

# NORTHEAST VOICE

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

October 2015



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## Upcoming Events in Northeast

### October

23: Northeast Seniors Assoc Dinner Theatre Comedy Night; \$50; Dinner at 6pm; show at 7pm  
24: McLeod Family Halloween Party  
24: Little Mountain Cemetery Tour  
29: McLeod Annual General Meeting  
31: Northmount Pumpkin Carving Contest

### November

10: No Stone Left Alone Remembrance Ceremony at Little Mountain Cemetery  
21: McLeod Christmas Party  
21: Steele Heights Santa's Extravaganza (noon-5pm)  
28: McLeod Christmas Bazaar

### December

11: Northmount Movie Night (Family and Teen)

### 2016:

Jan 28-Feb 7: Stan Gantar Memorial Hockey Tournament at Kilkenny

If you have an event upcoming that you would like to see on this list, please e-mail [secretary@mcleodcommunityleague.ca](mailto:secretary@mcleodcommunityleague.ca)

## Kilkenny Community League Annual General Meeting: November 5th at 7p.m

Comments or concerns about the neighborhood renewal project? We would love to hear what you have to say!! We are always looking for extra ideas and hands to help out!

Do you have computer skills? We are looking for a website manager; regular attendance to meetings is preferred, but not mandatory, please inquire at the AGM!

## McLeod Annual General Meeting

McLeod will host its Annual General Meeting on October 29th. We are happy to welcome our MLA, Heather Sweet, as our guest speaker. The AGM will be followed by a wine and cheese reception. Please come out and meet your Board and Executive, and make your voice heard. The AGM starts at 6pm and will take place in the Programs Room at the Hall, at 14715 59 Street.

## Evansdale Goes Solar



Dave, Steve and Warren from Evergreen and Gold Renewables installing the first of 52 solar modules going on the roof of Evansdale Hall. Solar will provide half of the electricity for the community league over the course of the year.

*Photo David Dodge*

## 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.

## 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](mailto: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](mailto:leslie.holmes@efcl.org) to register

# 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>
Angele Boake	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		
<i>Vacant-volunteer today!</i>	Newsletter & Social Media	<i>volunteer today</i>	<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!

- \$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. You can also 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 Evansdale

NOW is the time to get involved and help make our community the most vibrant community in north Edmonton. Be an active part of your community, meet your neighbours, help make a difference! You will be glad you did. Evansdale is looking for volunteers in the following areas:

- President
- Soccer Director (learn under the present director who is retiring)
- Newsletter editor to compile articles for Northeast Voice
- Children's Programming Director
- Programs Director

Our meetings are the second Tuesday of each month at 7pm at Evansdale Hall. Drop in – ask questions – get information – provide input – BE INVOLVED. You will be glad you did! For more information on volunteering opportunities contact our president Shawna Walsh [president@evansdale.ca](mailto:president@evansdale.ca)

## Ballet Sculpt Tuesdays at Evansdale

Unlock the dancer's secret to a long, strong, lean body! This program combines exercises inspired by ballet barre exercises with fun, fat burning cardio to get results – leaner hips and thighs, flatter abs, firmer arms and upper back. Because this program targets weak, underused muscle groups, it also helps to improve posture and joint stability, increase stamina and prevent injury. No previous dance experience required. Please bring a mat and water.

To register, or for more information, call/text Tracey at 780-264-0706, email [aldiya@aldiya.com](mailto:aldiya@aldiya.com) or visit [www.aldiya.com](http://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>

## 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/evansdalecommunityleague](http://www.facebook.com/evansdalecommunityleague)

Poplar Park Playground: [www.facebook.com/poplarparkplayground](http://www.facebook.com/poplarparkplayground)



## Playgrounds Busy, Sports Facility Open and Wanted A Few Good Volunteers

Here it is, September already. It is hard to believe that summer break is over already. I am going to miss the sound of children playing now that they are back in school. Everyday there were so many children participating in the Green Shack program at Evansdale, Belle Rive and Eaux Claires playgrounds. Thank you to the great team leaders for running very successful summer programs. Evansdale community will continue the Green Shack program for 8 more weeks; Monday and Wednesday from 4pm – 7pm and Sunday's from 1pm – 4pm. I hope to see all our summer program participants continuing to have fun.

All the construction is finally completed on our new building, including the rink and sports area. We have even received our occupancy permit from the City so we are good to go. Thank you to Jeff for your 100's of hours of dedication to this project from monitoring the construction crew to watering newly laid sod and planting rose bushes to recycling materials to complete the garbage dumpster enclosure. Thank you as well to Jim who was always available and willing to help when needed and to Dave for completing the financial reports for the government and the city.

