

NORTHEAST VOICE

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

November 2015



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McLeod 45th Anniversary & Community League Day

Kilkenny 45th Anniversary & Community League Day

Buggly Bright's collection of critters astounded kids and adults alike



The SALH was on hand to help celebrate Community League Day

Two boys from the neighborhood, enjoying the 45th anniversary party for Kilkenny Community League on September 19th by snuggling up with some furry friends from Chicken John's petting zoo!!

McLeod Remembers our Soldiers & Veterans

The No Stone Left Alone Memorial Foundation has a mission to educate, respectfully remember, and honour all soldiers' headstones in November with the Legion symbol of remembrance, the poppy.

There are several soldiers from WWI, WWII and peacekeeping missions buried in our local cemetery in Hollick Kenyon. Each year the McLeod community league adds our voice to those remembering the veterans' and soldiers' sacrifice and service. This is a public event, and everyone of all ages is invited to attend.

LITTLE MOUNTAIN HONOUR ROLL

Private George Carnegie, WWI
Captain Benjamin McDiarmid, WWI
Private Duncan David McDiarmid, WWI
John L. Williams, LAC- RAF
Sgt. Donald William McIver, Peacekeeper

Tuesday, November 10 at 10:30 am
Little Mountain Cemetery
16025-54 St NW



Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires

Evansdale Community League Board & Committees

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

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

E-mail address: www.evansdale.ca

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

Hall Rental Information

Evansdale Hall 9111 150 Ave.



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

Weekend rates:

Friday 12noon to Sunday 3pm

\$500 damage deposit

\$550 rental

Saturday/Sunday

\$400 damage deposit

\$425 rental

Monday – Friday

\$275 damage deposit

\$275 rental (\$150 members)

Use of dishes: \$100

Meetings: \$35/hour

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

Memberships

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

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

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

Benefits of Community League Membership

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

FREE Children's Program...

the storybook C.O.W. bus is in your neighborhood!

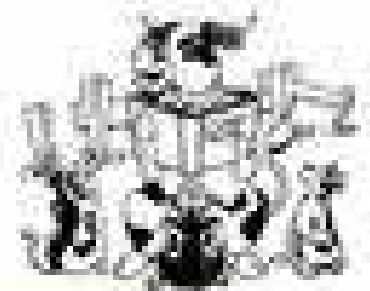
Come see the bus that's painted like a cow and bring your children aged 0-6 years old.

Place: **Clarksfield Community**

11777 84th Street (Highway 160 & 84th Street parking lot)

Time: **Every Friday from 10:00 - noon**

- Listen to stories and songs
- Explore activities on the bus
- Borrow up to 6 books



For more information contact

Centre for Family Literacy

780-421-7123 or www.family.ca

Volunteer for Eaux Claires Extencicare

By Janice Graff, Volunteer Coordinator

Are you looking for something to do during the day now that the kids are back in school? Do you find you have some spare time on the weekends or early evenings and would love to bring a smile to someone's face by visiting with them? Or perhaps you would like to assist the Recreation Department with our bi-weekly entertainment evenings. Porters needed! Other positions available as well. If you are interested in volunteering in our long term care facility...please email me for more information. Or drop by the reception desk for an information package and application. Janice Graff, Volunteer Coordinator Extencicare Eaux Claires 16503 95 Street 780-472-1106 ext. 202 jgraff@extencicare.com

Play Things are Sprouting in Poplar Park

By David Dodge, Poplar Park Playground Committee

The playground is springing up and should be ready next year for community kids, school kids and park users! From the very beginning the Poplar Park Playground committee envisioned three phases for park development in Poplar Park: 1. Playground (check); 2. Basketball Courts (check) and 3. Spray Park (coming soon?).

A number of the Poplar Park Playground committee members, who were very successful at fundraising, have committed to serving on the committee for phase III: Poplar Park Spray Park. In fact a few new folks have already

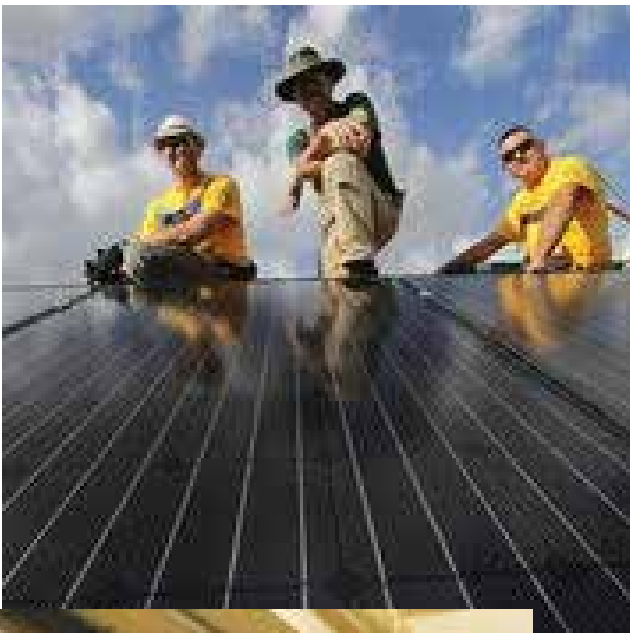
Evansdale: Solar Powered Community League

By David Dodge, Director of Sustainability

Evansdale is now a solar powered community league. In late September the 13.6 kilowatt solar system was switched on providing the league with half of its electricity over the course of the year. The system cost just over \$40,000 and consists of 52 solar modules each rated at 260 watts peak production. The way it works is Evansdale uses the electricity as it is produced and if Evansdale demand falls below production excess energy is sold to the grid powering neighbouring homes. The system will produce the most energy on long summer days and Evansdale will buy energy back on short cold winter days. Like all so-called "microgenerators" Evansdale is paid for the electricity it sells to the grid at the same rate it pays the grid for electricity. However there is a hitch: Evansdale saves on all the distribution charges when it consumes its own electricity and pays those charges when it buys back from the grid. So economically it is much better when we consume our own energy. Solar electricity production is a good community investment since it saves the community league money every month for up to 30 years and it's a clean source of energy with almost no emissions. Drop by and see us anytime!

Evansdale Hosted EFCL AGM

On October 20 Evansdale hosted the Edmonton Federation of Community Leagues AGM at the league's hall and gave a presentation to all Edmonton community leagues about how to go solar. Evansdale also gave tours of the system and it's new rink shack, that we affectionately call our mini-hall. The new facility was designed to be multi-use allowing it to be used for meetings, events and programs in addition to serving as a skate shack in the winter. The idea has attracted a lot of interest from other community leagues.



How I Volunteered and Why You Should do it Too!

