcleodcommunityleague.ca) with your name, cell phone and email address to assist with organizing your participation.

Enjoy the Sounds of Life

ACUTE HEARING



### What we offer

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## What is a Community Garden or Collective Kitchen?

Growing food. Cultivating Communities in the Capital Region.

Our community becomes richer if we share our resources and skills with our neighbours.

The McLeod community hall has a kitchen where neighbours can get together and prepare batches of soups, stews and casseroles for their home freezers. Efficient cooking and great conversations!

Would you like to learn a new ethnic style of cooking from a neighbour-led cooking class? Perhaps you'd like to be the cooking instructor?

Is there a bit of extra space outside a school in our community where the children can grow vegetables and learn about agriculture in a hand-on way?

Do you have canning and preserving skills you'd like to pass on to the next generation?

Is your garden patch un-used and you would be willing to share it with a condo homeowner in a Yard Share project?

These are the types of programs that our community league can support. The City of Edmonton councillors are currently considering bylaws to support more urban food production. Learn more about urban agriculture at [sustainablefoodedmonton.org](http://sustainablefoodedmonton.org). The community league contact is [mattberry@mcleodcommunityleague.ca](mailto:mattberry@mcleodcommunityleague.ca)



[www.communityleagueneews.com](http://www.communityleagueneews.com)

## Why Join McLeod's Board?

Some McLeod Board members recently benefited from attending board leadership sessions at a conference organized by the Edmonton Chamber of Voluntary Organizations. Benefits of joining a board are:

- Expanding your contacts in social and business circles
- Apply underused skills and develop new skills
- Give back to your community
- Gain governance experience and build your resume

We have a few vacant positions, but you can always just get your feet wet by attending a few of our meetings as a guest. A mentor can help explain processes and we're working on a procedures manual. Email [mattberry@mcleodcommunityleague.ca](mailto:mattberry@mcleodcommunityleague.ca) if you'd like to attend a meeting to see what we're all about! We meet on the last Thursday of each month, from 7pm to 9pm, at the McLeod Community Hall. Healthy snacks and a hearty welcome provided!

## City Services & General Information

Visit [www.edmonton.ca/311](http://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.

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Presents

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- Have your **photo taken** with the race car on display
- Join in and get great information in the **educational seminars** zones

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Regular admission fee

\$8.00 - Adult

\$6.00 - Senior

\$4.00 - Youth 12 - 17

Children under 12 Free

Special family rate for two adults three youth \$20.00

(Coupon does not apply to family rate)

Online Coupon Code: NEBA

Want to be an exhibitor and showcase your business

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Are you a business owner or professional  
Join in the  
VIP RECEPTION & BUSINESS MIXER on  
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## Community League 2014-2015 Memberships

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

Membership dues are as follows:

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

A McLeod Community League membership has a number of benefits:

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

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

## 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](mailto: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 Props and Costumes

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

## 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](mailto:president@mcleodcommunityleague.ca) to be added to our contractors list. Currently we are looking for a local locksmith.

## McLeod Jam Sessions

Are you a musician looking for a place to play? A band to jam with? McLeod is looking to host casual jam sessions on Sunday afternoons at the Hall. If you are interested, please e-mail Jason at [Secretary@mcleodcommunityleague.ca](mailto:Secretary@mcleodcommunityleague.ca)

## Your Voice in Ward 4



Ward 4 Councillor  
**Ed Gibbons • 780-496-8138**  
[ed.gibbons@edmonton.ca](mailto:ed.gibbons@edmonton.ca)



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## McLeod Celebrates Earth Day

On April 22nd, we hosted an Earth Day social at the Matt Berry pocket park. Earth Day is a chance to do something nice for the Earth, have fun, meet new people, and make a difference. Everyone enjoyed a relaxing camp chair around the firepit. More information for next year's event at [mattberry@mcleodcommunityleague.ca](mailto:mattberry@mcleodcommunityleague.ca) or [earthday.org](http://earthday.org)

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## Adopt-a-Block in McLeod

Have you prepped your yard for spring, washed out your garage and are now looking for somewhere else to do spring cleaning? McLeod residents are encouraged to adopt a block in our community and keep it litter-free during the spring and summer months. Remember, a clean, safe Edmonton is a shared responsibility. Register as a volunteer and receive a stylish pinny and grabber tongs. More information or registration at [captialcitycleanup@edmonton.ca](mailto:captialcitycleanup@edmonton.ca) Thanks and appreciation to the McLeod residents who are already participating in this program. We all benefit from having a clean streets in a wonderful neighbourhood!