Construction has started on the Poplar Park playground and I am sure many of you have noticed all the mud and equipment in the playground site area. I cannot stress enough how dangerous this area is right now, so please make sure you remind your children this is not a safe place to be playing. Don't forget you have another great playground just around the corner in Eaux Claires community. We will hopefully have a nice fall so all the kids can enjoy more time playing outside.

If you missed the Free Admission Day (September 27) check out the city of Edmonton website for upcoming events. Some Halloween and Christmas events are already posted but keep checking as the website is updated on a regular basis.

### Volunteers Needed At Evansdale

I would like to take this opportunity to thank everyone who has volunteered with the community over the past years. I truly believe our volunteers are the best in Edmonton. Your spirit and enthusiasm have definitely made our events more enjoyable. If you would like to be involved in other ways check out the following positions on the Executive: vice-president; event coordinator; newsletter editor; soccer director. If you have any questions please feel free to send me an email at [president@evansdale.ca](mailto:president@evansdale.ca).

And yes, you read the above paragraph correctly. Moe has stepped down as our soccer director. He is willing to stay in the position to finish off the indoor season and train a new director for the upcoming outdoor season. If you are interested please contact Moe at [soccer@evansdale.ca](mailto:soccer@evansdale.ca). Moe has done an amazing job at organizing our soccer program and ensuring everything ran smoothly so I know his ability to train a new soccer director will also go smoothly. Thank you Moe for your commitment to community soccer. You definitely gave our program the boost it needed.

Don't forget that the 30km school zones are now being enforced. These zones were implemented for the safety of our children, not as an inconvenience to you so PLEASE RESPECT THEM.

*Thank you,  
Shawna Walsh, President*



Shawna Walsh (President), Jeff Muiselaar (VP), Moe Taha (Soccer Director) and David Dodge (Director of Sustainability) with the 52 solar modules being installed on Evansdale Hall.

## Poplar Park Playground Under Construction

By Noela Shields, Chair of Poplar Park Playground Committee

Construction started on the Poplar Park Playground and basketball courts in late August. Thanks to a last minute contribution from Area 17 communities (McLeod, Kilkenny, Londonderry, Northmount, Lago Lindo, Steele Heights and Evansdale) the park will have a gazebo!

A grand opening will be organized next year! Any funds leftover will be contributed to the phase 3 spray park project. A few new volunteers will be needed to undertake phase 3. If you are interested in see phase 3 happen let us know right away. Email: [playground@evansdale.ca](mailto:playground@evansdale.ca)



## 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](mailto:aldiya@aldiya.com) or visit [www.aldiya.com](http://www.aldiya.com)



## 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)





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## Are Coyotes a Problem in Your Area

To help prevent conflicts with coyotes

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

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

- [www.edmonton.ca/coyotes](http://www.edmonton.ca/coyotes)
- [www.srd.alberta.ca/FishWildlife/HumanWildlifeConflict/Coyotes.aspx](http://www.srd.alberta.ca/FishWildlife/HumanWildlifeConflict/Coyotes.aspx)
- [www.edmontonurbancoyotes.ca](http://www.edmontonurbancoyotes.ca)

To report a problem coyote(s), call:

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

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



## 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:** Dickensfield Community  
14707 88A Street (Boys & Girls Club parking lot)

**Time:** Every Friday from 10:30 - noon

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



For more information contact  
**Centre for Family Literacy**  
780-421-7323 or [www.familit.ca](http://www.familit.ca)

## EFCL's 100th 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!

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- o Prince of Whales Armories - Jefferson Room
- o Email [leslie.holmes@efcl.org](mailto:leslie.holmes@efcl.org) to register

## 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](mailto:jgraff@extencicare.com)

# Kilkenny Community League News

## Welcome Everyone We're back!

Happy 45th anniversary to Kilkenny! I hope you enjoyed our events on Sept 19 at the hall. We had lots of fun; music, face painting, petting zoo, jumpy things and fireworks.

I hope everyone has had an enjoyable summer. It has been busy around the hall. As you can see we are having the building painted with a lovely Kilkenny green. Thank you to Terry for all his work.

This summer the asphalt was done in our side of the parking lot, around the building, and leveled off in the back of the building. Inside of the building all of the lights have been changed to LED Lighting. The outside lights will hopefully be done by the time you get this newsletter.

A big thank you to Vitor for all his hard work in maintaining the grass and rinks during the summer.

I need to send out a warning: all vehicles parked in our side of the parking lot overnight, when they are not part of event at the hall, will be towed at the owners expense. The parking lot is private property.

I would like to thank all the volunteers that helped us with our Sport Registration and all of our events. If it wasn't for you we would not be able to do these activities.

We will be having a senior tea and membership drive on Sunday Oct 18 from 1-3 in the meeting room please join us. Come get your free membership and learn about the benefits!