By David Dodge, Director of Sustainability

Evansdale Community League invites you to attend our Annual General Meeting on November 24, 2015.

Yes, we are in need of new volunteers. It's time we reinvented our league and set a new direction for our league in the amazing neighbourhoods of Belle Rive, Eaux Claires and Evansdale.

Volunteering is for You, Not just the Community

Are you one of those folks who says "I'd love to help, but I just don't have time?" That's how I felt 20 some years ago when I was the young father of kids enrolling in Evansdale's soccer program. I told Jeff Muiselaar "There is no way I want to get involved in the executive, I just want to coach soccer." And so began one of the most rewarding things I have done in my life.

I coached soccer and basketball for 10 years. It was one of the biggest challenges in my life. But taking half a dozen coaching courses and getting to know a generation of our kids and watching them go from being awkward kids trying to shoot a hoop to young leaders, mentors and university graduates is an amazing experience.

And yes Jeff did convince me to join the executive and soon I was vice president and then president for six years. Was I too busy to do this? By most people's standards, I was absolutely "too busy." But once you are involved you find time, you trade TV for organizing an event or program. You actually enjoy being involved and influencing the issues that affect our community. I loved every minute of the experience, especially photographing our kids at soccer parties. They learned that we used the photos in newsletters and our website and eventually they would seek me out at community events. Volunteering is truly something you do for "us." There is no personal benefit (aside from personal development and new friendships, which are amazing). But actually you do volunteer for "us," but you also volunteer for "you." There is something immensely satisfying and rewarding about it. My involvement eventually led to me becoming the president of the Edmonton Federation of Community Leagues and serving on that board and a dozen city committees. And yes it eventually led to me running for city council after learning about all of the community issues we care about.

Now that might not be your cup of tea, but simply volunteering is very rewarding – you are doing a good thing you will be rewarded in ways you cannot imagine. Don't begrudge the time you volunteer, embrace it, appreciate it, learn new skills, meet new people and play a part in making our home and our community the best place in Edmonton.

So how about it? If you do one job well – organize a kids program, a social event or help put out the newsletter or coach kids you will not regret it.

Talk to us, let's work on our community together – send me a note if you would like to discuss getting involved"

David Dodge (sustainability@evansdale.ca)

We are looking for:

- President
- Soccer Director (VERY IMPORTANT)
- Newsletter Editor
- Programs
- Other opportunities too!
- Help set the agenda for our community, join us and let's make our community one of the best in Edmonton!

Evansdale AGM

November 24 at 7 pm at Evansdale Hall

Get in Shape at Evansdale this Fall

Whether you want to dance your way into shape or stretch, strengthen and relax, Evansdale Hall has a class for you. Starting in September Gentle Yoga, Zumba and Learn to Belly Dance will be offered at Evansdale Hall. Caring, experienced, certified instructor in a fun, supportive, non-competitive environment. All levels welcome.

Zumba

12 Wednesdays

7:15-8:15pm

September 16 - December 9

No class November 11

\$130 for 12 weeks or \$14 per class for Drop-in

Gentle Yoga

12 Thursdays

7:30-8:30pm

September 17 - December 3

No class November 12

\$130 for 12 weeks or \$14 per class for drop-in

Please wear comfortable exercise clothing, bring a mat and water

Learn to Belly Dance

12 Wednesdays

6:00-7:00pm

September 16 - December 9

No class November 11

\$130 for 12 weeks or \$14 per class for Drop-in

Please wear comfortable exercise clothing and bring water.

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

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>



Chris Nielsen MLA Edmonton-Decore

Email: edmonton.decure@assembly.ab.ca
Phone: 780-414-1328
Fax: 780-414-1330
Website: www.assembly.ab.ca

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Edmonton, AB T5E 6A3
Office Hours: Mon, Tues, Wed, Fri 9 AM – 5 PM
Thurs 10 AM – 6 PM

Follow me on social media!



Evansdale.ca Visit Our Website and Facebook Page

Get the latest information, our most recent newsletter, contact information and lots of other great stuff! Also get involved, join us on Facebook!

Website: www.evansdale.ca
Facebook Page: www.facebook.com/evansdalecommunityleague
Poplar Park Playground: www.facebook.com/poplarparkplayground



Taking time for yourself is important for your mental health

It sounds obvious but many of us may forget to take time for ourselves. People have all sorts of expectations for themselves and the drive to meet those can make it hard to take time. Taking a little “me” time is an important part of managing life’s stresses.

While most of us may not enjoy feeling stressed, it’s not always a bad thing. Stress is a biological reaction to what is going on around us and it is a part of how we function.

Some stress is good, but chronic stress is not. When you begin to feel overwhelmed or burnt out, one of the best things you can do is call a timeout, step back and take a moment for yourself.

When you take time for yourself, you are really making space for yourself in your life — giving your mind and body a break and time to re-energize. It’s meant to be about you.

There is no reason to wait until you are feeling burnt out to make time for yourself a priority. Building breaks into your days can help keep stress from mounting.

Whether it is a busy day at the office, at home or life in general, take the time to step away from whatever you are doing and focus on yourself. Make it a part of your everyday schedule and don’t skip it — those breaks are just as important as any deadlines, homework, errands or other activities you have going on.

For more information on stress, stress management and how to identify stress, contact Health Link Alberta at 1-866-408-LINK (5465) or visit www.myhealth.alberta.ca.

My staff and I are at your service.
We look forward to meeting you!



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

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

Kilkenny Community League News

A school parking tale

Look beyond your bumper.

Many drivers are good drivers. They follow most of the rules, most of the time. They are confident in their abilities, sometimes, maybe, over-confident?

As a good driver you are aware of the rules of the road. You know the posted speed limits and are cautious of school zones. What about where you park in these school zones? Does "parking" mean the same thing as "stopping to drop-off"? YES! YES IT DOES!

You may be running late that day, maybe you got caught in some unexpected construction, perhaps there was an accident. Whether it is a once and a while occurrence or you are usually rushed, there are a few things that you need to know. You need to look beyond your bumper! Some common mistakes:

□ Parking/stopping to let your child out at or inside the line of the crosswalk
You may be thinking this is the safest place to let your child out; they can exit the vehicle and already be inside the "safe zone" of the crosswalk. You may just be in a hurry and not want to find a space further away. You know that you are a good driver. You are confident that you have come to a complete stop and will pull away slowly and cautiously. The other drivers and pedestrians do not know you, however, and they are not aware of your driving skills. They do not know if they should drive around you? Do pedestrians still cross when a vehicle is in the crosswalk- is it still safe? You may be confident in what you are doing, but look beyond your bumper. See how your choice is perceived by others.