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## Speeding in School Zones in McLeod

Speeding in marked posted school zones in our community continues to be a huge safety issue. Drivers are putting our children at risk. I ask you please slow down and follow the speed limits. Hours are as follows 8:00 AM to 4:30 PM on school days.

If you have any safety concerns please feel free to send me an email at [safety@mcleodcommunityleague.ca](mailto:safety@mcleodcommunityleague.ca)

## McLeod is a Choosewell Community!

As a partner with Alberta Parks and Recreation Association, we are sharing active living and healthy eating information with our residents.

**ACTIVE LIVING**— For a change to your regular fitness routine or family time at the park, have you considered incorporating different cultures into your physical activities? Ethnic dancers burn quite a few calories per hour, and yoga can reduce blood pressure. Check out Ontario Physical and Health Education Association's [teachingtools.ophea.net](http://teachingtools.ophea.net) for aboriginal games you can play with your children & teens, everything from animal charades to relay racing.

**HEALTHY EATING** - Making a home-cooked meal with your children is a great way to have fun, teach a life-skill and incorporate fresh fruits and vegetables. It can also make a great romantic date night activity for a couple of any age! You can pick up local fresh produce at our northeast greenhouses, only 10 minutes away from our neighborhood, and then make a fantastic meal!

[www.kuhlmanns.com](http://www.kuhlmanns.com), a family owned and operated greenhouse, garden, florist, gift shop, snack bar and market since 1962

[www.brenneisveg.com](http://www.brenneisveg.com), a family farm growing vegetable for over 35 years, specializing in vegetables, herbs and u-pick broad beans, romano beans and Cusa vegetable marrow.

[www.therootcellar.com](http://www.therootcellar.com), family garden centre since 1996, sells fruit and vegetables, trees, shrubs, perennials, gifts and garden supplies

If you have a favorite local greenhouse or farmer you'd like to recommend, please contact [mattberry@mcleodcommunityleague.ca](mailto:mattberry@mcleodcommunityleague.ca) and we can profile them in a future issue.

---

## Dance and Drama Clubs

Ages 7-17

When: Sunday Afternoon

Cost: Free

Dance

Times: 12:30-1:30

Drama

Times: 2:00-4:00 pm

Dance Club

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

Drama Club

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

Check out the McLeod website to register.

## Yoga Classes at McLeod

McLeod is proud to have Blue Mango Yoga as a partner for offering classes at McLeod Hall.

We have the following Classes starting January:

Yoga for Moms and Teens (10 year +) Thursdays from 6:15-7:15

Yoga for Youth (10 years +) Tuesdays from 6:00-7:15

Movement and Meditation Thursdays from 7:30-8:45

Yoga 3-5 year olds Saturdays from 10:00 am - 11:00 am

Yoga 6-9 year olds Saturdays from 11:15 am - 12:15 pm

Yoga 10-15 year olds Saturdays from 12:45 pm - 1:45 pm

Introduction to Meditation Thursday March 5 from 7:00-9:00

Check out our website for more information and to register



## Fitness Kickboxing at McLeod

Tuesdays and Thursdays

Times: 7:00 PM-8:00 PM

10 Sessions

Cost: \$75 for non community league members.

\$50 for community league Members

\$10 drop-in fee

Kickboxing has its roots in martial arts and was originally limited to being a full contact sport, but in this new millennium, 98% of participants join strictly for the fitness.

Like boxing classes, fitness kickboxing offers the opportunity to train like a real kickboxer, reaping all the benefits without having to get in the ring. Studies show that a 45-60 minute kickboxing class can burn off 600-800 calories! In addition to the weight loss, you build lean muscle which raises your metabolism burning calories at rest and toning the whole body. The kicking exercises concentrate on the thighs, hips, and buttocks unlike any other workout.

Instructor We are very fortunate to have Master Harry Reid 5th DAN and 6 times Canadian Forces Tae Kwon Do Champion as our fitness instructor.

# Steele Heights News

## Steele Heights Community League

[www.steeleheightscommunity.com](http://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](mailto:steeleheightscommunity@gmail.com)  
Twitter: Follow @SteeleHeightsCL  
Facebook: [www.facebook.com/steeleheightscommunity](http://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](mailto: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](mailto: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

Spring is here, and we want to see your bloomin' great yards! 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 Wed May 20 – 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. Everyone is invited to attend the celebration!