Halloween party is on Oct 24 starting at 8 pm. Tickets are \$20 (adult only) and you can call Anna 780-478-3269 for tickets.

November 5th will be our AGM in the meeting room. Come and join us. We are always looking for Members at large and your opinions and ideas matter to us.

Please keep an eye out for any suspicious activity, call the police line 780-423-4567 with any concerns. This is your neighborhood, let's work together to keep it safe.

Need to rent the hall or the meeting room? Please check our website at [www.kilkenny.ab.ca](http://www.kilkenny.ab.ca)

Join us on Facebook - Kilkenny Community League -  
To Get The Latest Information :)

*Thank you to everyone.*

## Kilkenny Halloween Dance



Another 'Spooktakular'  
Community Event  
**Saturday, October 24th**  
**at 8:00 p.m.**  
Tickets \$20  
For tickets email;  
[anatobe@hotmail.com](mailto:anatobe@hotmail.com)  
Food, Prizes, DJ dance, cash bar and  
a fun photo booth!  
**ADULTS ONLY**  
Visit us on facebook at Kilkenny  
Community League or  
Check the website  
[www.kilkenny.ab.ca](http://www.kilkenny.ab.ca)

## Indoor Soccer Season is just around the corner!!!!

We at Kilkenny look forward to another great soccer season.

I would like to thank all the volunteers that helped out at registration and made it go smoothly. If you are interested in coaching soccer this Indoor Season please contact me at [soccer@kilkenny.ab.ca](mailto:soccer@kilkenny.ab.ca)

*Amber - Kilkenny Soccer Director*



## 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](http://www.kilkennyplayschool.wix.com/kilkennyplayschool)

(A \$50 non-refundable registration fee will be required)

## Seniors Tea and Membership Drive

Seniors you are eligible for a free community membership! Come and visit with some of the executive on Sunday October 18th from 1:00p.m. to 3:00p.m. have some tea, share some stories and get your free membership, which allows you to free swim times, free skating as well as discounts at city of Edmonton venues!  
**READY! SET! ACTION!!**

Kilkenny Movie Nights are back on!! Friday October 23rd and Friday November 20th, doors open at 6:30 p.m. and show starts at 7:00p.m.  
Join us on Facebook - Kilkenny Community League -  
To Get The Latest Information :)

## Neighborhood Reconstruction

Exciting news!! 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](mailto: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.

## Teen Driver Safety

Driving is a risky experience for all of us but it is most risky for teenagers in their first year of unsupervised driving. Car crashes are the leading cause of death among teens in Alberta. Not all risk is bad; risk is a necessary part of healthy teen development.

It is important that teens take Smart Risks when driving. For more information on the smart risk approach visit: [www.albertahealthservices.ca/4938.asp](http://www.albertahealthservices.ca/4938.asp)

Encourage your teen to look first. This means being prepared to drive, every time, by checking road conditions and mapping routes before they get into their car. It is also important to check tires, adjust seats and your teen to buckle up, no matter how short the drive. It is the law.

Teens can get trained by taking a driver's education course from an unbiased expert who has years of experience teaching new drivers. Enforce with your teen that it is the law to drive sober. Set a rule against drinking and driving.

Aside from encouraging your teen to take smart risks when driving, there are many things you can do to help keep your teen safe:

- 1) Set a good example behind the wheel by modeling the smart risk behaviours above. Always wear your seatbelt, never speed and be respectful of other drivers and pedestrians on the road.
- 2) In addition to driver's education, teach your teen how to drive under your supervision in low risk conditions before moving up to more risky situations.
- 3) Stay informed about Alberta's Graduated Driver Licensing (GDL) laws and start a conversation with your teen about it.
- 4) Using the Parent/Teen Driving Agreement with your teen can help you with all of these things. This agreement will help you start and keep an open, honest dialogue with your teen about their driving behaviour. It will also help you work together to set boundaries and build trust.

## 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.



**Chris Nielsen MLA**

Edmonton-Decore

Email: [edmonton.decure@assembly.ab.ca](mailto:edmonton.decure@assembly.ab.ca)

Phone: 780-414-1328

Fax: 780-414-1330

Website: [www.assembly.ab.ca](http://www.assembly.ab.ca)

#5, 9228 – 144 Avenue NW

Edmonton, AB T5E 6A3

Office Hours: Mon, Tues, Wed, Fri 9 AM – 5 PM

Thurs 10 AM – 6 PM

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- Emergency after hours appointments

**SENIORS**  
Ask how you  
may receive your  
dentures  
**AT NO COST**  
**TO YOU\***

\*Some conditions and restrictions apply.

[www.londonderrydentureclinic.com](http://www.londonderrydentureclinic.com) 13594 Fort Rd. Northeast Edmonton



# 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](mailto:secretary@mcleodcommunityleague.ca) if you are interested.