□ Parking beside the pylons or blocked off areas
If you want to watch your child enter the building, that does not mean you are able to park right in the front, at the crosswalk, bus lane or by the pylons. We understand that you want to ensure your child's safety- do not choose to endanger others for your piece of mind. It would take only seconds to find a designated parking spot and walk with your child. If you are going to wait for them anyway, might as well get some fresh air and walk with them

□ Parking in the bus lanes
The school bus can be a great alternative to driving your child to school. It is more environmentally friendly and can save you a lot of time and hassle in the mornings. If the bus is not for you, RESPECT THE ZONE. It is extremely important that the school busses have their designated spots to ensure the prompt and safe delivery of all of their passengers.

□ Double parking/Stopping in the middle of the street
This should seem obvious, but people in a hurry can justify stopping almost anywhere! Don't do it! Stopping in the middle of the street, or double parking beside another vehicle is never a good idea. The other vehicles and student around you do not know how to deal with a vehicle stopping where it is not supposed to. It is confusing and leads to unsafe situations.

Part Two: Adult Bullying

On certain days, when you make the quick choice to drop off your children in the middle of the crosswalk, tempers and anxieties may already be running high. There can be many frustrating events that take place in the morning that lead you to being late. As a consequence you drive a bit a fast, or choose to stop in a no parking zone. Getting caught by parent-patrol or a teacher on duty can add to the morning's frustrations, anxieties, and even cause tempers to flare. You may not recognize the teacher or parent and you may shout, yell, even, swear at the person who is telling you to move your vehicle. What if that is your child's teacher? What if the next time you 'recognize' the person you swore at is at "Meet the teacher night"? Embarrassing, right? What about your child? What about the lessons and impressions that leaves with your child, a student.

Adult bullying is absolutely real and is blatantly displayed in the 5min before and after the morning school bell. Bullying is defined as a person using superior strength or influence to intimidate (someone), typically to force them to do what one wants. Yelling, shouting, swearing at someone is used as a form of intimidation with the goal of having that person back-off, or let you to continue parking where you shouldn't be. This is not ok. As one has no tolerance for bullying 'on the playground' there will be no tolerance for bullying in the parking lot either.

Please, take a moment to check yourself; LOOK BEYOND YOUR BUMPER. You know what you are doing, but do the other motorists know?? Should they wait or go around? What about the children walking and waiting at the crosswalk- are they safe to cross?? Again, you know what you are doing, you are a good, confident driver, but the other people around you don't know what to do. Look beyond your bumper to see how your choices and actions are affecting the safety of people around you. Remember the lessons you are teaching your kids and that these parents and staff work with your child every day. Choose safety over convenience. Loose a minute, not a life. Look beyond your bumper.

AGM

Annual General Meeting

Thursday November 5th at
7:00 p.m. at the Kilkenny Hall,
14910-72 street

Come and meet the executive, share your stories and ideas! We are hoping to increase our 'members at large'! These are people who are interested in getting involved but are not wanting to commit to a whole position. Maybe you would like to sit in on the meetings and find out what is going on? Maybe you would be able to phone volunteers from your home once a month? Maybe you and a few friends would like to plan the next ladies night? What about a men's night □? Everyone is welcome to the AGM or any executive meeting! For details or the regular meeting schedule, feel free to email secretary@kilkenny.ab.ca

**There is less than 8 weeks
until Christmas!!! Don't
have time for baking??**

J.A. Fife School has you covered! In-Dey-Go frozen cookie dough is delicious, made in Alberta and has no preservatives! They have 3lbs tubs of dough, pre-portioned (48) pucks in a variety of yummy flavors! Frozen muffin mix also available- all for \$15 each! One more thing checked off your list all while supporting your neighborhood school! Please call Cali-Ann at 780-456-7356 or email cnichol2@telus.net for more information or order in person at the school at 15004-76 street.

Kilkenny Skating Rink Information

Skating Rink will be opened as soon as the weather allows! Skate free with a membership. Drop in is also available. The hours of operation will be 5p.m.to 9p.m. Monday through Friday and 12p.m.-5p.m. Saturday and Sunday. Kilkenny continues to accept donations of gently used skates and helmets. Bring them by the rink shack once it's open!



Indoor Soccer at Kilkenny

The Indoor Season is underway at Kilkenny, we have ten teams participating and we at Kilkenny wish them the best of luck and hope they all have a great season. A big thank you goes out to all coaches, assistant coaches, and managers for volunteering your time. Without you Kilkenny would not have a soccer program. There are still a few spots left if you are interested in having your child play indoor soccer. Please email Amber at soccer@kilkenny.ab.ca



Kilkenny Playschool Ready, Set, Grow!

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

- 4 year old class; Monday, Wednesday, Friday – 9:30am – 12:00pm
This class focuses on kindergarten readiness, letter and number recognition, printing, a variety of social skills and having fun!

- 3 and 4 year old class; Tuesday and Thursday – 9:30am – 12:00pm
This class focuses on following a classroom routine, various social skills, as well as some pre-printing skills, number and letter recognition and of course free play and having fun!
Classes are subject to enrolment.
If you have any questions please call 587-590-6204 or visit the website – www.kilkennyplayschool.wix.com/kilkennyplayschool
(A \$50 non-refundable registration fee will be required)

The Day The Volunteers Quit

One day, Mr. & Mrs. Extremely Busy were up early getting ready for work. Mr. Busy states; "I have several meetings today, I am going to get the oil changed on my lunch break, and I have several projects due by the end of the week". Mrs. Busy replies: "After I drop off the kids, I also have several meetings, I need to get groceries on my lunch break, a meeting with our littlest's teacher, make supper and get homework done." Mr. Busy asks; "Have we heard when Junior's soccer is starting yet?" "Well, we got an email that they were looking for a parent to volunteer to coach, but I did not reply as we are too busy. I will try to find a spare minute during my day to send an email inquiry." With that Mr. & Mrs. Busy were off in their separate directions to start their very busy day.

On the other side of the Community, Mrs. Whiny was also getting ready to start her day. Over a cup of coffee and cereal she thinks to herself: We were one of the first people at registration, I paid my fees, I should have heard something by now. I know they were needing some volunteers, but I don't know anything about hockey...they must have found someone by now? I am going to email at lunch, this is getting ridiculous". Mrs. Whiny continued on her day.

Lastly, Mr. & Mrs. Overwhelmed are pondering their upcoming day. Mr. Overwhelmed has a good job in an office with regular hours. However, he finds his job quite draining and when he comes home in the evenings he really looks forward to relaxing. Mrs. Overwhelmed has very young children, two are old now old enough for soccer. She is looking forward to the upcoming soccer season where she can have a break for at least an hour a day! She will send an email at the end of the day to find out when the season will be starting.