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](http://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](http://www.frontyardsinbloom.ca)

Questions? Email: [front.yards@edmonton.ca](mailto:front.yards@edmonton.ca)

## Sports Report

Well, it's that time of year again. Spring is in the air and soccer is everywhere!

Steele Heights 5th season of OUTDOOR soccer is almost here. The players are ready to go

as are many parents. Steel Heights will be fielding eight teams this year in 4 age groups .

We've got the BEGINNERS U4's, “getting there” U6'S , “Almost made it” U8'S to the “We Have Arrived”

U10's. Boys and GIRLS will wear the Steele Heights black, orange and white with the FRIENDLY TIGER emblazoned across their backs.

This is always the time of year where fields and diamonds are being used every day of the week .

Kids are getting outside after another interesting winter in Edmonton .

The grass is turning green and the birds are singing. Soon the kids will be laughing and screaming and just having fun. To all the 2015 outdoor soccer players and parents of the STEELE HEIGHTS TIGERS: Have FUN and ENJOYMENT as you all partake in another successful soccer season in Steele Heights.

## President's Message

The sounds and colors change daily. The children get out more to enjoy the parks and fields playing Grounders or soccer and even some neighborhood exploring. This is the time of year when everyone comes alive. The weather improves which always improves spirits and activity levels. This is so true for Steele Heights Community League. The kids are playing soccer showing off the Black and Orange as well as White, with the Smiling Tiger as their partner in fun. The two parks in York/Steele Heights come alive with laughter and screams and squeals of enjoyment. The fields and diamonds ring out with the sounds of ball meeting bat or glove. More people come out from their winter hibernation or retreat to enjoy the warmer summer climate. All in all, Steele Heights springs into spring with summer to follow close behind.

This is the time of year where many people volunteer to help the children with soccer. They step up to help keep the hall and parking lot and park area clean. Many people also help beautify the neighborhood by planting beautiful gardens and flower beds. They manicure their lawns and shrubs and trees. Just about anything that gets people outside is tried and completed. So to everyone who helps in the smallest way to help Steele Heights come alive, and also the people who spend hours and hours and dollar after dollar helping as well, I would like to say a huge Thank You from all the community members of Steele Heights.

Also remember there is never anything too small that can help the Community of Steele Heights. You may have an idea that is needed and wanted. You may have the time and effort to help with anything that helps Steele Heights community league. Feel free to e-mail me at any time, or visit the website to learn more.

Thank You

Jeff -- President  
jsgokie@hotmail.com

## Special Savings on Quality Produce

*Locked In Pricing for the Month. While quantities last*

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

## Elsafadi Bros. Supermarket

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

# MILLER CROSSING FARMERS' MARKET

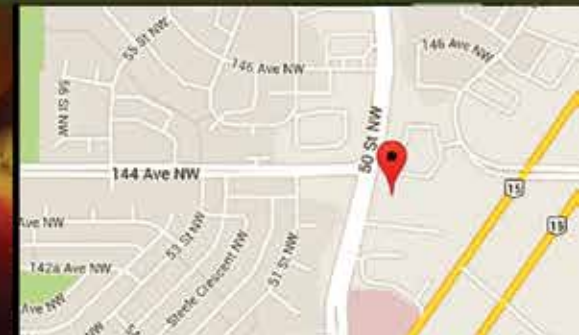


Come join us every Tuesday from 4:00pm - 8:00pm & Sunday from 1:00pm - 5:00pm, starting June 2, 2015!

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[www.mcfarmersmarket.ca](http://www.mcfarmersmarket.ca)

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and competition!" - Lisa F. (Parent)*

# Summer Camps

Throughout the summer, ages 3 and up!  
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[www.dancetheme.com](http://www.dancetheme.com)

Angelina Ballerina Camp / July 7 - 10 and August 5 - 7  
Blast off to Summer Fun / June 13 - 17  
Broadway Bound / July 13 - 17  
Magic Wonderland Camp / August 10 - 14  
You've Got Talent / August 10 - 14  
Summer Dance Extravaganza / August 17 - 21



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SUN. JUNE 7 • 1:00-3:00pm

# OPEN HOUSE!

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Come try a class, meet our staff, see our  
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*"The feeling that we are part of the Dance Theme family and appreciate having such a high quality dance studio in our northside neighbourhood! [Is why we choose Dance Theme]" - Rachel B. (Parent)*