## McLeod Supports ME Lazerte High School

Pauline Law is looking for volunteers to help students with homework starting in September. If you have a few hours to spare during the week, Pauline would love to hear from you! You can reach her at [plaw@epsb.ca](mailto:plaw@epsb.ca) to offer your assistance.

## McLeod Needs Donations of Skating Equipment

McLeod is looking to start gathering 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](mailto:president@mcleodcommunityleague.ca) to arrange a time to drop them off. You can always bring items by during sports registration, movie nights and community events.

## McLeod President's Message

It has been a busy summer for your Board of Directors as we have conducted two hockey and three indoor soccer registrations in addition to planning our fall and winter events. By the time you get this newsletter, we will have celebrated Community League Day and our 45th anniversary on September 19. I hope you enjoyed the event!

Please note the changes to the dates of the Family Christmas Party and the Christmas Bazaar: our popular Christmas party takes place Sunday, November 22 and the shopping event is on Saturday, November 28. See the Upcoming McLeod Events section for more information.

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 me at [president@mcleodcommunityleague.ca](mailto: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 start a seniors program so if you enjoy cards, board games, crafts, movies, or just coffee/tea and conversation, please contact me at [president@mcleodcommunityleague.ca](mailto:president@mcleodcommunityleague.ca) and let's work on getting a program established.

There are two important meetings coming up that I hope you will take the time to attend. The McLeod Annual General Meeting takes place on Thursday, October 29, 6-7pm. The Miller Play-ground Society is also having their AGM on Wednesday, October 14 at 6pm. See the Upcoming McLeod Events section for more information on these meetings.

With the arrival of fall come thoughts of snow and the cold weather that will not be far behind. That means this is the perfect time to go through your house and garage for items that you no longer need. Please support Goodwill Industries of Alberta by donating clean and useable household items and clothing. There is a donation centre located in Manning Crossing right next to the Safeway, and they are open Monday-Friday 9am-9pm, Saturday 9am-6pm, and Sunday 10am-6pm.

We are short volunteers for some of our fall events. If you can spare a few hours, please contact me at [president@mcleodcommunityleague.ca](mailto:president@mcleodcommunityleague.ca).

*All the best,  
Leanne Rosinski*

## McLeod History Research Project

McLeod's 45th and 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](mailto:leslie.holmes@efcl.org) or visit <http://efcl100.tumblr.com> to submit your memories.

- Please cc your submission to [mattberry@mcleodcommunityleague.ca](mailto:mattberry@mcleodcommunityleague.ca) as well because the McLeod league is celebrating our 45th anniversary this year, we're collecting our history too.

• Get organized and informed - form a history group in your community league and start digging. the EFCL will be hosting two workshops to assist leagues in researching their community history and starting their historical record keeping:

• Saturday, October 17, or Saturday, November 28

• 1-3PM

• Prince of Wales Armouries - Jefferson Room

• Email [leslie.holmes@efcl.org](mailto:leslie.holmes@efcl.org) to register

A McLeod league rep is attending the Nov 28 session, and would welcome anyone interested in this research project to attend either session. Please register with Leslie, and cc [mattberry@mcleodcommunityleague.ca](mailto:mattberry@mcleodcommunityleague.ca) so we can build a McLeod research group.

## McLeod Supports Good Works in our Community

During the year, the McLeod community league supports social enterprise and non-profit organizations that do good works in our community. We collect cans/bottles for the Youth Empowerment and Support Services, food for the Edmonton Food Bank and coin donations for the Royal Canadian Legion's poppy fund.

This month we'd like to highlight the great work done by Goodwill Industries of Alberta, who operate a thrift store and a drop off location at 600 Manning Crossing, near 137 Avenue and Manning Freeway.

Goodwill is committed to providing individuals with physical and mental disabilities the opportunity to enhance their lives through employment training and meaningful work.

You can both donate and shop for clothing, household items, toys, and small furniture at this location. They even have a recycling program where clothes unsuitable for resale are manufactured into cleaning rags!

You don't have to save-up stuff for a garage sale, just plan regular drop-offs to Goodwill throughout the year. Always check the store while you are there, as last year I picked up some unique old Christmas tree ornaments! More information is at [www.goodwill.ab.ca](http://www.goodwill.ab.ca). If you are a non-profit in our area, and would like a shout-out in our newsletter, please email [mattberry@mcleodcommunityleague.ca](mailto:mattberry@mcleodcommunityleague.ca) with your contact information.

## 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](mailto:president@mcleodcommunityleague.ca) to be added to our contractors list.