In the middle of the Community the President is also starting his day. He is in the middle of packing up his house, preparing to move. He has been working many hours of overtime, his elderly mother is sick and has been spending most weekends tending to her house and needs. The president has a family with children in activities. He has not been able to watch their events yet; his VOLUNTEER DUTIES attending the Community League meetings, Area meetings, Presidents meetings are in regular conflict. The President is really passionate about growing a strong community where everyone can feel safe in a friendly, neighbourly area. Today, though, his mom has a Dr. appointment, his child has an important event, he will be working late, and there is a presidents meeting. He has had enough, something needs to give: The president quits.

On the edge of the community is the soccer director. She has slept in and is scrambling to get her children out of the door to school. She was up until the very early morning hours completing her school assignments. The soccer director is also very committed to the Community. She believes that her efforts can help enrich the lives of many children. Today her neck is stiff, as she was hunched over her books until 3am. After she takes her kids to school she will have just enough time to get a coffee on her way to work. She works full-time, her husband works out of town, all of the parenting and household responsibilities fall to her. Her only time for herself is after the kids are in bed, which she needs for studying and laundry. Today the soccer director has a performance review at work, an exam at the end of the week, she is out of laundry soap, her partner's time away has just been extended, she has had no more volunteers for coaches and 3 emails wondering why their team hasn't started yet. She takes a deep breath and quits.

The President and Soccer Director have quit. The rest of the Community Executive can't cover such major roles. They also have jobs, families, and other responsibilities. They decide to utilize their spare time for something different. Either way they aren't getting paid- they decide to quit too.

Suddenly, 100 children from the community who were registered in Scouts, Beavers, Brownies and Sparks have nowhere to gather. The President always came to open the Community League building for them. 20 ladies, including Mrs. Busy can no longer do Yoga on Tuesdays at a close convenient location. Mr. Overwhelmed can no longer go skating in the evenings at the Community Rink just around the corner. Mrs. Overwhelmed is no longer able to walk her kids to the community preschool. The lives of HUNDREDS of children and their families were affected the DAY the VOLUNTEERS QUIT!

Neighborhood Reconstruction

The Kilkenny neighborhood, from 153rd avenue south to 144 avenue and 66 street to 82nd street has been selected for neighborhood reconstruction.

The Neighborhood Renewal Program is a cost-effective, long-term strategic approach to address infrastructure needs such as rebuilding and renewing roads, sidewalks and streetlights in Edmonton's neighborhoods.

Renewal work varies depending on the state of neighborhood infrastructure and Kilkenny is slated for reconstruction; repave roads, replace street lights, and sidewalks. Does not include arterial roads or alleys.

We would like your feedback and input. There will be reconstruction design considerations within the neighborhood. What does this mean?

Do you know of an area where there is a well-worn dirt path that could be a paved walk way?

Do you have concerns about speeding vehicles along certain roads? Are you interested in upgrading the street lights to a more decorative street light with colored poles or decorative arms?

Do you have suggestions for improved pedestrian safety or accessibility?

Bike routes?

Right now the city is at the Concept Phase of this project. The Kilkenny Community league is here to help gather data and feedback from the community at large to help identify where the needs are. Please send your feedback, comments or suggestions to Anjoli, Kilkenny Secretary, at secretary@kilkenny.ab.ca This information will be submitted by the end of the year and we expect to have a preliminary design and public meetings in the Spring 2016.

Thank you to everyone who has already emailed in suggestions. The more input, especially if it is the same suggestion, the better! We have also had some interest in the upgrading to the decorative lamp posts, this would require a committee to help reach out to the whole neighborhood- let us know if you are interested in this too! Email, secretary@kilkenny.ab.ca

Kilkenny's 45th Anniversary Party



A perfect example of how community brings each other together with a chance to meet friends old and new and share ideas and enthusiasm- all which contributes to a richer neighborhood.



Emily and Mom, Shannon taking in all the activities; after the petting zoo and face painting they were lining up for a balloon animal!



Neighborhood kids posing with their balloons on their way to the bouncy castles!



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

We always need volunteers to help with organizing and running events, as backup for bingos and casinos, and even to clean and organize cupboards in the hall. So if you are looking just to volunteer once in a while or a lot, we would appreciate any time you can give us. Please contact Jason at secretary@mcleodcommunityleague.ca if you are interested.

McLeod Supports the Christmas Bureau

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

McLeod Needs Donations of Skating Equipment

McLeod needs donations of skates and helmets to loan to people interested in skating but have no equipment. These items will be kept on site and loaned out only for skating on the McLeod ice rinks. If you have skates or helmets that are in good shape, please contact Leanne at president@mcleodcommunityleague.ca to arrange a time to drop them off.

McLeod President's Message

It's hard to believe that fall is upon us, the kids are back in school and the community indoor soccer season has started. I mentioned our September 19 Community League Day and 45th anniversary event in the last newsletter and I wish to express sincere thanks to MLA Heather Sweet for attending and serving birthday cupcakes! Councillor Ed Gibbons was also on hand to congratulate nominees of the EFCL Front Yards in Bloom initiative, as he is an ardent supporter of the community. Congratulations go out to the following people who were the winners of four giant stuffed animals donated by Steven Rosinski: Diego Dominguec, Rose Pomerleay, Shauna Moffitt, Breanna Dutra.

We also have Councillor Gibbons to thank for funding the installation of three benches along the Alta Link Walkway in Matt Berry. Those benches will be a welcome respite for people who enjoy walking that corridor.

The Miller Playground Society held their AGM on October 14, 2015 and the following people were acclaimed: President Leanne Rosinski, Vice-President Jennifer Mayan, Treasurer Tracey Bertrand, Secretary Troy Kalita. The Society is looking to dissolve within the next year as the playground has been built and no other plans have come forward for this group to consider.

By the time this newsletter reaches you, McLeod will have had their AGM on October 29, 2015. The 2015-2016 Board of Directors will be posted on the website shortly after. I want to thank the volunteer Board members that spend hundreds of hours each doing work for their community. In particular, I wish to thank Rob Durocher who ends his tenure as Treasurer and Brad Trefan who has long served McLeod as Baseball Director. Brad has generously offered to assist the new Baseball Director over the next year. In addition, Troy Kalita has offered to continue as Past President for which I am grateful.

Please support our events by attending the Family Christmas Party & Movie Night on Saturday, November 21 (party is 4:00-6:00pm, movie is from 6:00pm), and the Christmas Bazaar on Saturday, November 28 from 10am-4pm. See the Upcoming McLeod Events section for more information.

McLeod remembers our soldiers and veterans and there will be a ceremony on Tuesday, November 10 at 10:30am at the Little Mountain Cemetery. You are welcome to attend.

We have received some questions regarding the size of our community soccer teams. McLeod is limited to what we can do to address team sizes. Please see the article in this issue for more information.

*All the best,
Leanne Rosinski*

EFCL's 100 Year Anniversary Project Needs You!

Are you a history buff that would like to learn more about your community? Do you have old files and photographs from your community league?

Your photos and memories - think sporting events, parades, picnics, volunteering and more!

- Share your information with Leslie (EFCL 100th historical project coordinator and researcher) at leslie.holmes@efcl.org or visit <http://efcl100.tumblr.com> to submit your memories.
- Get organized and informed - form a history group in your community league and start digging. We will be hosting two workshops to assist leagues in researching their community history and starting their historical record keeping:
 - o Saturday, October 17, or Saturday, November 28
 - o 1-3PM
 - o Prince of Whales Armories - Jefferson Room
 - o Email leslie.holmes@efcl.org to register

Window and balcony safety Protecting your children

Every year, Alberta Health Services (AHS) EMS responds to multiple calls related to children injured after falling out of windows or off of balconies. In 2014, 20 Albertan children were seen in our Emergency Departments, due to these kinds of falls, and of those 20, 17 were less than seven years of age.



Always take these steps to prevent falls, and keep your children safe this summer season, and year round:

- Move furniture such as cribs, beds, stools, and change tables away from windows to prevent access to them.
- Install window guards on all windows on the second floor and above. These act like gates in front of windows.
- Consider installing safety devices which limit the distance in which a window can open. to 10cm (4 inch).
- Remember: screens are designed to keep bugs out, NOT to keep children in.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate the possibility that your child will be able to fit between the vertical bars of a balcony or deck.
- Furniture and other items stored on balconies and decks can be used to climb, resulting in a fall over the railing
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Direct supervision of children is always the most effective way to prevent falls.

AHS EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Visit us at: www.windowssafety.ca to learn more.

Mark Your Calendars for Upcoming McLeod Events

Friday, November 13, 7:30-10:30pm – McLeod Galaxyland Event
There are still tickets available for a low price of \$10 each. Please contact Leanne at president@mcleodcommunityleague.ca to purchase.

Saturday, November 21, 4:00-9:00pm – McLeod Family Christmas Party & Movie Night

Join us for a fun Christmas Party on Saturday, November 21. The party will take place from 4:00-6:00pm with crafts & cookie decorating. Movie starts at 6:00pm. Bring your favourite blanket & pillow. The Event is free but there will be a paid concession.

Saturday, November 28, 10am-4pm – McLeod Christmas Bazaar

Join us for free hot chocolate, enter to win great prizes and of course shopping! McLeod is bringing together about 30 vendors who can help you get started... and maybe finished with your Christmas gift list! There will be jewellery, children's books, clothing, skin and makeup products, collectables, tea, gourmet food, candles, crafts, men's items, and more! McLeod will gladly wrap your gifts for a cash donation to the Food Bank. So gather up your friends and family and stop by to get that holiday shopping done early!

Saturday, December 12, 5:00-9:00pm – McLeod Movie Night

Doors open at 5:00pm and movie starts at 6:00pm. The event is free but a paid concession will be available.

Sneak peek for 2016!

January 21-23 – Del Golinowski Initiation Hockey Tournament

In recognition of the long volunteer service of Del Golinowski, McLeod proudly presents the inaugural Del Golinowski Initiation Hockey Tournament. Please contact Andre at hockey@mcleodcommunityleague.ca or Cheryl at vp@mcleodcommunityleague.ca for more information.

Saturday, January 23, 10am-4pm – McLeod Valentine Bazaar

Vendors will be delighted to help you select something for that special someone! More details will be forthcoming.

McLeod Needs Translators and Help with a Seniors Program

We continue to look for translators to assist us to communicate parts of our newsletter information to all our of community members. If you are proficient in another language and can spare a few hours every month, please contact Leanne at president@mcleodcommunityleague.ca. If you represent a cultural group within Miller, McLeod, Hollick-Kenyon, Casselmen, or Matt Berry, please contact me and let's talk about a partnership!

We are looking starting a seniors program so if you enjoy cards, board games, crafts, movies, or just coffee/tea and conversation, please contact Leanne at president@mcleodcommunityleague.ca and let's work on getting a program established.

McLeod Needs Contractors – Electrician, Carpenter

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

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. Check our website for updates to what will be available.

Here are nine ways to tell if your child is physically literate (retrieved October 17, 2015 from: <http://activeforlife.com/9-ways-physically-literate/>).

1. Can your child do a forward roll?
2. Can your child do a flat-footed squat from a standing position and then stand up again?
3. Can your child swim (comfortable in water)?
4. Can your child throw a ball?
5. Can your child use an implement and strike an object?
6. When your child jumps, do they land properly?
7. Can your child stand on one foot for 30 seconds without losing balance?
8. Is your child confident with trying a new physical activity?
9. Can your child describe their movements accurately with basic correct words?

Go to the link above for more information about these questions and for activities you can do with your child indoors during the winter. Physical literacy is year-round!

Congratulations to Country Fair Ribbon Winners!

During our Community League Day, we hosted a country fair, where people could proudly display their gardening and cooking skills. Here are the official results:

Baking – Poppyseed Cake – #1 Red Ribbon – Cheryl Petruk
Pickles – Bread & Butter Pickles - #1 Red Ribbon – Doris Miciak
Beet Pickles - #2 Blue Ribbon – Doris Miciak
Mustard Pickles - #3 White Ribbon – Cheryl Petruk
Dumpling – Ukrainian Pyroghy - #1 Red Ribbon – Cheryl Petruk
Fruit Preserves – Peach Jam – #1 Red Ribbon - Susan Wong
Apple Jelly - #2 Blue Ribbon – Cheryl Petruk

One of the guest judges, Norma, our community's Community Recreation Coordinator (CRC) had the following comments. She thought the poppyseed chiffon cake with peanut butter icing was "light, moist and most of all yummy! I love the peanut butter icing." She thought the pyroghy were both tender and tasty! Consider entering next year, and tell your relatives who might like to compete! It's never too early to start practicing. This is an all ages event.



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

Congratulations to McLeod Community in Bloom Award Recipients

During Community League Day, many of our nominated neighbours were able to join us for lunch. In appreciation for their landscaping efforts, each neighbour receive a set of coffee mugs from Ed Gibbons, Councillor for the City of Edmonton, and a potted Japanese Lantern perennial from the McLeod Community League.