## 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](http://christmasbureau.ca/volunteers) or call (780) 414 7682.

## Update from McLeod Community Safety Director

It was brought to my attention of the traffic issues in front of Dr. Donald Massey School. The staff ask that if you have children attending the school to please try and park away from the school and walk your kids to school. This includes pickup at the end of the day. There is fair amount of parking near Hollick Kenyon Park. Just a reminder that the drop off zone is only meant to drop off students and not park your vehicle for any period of time. The staff would appreciate you helping them out with these issues. Another reminder that when school is in session that speed limit of 30 Km/Hr is from 0800-16:30 Hours Monday to Friday. Please be mindful and do not rip through our school zones putting our children at risk. Parents please teach your children not to walk in between vehicles and how to cross the street safely and when possible at marked crosswalks.

## Mark Your Calendars for Upcoming McLeod Events

**Wednesday, October 14, 6-7pm** - Miller Playground Society Annual General Meeting

Positions available for election are president, vice-president, treasurer, and secretary. Please contact Jennifer, the Miller representative on the McLeod Board of Directors at [miller@mcleodcommunityleague.ca](mailto:miller@mcleodcommunityleague.ca) for more information.

**Saturday, October 24, 5-10pm** - McLeod Family Halloween Party & Dance

Doors open at 5:45pm and the dance is from 6:00-10:00pm. A concession will be available. Tickets are \$7.00 each and can be purchased by contacting Liz at [social@mcleodcommunityleague.ca](mailto:social@mcleodcommunityleague.ca). Hurry as this popular event sells out fast!

**Thursday, October 29, 6-7pm** - McLeod Community League Annual General Meeting

Come hear special guest Heather Sweet as she talks about her vision of community collaboration. Enjoy wine and cheese and mingle with the Board and your neighbours. Positions available will be posted on our website at the beginning of October. [www.mcleodcl.ca](http://www.mcleodcl.ca)

**Sunday, November 22, 12-4pm** - McLeod Family Christmas Party

There will be crafts, Santa's Shop, a visit from Santa, and more! A concession will be available. Tickets are \$20.00 per child and can be purchased by contacting Liz at [social@mcleodcommunityleague.ca](mailto:social@mcleodcommunityleague.ca). Hurry as this popular event sells out fast!

## McLeod Hosts Little Mountain Cemetery Tour

Join us for some new stories and local history with our cemetery tour this fall. Learn about early European immigration, the booming Klondyke era and war history. Share your own stories too. Please bring a flashlight, wear sturdy walking shoes and dress warmly. No washrooms on site.

Saturday, October 24 at 9 pm (evening)  
Historical Cemetery Tour  
Little Mountain Cemetery  
16025-54 Street



## 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](http://www.windowssafety.ca) to learn more.

## 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 is a fun activity that you can do indoors and out with your toddler (retrieved September 12, 2015 from <http://activeforlife.com/activities/?actId=45>).

Bear Crawl

Requirements: Open indoor space, or dry outdoor space with grass. Rope, ribbon, or any line on the ground.

Instructions:

Talk with your preschool child about bears. How do bears move? Show your child how to crawl like a bear. Knees do not touch the ground. Stretch out a rope or ribbon on the grass, or find a line marked on the floor. Crawl along the rope, ribbon or line like a tightrope in the circus. Feet and hands must stay on the rope, ribbon or line.

Variations: If there are several children present, try having a bear crawl race. Mark a starting line and finish line 10 meters away.

Benefits: This activity develops coordination, balance, and strength as kids try to imitate the movements of a bear.



## McLeod Indoor Soccer Update

McLeod held indoor soccer registration on September 1st, 9th and 10th. Turnout was robust across all age groups.

Our outdoor program is substantially larger than our indoor program as there are not as many competing programs. Indoor soccer competes with hockey, basketball, ringette, etc. and parents are concerned about signing up for indoor soccer as they are unsure of the commitment requirements.

We encourage our outdoor players to return for the indoor season if their schedules can accommodate a weekly practice and game. McLeod soccer acknowledges our players have many interests, with soccer being one. McLeod soccer does not penalize players for missing the odd practice or game and we are grateful for them participating in as many soccer events as possible.

U6 and U8 will play Saturday mornings at the East soccer centre on Victoria Trail.

U10 and U12 will also play Saturday at any of the three Edmonton soccer centres. Much like U10 and U12, U14 to U18 will play Sundays at any of Edmonton's three soccer centres. Coaches will select a gym and gym time for a weekly practice from an inventory of gym times provided by EMSA. We're anticipating practice times will be set by the first week of October.

The indoor season starts October 17th. Many of our outdoor coaches are returning for the indoor season. Please email [soccer@mcleodcommunityleague.ca](mailto:soccer@mcleodcommunityleague.ca) if you are still interested in playing this season as there are a few roster spots still available.

Todd

McLeod Soccer Director

## McLeod Says, "Thanks Coach!"

The McLeod league would like to pay tribute our community coaches during Canada's first ever National Coaches Week Sept 19-27. The volunteer coaches donate their time, patience and skills to our children and youth who are playing softball, baseball, hockey and soccer at the community level. These team leaders dedicate countless hours to training, organizing and motivating our players. We appreciate their efforts to enhance the sport and recreation opportunities for others. Sport is one of the largest volunteer segments in Canada.

Let's join Canadians from coast to coast to coast, saying "Thanks coach!"



## 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*

## McLeod Remembers our Soldiers and 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

Lest We Forget



## The Edmonton Insight Community

The Edmonton Insight Community (<https://www.edmontoninsightcommunity.ca/Portal/default.aspx>) is 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

## Provincial Spotlight on the McLeod Community

We're active participants in the Choosewell Community program, and promote the mission of healthy eating and active living. This program is a partnership with Alberta Recreation & Parks Association and Alberta Health.

They said "McLeod Community League in Edmonton is doing lots of great things, including collective kitchens, a backyard gardening challenge, and they even have plans for a physical literacy program!" Here is our article that was published province-wide in the Choosewell monthly newsletter.

The McLeod Community League represents Edmonton residents living in the northeast neighbourhoods of McLeod, Casselman, Miller, Hollick Kenyon and Matt Berry. We joined the Choosewell Communities program last year after an inspiring presentation at the Edmonton Federation of Community League conference.

We are creating a supportive environment so that we and our neighbours find it easier to make healthy food and active living a priority.

To start things off, we had a contest on our Facebook page, using it as a forum for neighbours to share healthy food and active living tips. The participants were awarded Choosewell swag.

Here in McLeod we love healthy eating! In our newsletter we share recipes for healthy home cooking, and use our hall for a collective kitchen. At our community meetings we focus on serving fruits, vegetables and water to our volunteers. To give a challenge to our backyard vegetable gardeners, we are going to award prizes for the largest and strangest shaped vegetables at our fall fair on Sept. 19. You can't get a more locally grown than a carrot from your back yard! Our president is looking forward to judging the home-made multi-cultural dumpling competition. Also concerned with food security, we collect donations at our events for the Edmonton Food Bank.

We're also dedicated to encouraging physical activity. Our hall, toboggan hill, sports fields, hockey rinks, multi-use trails, parks and playgrounds are all well used. New for next year, we are implementing a physical literacy program. Children under four can develop basic agility, balance and coordination skills that are applicable to lifelong participation and enjoyment of physical movement. Thanks to our volunteers for organizing and coaching indoor soccer, outdoor soccer, baseball, hockey, softball, basketball, kickboxing and yoga. We are also developing a series of walking and biking maps showing the interesting features of our neighbourhood. Lobbying for a crosswalk across a freeway sure helped make our community more walkable!

We couldn't help but celebrate June as Recreation and Parks month, so we used our community newspaper and Facebook.com/McLeodCL, to share a photo, location, history and features of our each of our 4 playgrounds and parks. Our parkland green spaces are for everyone so we encouraged people to take a walk and picnic to appreciate each park in the neighbourhood!

We really like receiving the monthly newsletters and have joined the Choosewell community for another year. If you would like to learn more about us check out [www.mcleodcommunityleague.ca](http://www.mcleodcommunityleague.ca) and [Facebook.com/McLeodCL](https://www.facebook.com/McLeodCL)

## 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](http://www.edmonton.ca/lap)
- 780-496-4918
- 14th floor, 10004 – 104 Avenue, Monday-Friday, 8:30am-4:30pm

## Healthy After School Snacking

Whether your kids spend their after school time at home or on the way to an extra-curricular activity, they may be hungry for a snack. Planned healthy snacks will help children get the extra energy they need to grow and be active.

- Try to offer snacks at least 2 hours before a meal to prevent your child from being too full at meal time.
- Aim to choose foods from 2 of the 4 food groups from Canada's Food Guide at snack time.
- Wash and slice vegetables and fruits; store them in a container in the fridge so they are easy to grab on the go.
- Keep a small supply of non-perishable snacks such as un-salted nuts, pretzels, or whole grain crackers in a sports bag so your child can have a quick snack before activities or sporting events.

Plan ahead by stocking your fridge and cupboard with items that can be used to make these quick and healthy snacks:

- Low-fat cheese to eat with whole grain crackers, mini whole grain pitas, or apple slices.
- Peanut butter spread on a whole wheat tortilla and rolled around a banana.
- Low-fat yogurt with fresh, frozen, or canned fruit.
- Pair snacks with water, milk, fortified soy beverage, or 100% fruit juice. Limit juice to ½ cup (125 mL) per day.