Approximately 50 front yards were nominated from all areas of our community: Matt Berry, Hollick Kenyon, McLeod, Miller and Casselman. Thanks to the following residents who were able to receive their award that day:

Betty Jean Morris
Linda and Wendell Jeffery
Steele Heights Baptist Church (W. Jeffery)
Mr. & Mrs. Marshall Pankiw
Niki Balance
Dian and Howard Heinrichs
Colleen Fenwick

Consider nominating your neighbour's yard next year, as every gardener appreciates when someone notices the hard work they put into their yard! If you would like to be part of the 2016 nominating or judging committee, please email mattberry@mcleodcommunity-league.ca

Councillor Ed Gibbons and Donna Ballantyne of McLeod Community League were on hand to congratulate our In Bloom award winners



(Starting from top left) Colleen; Dian and Howard; InBloom Trophies; Linda and Wendell SH; Mr and Mrs Pankiw; and Niki from Miller



SCHOOL of
CONTINUING
EDUCATION

CONTINUE EXPLORING AT ANY AGE

ARTS, DIGITAL MEDIA AND DESIGN
BUSINESS AND MANAGEMENT
CONSERVATORY OF MUSIC
ENGLISH AS AN ADDITIONAL LANGUAGE
HEALTH AND WELLNESS
MINERVA SENIOR STUDIES
UNIVERSITY PREPARATION

Free concerts, events, lectures

MacEwan.ca/ContinuingEducation

McLeod's Community League Day a Rousing Success

McLeod hosted its 45th anniversary and Community League Day on the 19th of September. About 300 people turned out to help us celebrate. We had lots of activities and displays, including:

- Bouncy castles
- Buggly Bright and her collection of amazing creatures
- Batman
- A princess
- Edmonton Public Library
- Edmonton Police Service
- County Fair
- In Bloom Awards
- The South Alberta Light Horse
- Edmonton Fire Department
- Photo Booth
- Movie Night
- Yoga Instruction from Blue Mango Yoga
- Free coffee provided by Starbucks
- Birthday cupcakes courtesy of Heather Sweet, MLA

We had so much support from so many people to make this event a success. We would like to specifically acknowledge:

- Councillor Ed Gibbons, who shows up to support us so diligently. Ed helped to hand out In Bloom awards.
- Heather Sweet, MLA, who provided the birthday cake, and who has also been great in supporting McLeod events.
- The Edmonton Fire Department, whose fire truck was a hit, and who delivered important messages about fire safety.
- The Edmonton Police Service, who helped to convey the message that a police service is a valuable community resource.
- The South Alberta Light Horse, who spent the day educating participants about the important role the Army Reserve plays in our nation.
- The Edmonton Public Library, who spent the day showing kids and parents all that the EPL has to offer beyond its wonderful selection of books.
- Hollick-Kenyon Starbucks, which is so good about lending a hand (and free coffee) to lots of McLeod's events.
- Nicole from Blue Mango yoga, who came out to show the benefits of McLeod's yoga programs for kids and adults.
- Norma Lorincz, our Community Recreation Coordinator, who took time out of a busy day to help with surveys related to the proposed facility in Matt Berry.
- And finally, our wonderful volunteers. Leanne Rosinski, our President, organized the event. Cheryl Petruk, Donna Ballantyne, Liz O'Quinn, Kevin Moffitt, Laura Sliwkanich, and the entire board chipped in to make the day a success. We were fortunate to have some very committed workers who were fulfilling their Community Service.

Thanks to all these people for their amazing support!



Events like these cannot run without committee volunteers

McLeod Does Not Control Soccer Team Sizes

Bryan Payne, President of the EMSA North, provided the following information with respect to questions from McLeod soccer coaches about team sizes.

“The mandate of the EMSA is to ensure that any player wishing to play soccer is provided that opportunity free of any barriers; this extends to bench size. There are seven U16 boys teams within the EMSA north boundaries. One community team has 16 players, one has 21 players and the average of these seven teams is 19 players. There are a few U16 players still in the process of being placed to teams and by the time the season starts it is expected that all EMSA north teams will have full rosters of 20 players. No community can refuse to accept a player if room exists on a roster to the limits stipulated by the ASA/EMSA.

Team final declarations were over a week ago, no further teams can be declared by any community within the EMSA so the creation of another team is not an option. Even if McLeod could form another U16 team it would have to host any players looking to play, up to the 20 player ASA/EMSA limit, and there is no doubt that the team would be filled.

Just to ensure there is no confusion. If McLeod purposely limited a team to 14 to 16 players and there were players looking for a home to play, McLeod would be expected to accept these players up to the ASA/EMSA limit. The soccer director has autonomy in team formation but team size is governed by maximum ASA/EMSA limits and player demand for player berths.

If McLeod wishes to apply for special dispensation to reduce rosters sizes below that of other communities there is an application process but it would not apply to the 2015-2016 indoor season.

ASA/EMSA Roster Limits Rule 304.0 Team Rosters

Teams are limited to a maximum number of players whom they can have registered and dressed at any one (1) time during the season according to the following schedule below. Should a team be granted special dispensation to register extra players above the allowed maximum number, they are also permitted to dress that many players during the EMSA regular season. During Inter Cities and Provincials, teams will only be permitted to dress up to the ASA roster limit.

INDOOR:

U6, U8 (Community): 14 Players
 U10 (Community & City-Wide Teams) 16 Players
 U12 (Community & City-Wide Teams) 16 Players
 U14, U16, U18 (Community and Premier Teams) 20 players

I understand and sympathize with the argument for a smaller bench. However there are numerous competing factors at work such as indoor facility and gym availability, equipment costs, coach availability, etc. This indoor season the EMSA North experienced a 6% increase in player numbers and the demand for indoor soccer time and gym space is outstripping our availability. One of the methods of coping is to ensure teams are running full benches.

The EMSA is actively looking at other options to alleviate some of the pressure on the indoor facilities. One of those options is the construction of a very large, multifunction indoor facility but more immediate solutions being examined include the creation of indoor fields within some of the larger warehouses that are currently empty. Due to the continuous increase in pressure from all user groups on school gyms some of other soccer zones have had to resort to reducing gym practices to one hour every two weeks. The EMSA North has so far been able to resist that as an option by purchasing all available gym time and creatively putting shorter contracts together to ensure coaches receive as much time in a gym as possible. This means that some teams will be practicing at two or possibly three schools or on less desirable nights such as Friday but all teams within the North Zone have received a full practice schedule for the 2015/2016 season.

The growing pressure on traditional methods of hosting indoor soccer is resulting in the need to look to new ways of meeting the demands of the most popular sport in Edmonton. The EMSA North is actively looking ahead in finding ways of ensuring all players wanting to play soccer continue to be able to do so at an affordable price and in a safe environment.”