For more information about healthy snacking, please visit:

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-snacking.pdf>

For more information on Healthy Eating, visit: <http://www.albertahealthservices.ca/2914.asp>

## 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](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.



## 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](http://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](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 & 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](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

## Our People - Our Community

Goodbye Green Shack and Outdoor Soccer, Hello Indoor Soccer and Ice Rinks!

I am back to my regular routine after a fun-filled and busy summer. For the first time ever I took part in the green shack. I really liked it and the leader was fun and friendly. I meet some new friends from the community and we had a lot of fun. There were many activities and fun games in the park and field. We also had an awesome pizza party to end the green shack for this summer. I think the green shack is great and everyone should come and enjoy it next year!

I also started school again on September 8th in grade 4. I get to take Spanish this year and it is so cool! The teacher is energetic and makes Spanish fun. This year all my friends are back together in grade 4 after 2 years of split classes. My best friend, though, is moving away at the end of September. This makes me sad, but I have many great other friends in the school.

Indoor soccer is starting real soon and I can't wait! I am a goalie and play for the Steele Heights Tigers u10 girls team. We won the city championship last year in outdoor, and I hope we do good this indoor season. We will try to win cities again for Steele Heights. I have some special friends on my soccer team and I like playing with them.

I am looking forward to the new concession being open this winter for skating season at the community rinks. I like to volunteer to run the concession during my free time in the winter. Steele heights has great ice in the winter so many people come and skate and play hockey. I like to go skating as well in my figure skates.

I also like to volunteer when the community league has fun days and other events. Everyone should enjoy the community events, as there are many free things and great food and activities to enjoy!

*Adios Amigos!*  
*Abigail*

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## Clownin' Around at the Steele Heights Carnival

As Programs and Events Director, I would like to take the opportunity to thank everyone who came out and made our Community League Day Carnival a giant success.

I had the pleasure of meeting many community members and heard your ideas about several different future activities. I am going to use the information I have gathered to plan programming directed towards you, the people of the Steele Heights community.

We look forward to your continued participation in future events, and again, thank you all! It was a great day with much fun had by everyone!

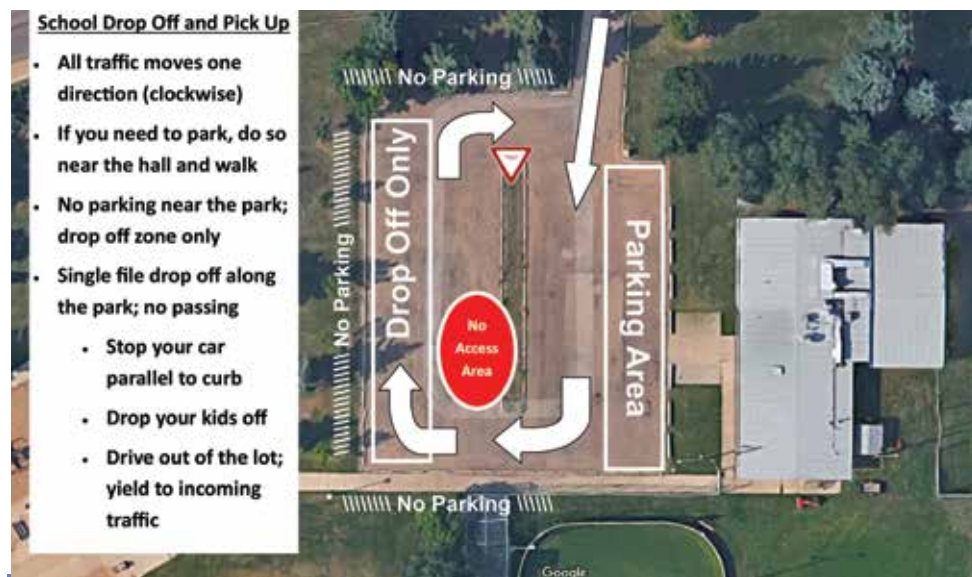
## Safety Comes First in Steele Heights Parking Lot Ongoing Drainage Issues Require Change to School Drop Off

You may have noticed safety barricades surrounding a drain in the Steele Heights Community League hall parking lot. The City of Edmonton is investigating the flooding that occurs annually in the lot. The land in question is partly owned by the City and partly by Edmonton Public School Board. The City is overseeing the situation and determining the next steps for repair and remediation. For safety, that section of the lot has been barricaded off and we ask residents to avoid the area.

York School is up and running again which has added more cars to the area. With all students required to line up on the east (or back) side of the school it makes sense that parents want to use the parking lot for school drop off. Doing so decreases traffic along both 63 Street and 140 Avenue. With the winter months around the corner, we thought it best to share with all residents a recommend pattern of use for the parking lot until all repairs are complete.