McLeod wishes to thank Todd Chmilar, our Soccer Director, and his coordinators for continuing to take on the huge task of registering players, assembling teams, and many other duties that comes with organizing one of the largest community soccer programs in the City. Coaches or parents with questions can direct them to Todd at soccer@mcleodcommunityleague.ca. Please give them your support so that community soccer can continue to flourish in the greater McLeod community.

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*

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.

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.



blue mango
children's yoga

Yoga Classes at McLeod

Blue Mango Children's Yoga is proud to offer kids, family and adult yoga classes at McLeod Community League. Join Nicole, a 200 hour certified yoga teacher and children's yoga specialist for the following yoga classes.

Family Yoga: Saturday | 10:00- 11:00 am | Families with children 3 years and older | September 26, October 3, (no class October 10, Thanksgiving), 17, 24, 31

Kids Yoga (6-9 year olds): Saturdays | 11:15 am- 12:15 pm | September 26- December 12 (no class October 10, Thanksgiving)

Teen Yoga (10-16 year olds): Saturdays | 12:30- 1:30 pm | September 26- December 12 (no class October 10, Thanksgiving)

Restorative Yoga (adults): Thursdays | 6:30- 7:30 pm | September 24, October 1, 8, 15, 22, 29, November 5, 12, 18.

Movement and Meditation (adults): Thursdays | 7:45- 9:00 pm | September 24, October 1, 8, 15, 22, 29, November 5, 12, 18

Discounts for siblings, when registered in the same class. \$10 will be taken off class fees when new memberships are purchased.

All details and registration is available online at <http://mcleodcommunityleague.ca> choose programs, then click yoga
www.bluemangochildrensyoga.com 780-235-4191

Edmonton 311 App

Report your concerns on the go!

With the free Edmonton 311 app, you can use your smartphone to easily notify the city of:

- Potholes
- Damaged sidewalks
- Damaged trees
- Litter
- Graffiti

Help keep Edmonton great! Be the eyes and ears on the streets! Send a photo with your request and use your smartphone's GPS function to pin point an issue's location.

By doing this, you're helping us to better assess, prioritize and determine the corrective action based on severity, location, and other factors.

Note: Download 311 App

Search for "Edmonton 311" on: Google Play & iTunes App Store

Steele Heights News

Steele Heights Community League

www.steeleheightscommunity.com

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

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

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

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

Heather – Past President & Spray Park Committee Chair

Jon - Vice President

Dinah - Secretary

Cecil G - Treasurer & Civics Director

Denise - Membership Director & Neighbourhood Watch

Gwenna – Facilities Director

Marcus – Communication Director

Tyler – Program & Event Director

Trish – Social Director & Newsletter Editor

Robin - Director at Large

Cecil P – Director at Large

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

• **Monthly Meeting at the Hall** – Third Monday at 6:30pm

(except Holiday Mondays where it is held the week before)

• **Hall Address**

5825 140 Avenue NW

Edmonton, AB

• **Mailing Address**

Steele Heights Community League

PO Box 70005 RPO Londonderry

Edmonton, AB T5C 3R6

• **Membership & Associate Membership Information**

Family (immediate family members) - \$25
Individuals / Single Parent Family (0-64 years) - \$20

Senior (65 years+) - \$15

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

Visit our website for details on benefits.

Why Should I Buy A Steele Heights Community League Membership?



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

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

Community Ice Rinks – Volunteers Needed

Steele Heights Community League is once again looking for volunteers to help maintain both of our outdoor rinks for the upcoming season. We are planning to start in the middle of October by cutting the grass down as close to the soil as we can.

From there, we will have to wait until Mother Nature and Jack Frost bring us some good old fashioned Canadian winter temperatures so that we can begin flooding the rinks.

So if you can spare some time to work on our community rinks, you're welcomed to come and lend a hand, or just to learn and meet some of you neighbors.



To volunteer, please send us an email at steeleheightscommunity@gmail.com

Be wise at the wheel

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

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

Stop tailgating

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

Slow down

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

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

Plan your route

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

— reprinted from Apple magazine

Steele Heights Community League
Santa's Extravaganza!

Join us for our
3rd Annual
Holiday Celebration
November 21, 2015
12:00 pm to 5:00pm
5825 140 Avenue



See Santa, Mrs. Claus
& the Elves!

Food Bank
Donations
Welcome

- Face Painting
- Cookie Decorating
- Membership Drive
with Prizes
- Holiday Gift Vendors
- Concession Available
- Visit with Santa and
receive a Candy Cane
(Free photo with
membership)

Hello boys and girls from of Steels Heights Community and all the surrounding families in Edmonton.

Well I must say that this is a true treat for me, since Mr. Claus has really picked up the pace since we are heading full into the holiday Christmas season, and has found him in a workshop with all the elves, making sure that all is on schedule and they are working on those special requests you asked for. So I Mrs. Claus has offered to write this letter to you. And I am just thrilled to be able to write to all you lovely children and I have something special to share with you all. Since Mr. Claus and all the Elves, Reindeers are so much ahead of schedule which means I am ahead of schedule as well, I am going to be able to join Mr. Claus this holiday season on a few trips and one is to see YOU at Steele Height Community Hall. I am so excited to meet you all!... after all Mr. Claus talks to me about all the wonderful letter he receives and just how good you all have been throughout the year. And we know being good would be by listening to your parents and helping out around the house, being nice to your brother or sister and always try your best in school and don't forget to listen to your teachers as well. I do hope you have been having lots of fun in the winter season playing in snow, playing outside with your toboggans or maybe you're on the ice skating, playing hockey or maybe it is an indoor sport just staying active and keeping fit during these long winter months. Though we all hard work I due make sure the Elves and Reindeer due make time to play and stay active as well we sled, build snowmen, play hockey and even I have been known to throw a few snow ball in a good old snow ball fight between the elves and reindeers all friendly of course. One of my personal favorite is while checking on the Christmas tree farm we play a little game of hide and seek, which I must say those elves are very good at. After a few hours of some good play time we relax in the house for some hot coco, a cookie or carrot for snack, while sitting and relaxing by the fireplace singing or listening to Christmas carols this is one of my special times to chat with all our elves and reindeer family to let them know how proud we are of them working so very hard to get ready for that long busy night of flying around to world to deliver all the special items to all you special children. The elves and reindeer always share with me how they just love their job hard work and all, it all worth it when that special day comes around. So still having to keep everyone on task there is still lots to be done polishing the sleigh and all it bells and of course each reindeer always needs to be sized and fitted for their shiny new sled harnesses, that they are so proud to wear for that special night...they always look so handsome!. So as we are for getting all the final details ready I hope you will do something nice for others during this special season of giving, will you consider bringing a non-perishable food item with you to donate to the Edmonton Food Bank, as this could help others to have a special Christmas as well. When you visit Mr. Claus and I on Nov.21/2015 at 12 pm to 5 pm at the Steel Heights Community League Hall on 5825-140 Ave. Northwest T5A-1G3 Edmonton Alberta (780) 475-3553. Hey moms and dads at this time pictures will be available with Mr. Claus and I, with one free picture with a valid community league membership, along with other can be purchased up to two (total of 3). Well I best get a move on as I have more cookies and the candy cane production to get baked for my elves and reindeer family in fact I am going to share one of their favorites cookies with you, so maybe you can make some with you family. We all just love these and the name is pretty special too.

Santa Whiskers cookies:

Refrigerate or "icebox" cookies chopped cherries and pecan rolled in flaked coconut. Festive and easy makes about 60 (the reindeer just gobble these up)

1 cup butter, soften
! cup granulated sugar
2 tablespoons milk
1 teaspoon vanilla extract
2-1/2 cup all-purpose flour
1 cup red candied cherries finely chopped
1/2cup pecan finely chopped
1 cup flaked coconut

In a large mixer bowl beat butter till softened. Add sugar and beat till fluffy. Add milk and vanilla and beat well. Add flour and beat until well mixed. Stir cherries and pecans. Shape into three 7"rolls. Roll in coconut to coat. Wrap and chill for several hours. Preheat oven to 375F.Cut into 1/4 thick slices. Place on ungreased cookie sheet .Bake about 12 minutes or until done. Remove and cool.

** don't forget to get an adult to help you with the baking should you need it.

Well boys and girls I will see you all soon Mrs. Clause

Smoking in Outdoor Shared Spaces

The City of Edmonton is proud to be one of more than 30 municipalities across Canada that has implemented outdoor smoking regulations.

Residents and visitors to the City of Edmonton are not allowed to smoke within 10 metres, at all times, at or around playgrounds, water spray parks, sports fields and courts and temporary, seasonal outdoor ice skating rinks.Public Places Bylaw

An amendment to the Public Places Bylaw was passed on April 4, 2012 with the intention of keeping areas that are frequented by children, smoke free.

The smoking restrictions are in effect at all times but only apply to the outdoor structures and places listed above.

Not complying with the bylaw will result in a \$250 fine.

Enforcement

If you witness a violation of the bylaw, feel free to discuss your concerns with the smoker. You can also record the address and description of the violation and report it to 311.

The ability to enforce individual infractions is limited but areas with high reports can be targeted and patrolled by enforcement officials. Enforcement of the bylaw through targeted blitzes will be used in problem areas on a complaint basis only.

Please be aware, smoking is not permitted within 10 metres at or around sports fields in accordance with the Public Places Bylaw 14614. Failure to comply will result in loss of field privileges. For more information: 311



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The Edmonton Insight Community

The Edmonton Insight Community (<https://www.edmontoninsightcommunity.ca/Portal/default.aspx>) an online space for Edmontonians to provide their views on a wide variety of city issues. It's a place to collaborate and communicate with us and others in our community. We want to hear your opinions, learn about your needs, share information with you, and ask you to express what's most important to you.

Our City has a lot to be proud of, and we face some big challenges and have some great opportunities. Your input is important in helping to stimulate thoughtful community-wide discussion and inform decision making.

As a City, it's important we address challenges head-on. That's why it is incredibly important for us to hear from a wide range of people, of all ages and backgrounds, as we continue to build an even better city.

We ask just a few minutes of your valuable time to join.

Why Join?

- Play a part in shaping your City with other engaged citizens
- Provide your views on important topics via the web or your mobile device
- Focus on topics that are important to you and your community
- Learn about exciting initiatives the City is planning
- Access opportunities to participate in workshops of interest
- Engage with the City regularly over a multi-year period

Telephone 780-495-0395

Youth head injuries during sport and recreation

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

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

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

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

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

Managing Chronic Health Conditions Live well and feel better

Do you live with a health conditions that requires ongoing management? These are called chronic health conditions and include things like diabetes, obesity, high blood pressure and even some cancers.

Approximately 30 per cent of Albertans report having at least one chronic health condition and for those over 65 years of age, that number more than doubles to over 75 per cent. It's projected that by 2031, one in five Albertans will be a senior which will increase the demand on our health care system to manage more chronic disease.

These stats highlight the importance of providing support and education around chronic disease management to Albertans across the province.

Alberta Health Services (AHS) along with community partners and family doctors offer a wide range of resources to help those living with chronic conditions live a long, happy and healthy life.

Through the Alberta Healthy Living Program, AHS offers:

- disease specific and healthy lifestyle education classes
- supervised exercise programs
- self-management workshops, typically offered as the Better

Choices, Better Health® program which teaches people with a wide range of health conditions to take control of their own health and feel better.

The majority of the Alberta Healthy Living Program classes and resources are available free of charge and have been customized to meet local needs including targeted programming for diverse and vulnerable populations.

To find out the classes and resources offered in your community and those available online to help manage chronic conditions visit: <http://www.albertahealthservices.ca/10356.asp>. More information on chronic disease management is also available on www.my-health.alberta.ca or by calling Health Link at 811.

Think before you drink

Protect against tooth erosion

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

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

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

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

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Playing outside fuels a child's curiosity

For generations, parents have been telling their children to “go outside and play.” It's good advice: playing outside is a big part of healthy childhood development. And it's fun. “Children are eager to understand how the world works and they do this through play,” says Laura Crawford, provincial lead for Play and Physical Literacy for the Early Years at Alberta Health Services. “Outdoor play fuels curiosity, problem solving and social skills.” Young kids, from toddlers to six years old, discover all kinds of new things while they're climbing, swinging, running or riding their bikes. Playing outside helps them develop basic movement skills. And as they master the monkey bars, they're also building self-confidence.

Children need lots of play time. “From ages one to four, children need at least three hours of activity over the course of the day,” Crawford says. “Children five and older need at least one hour of moderate to vigorous physical activity every day.”

Some of that play can be structured and led by an adult so children can learn how to do a new skill or activity. “Structured activities are things such as going to the park and kicking a ball, throwing a ball, playing soccer or learning to swim or ride a bike.”

But it's also important for children to have plenty of unstructured play, such as running around or using their imagination to invent brand new games and activities. Crawford suggests allowing most play to be unstructured.

As a parent, you can watch, wait and listen as your child plays. Watch to see what your child is interested in and what he may be struggling with. Wait to see how you can offer support, but give him time to practise and see if he can figure it out on his own. Finally, listen to him describe his game or suggest how you can play along or help. Follow his lead.

— reprinted from *Apple magazine*



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