During school drop off and pick up, we invite residents to treat the parking lot like a one way road. As shown in the diagram, drive to the far end of the lot and then parallel park along the curb facing the playground. Try to move as far forward as possible so others can line up behind you, single file. This will allow parents to stop, drop off their children, and then drive out of the lot. There is no need to back up or block other vehicles if everyone follows this pattern. Remember to yield to traffic coming into the lot before exiting. If you want to stop your vehicle and go somewhere in the park or the school please use the parking spots directly facing the community hall.

This is a recommendation for the safety of all residents, especially our children. Remember that any use of the lot is at the resident/drivers' own risk so please be attentive. We all have a part to play in keeping our neighbourhood safe. Thank you for your cooperation.



## President's Report

Hi everyone

What a Great spring and summer we have had weather wise in Edmonton these past 2 seasons . And here is to an Awesome fall season to come . The community is in full speed mode with school starting and the kids are out and about . So Please be aware of this and keep an eye out for all the bikers and scooters and runners and walkers and all around fun kids as they enjoy the community . Steele Heights has so many new and young families moving in monthly . To go with the long time members who helped build the community into much of what it is now . So when you are out take the time to just say Hi and maybe even a chat or two . This helps everyone to meet new people as well as learn more about the type of people who live in Steele Heights Community .

The seasons are slowly changing towards the Famous Edmonton late fall and winters we are know for . This is a time many enjoy and get involved in the rinks at the hall . We are always looking for people that want to engage in these winter past times . Of shoveling snow and skating as well as ice making . So please feel free to reach out and join some other people that enjoy volunteering and helping out where they can . There is NO amount of volunteering that is considered turned down . We always welcome everyone and will gladly accept whatever people can contribute .

Soccer for the Indoor season is Under way with Registrations ongoing . The Steele Height Tigers Soccer program is newer to the Indoor season . We have had Huge success with the U6 and U8 age groups . The U10 age group has had Huge summer success and will try to build on this for this Indoor season . So feel free to follow the teams on Facebook or the Soon to be released New Website for Steele Heights CL . You can also Register your child or see if there is still Volunteers needed for teams or other fund raising events .

There are many New and Exciting Renos going on at the Hall and Rink Shack . New Floors and Ceilings and Lighting . As well as a New Dressing Room / Multi Purpose Room . Bathroom renos as well as a Completed Concession on the Rink Shack side of the facility . These renos will allow more usage for community more modern energy saving devices for savings that will allow the community to keep adding more exciting programs and events for its members . There is also a new and improved website that will be up and running real soon . This website will be Light years ahead of the old Steele Heights website . With interactive tours of the facilities as well as up to date rental calendars and options for rentals and costs as well . There will be Links to partners and City facilities and Programs as well as links to Steele Heights Facebook and Twitter pages . So check the website : [www.steeleheightscommunity.com](http://www.steeleheightscommunity.com) for the new and Improved website and its interactive features .

Last but Not least I have another Exciting announcement for Steele Heights Community Members and its neighbors . We have Santa coming to the Hall on November 21st from 12 Noon until 5 Pm . This event will have Santa and Mrs. Claus as well as a Face Painter and [temporary] Tattoo artist for Free . There will also be other Fun Free events for the kids to enjoy . There wil also be many Great vendors selling there Awesome items . There will be a BBQ and other great items in the Concession . The Food Bank again will be the Charity Steele Heights is sponsoring . Memberships will be for sale as well as Many Door Prizes drawn for guests of the event . So spread the owrd and come out and enjoy another Steele Heights Santa's Extravaganza ..

Thanks  
Jeff -- President

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## 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 [AMA-RoadReports.ca](http://AMA-RoadReports.ca).

— reprinted from *Apple magazine*

## Steele Heights Soccer

Soccer is almost all year around these days . So it is time to announce the beginning of the 2015/16 Indoor soccer season for Steele heights Tigers teams .

Steele Heights started its soccer program 5 1/2 years ago . This will be the 3rd year that Steele heights has run Indoor soccer teams under the Tigers banner .

Indoor soccer is played in a hockey rink type set up with field turf versus ice of course .

There are many differences from indoor to Outdoor soccer . But what isn't different is the fact that soccer is soccer no matter where you play it . The game is much faster then outdoor and also has a little more contact as the field is

much smaller . But in the end soccer is still soccer and the kids love to play it . So again this year Steele Heights will field U10 teams as well as U8 and maybe U6 teams .

The players always make the experience something to remember for the parents and coaches . So come out and cheer on the boys and girls as they have fun playing soccer with their friends and team mates .

Outdoor soccer registration will start in Late February and go thru until early April . These dates will be posted in late December and Early January . So keep your eyes and

ears open for these dates to be announced in 3 to 4 months . The Outdoor program is much larger and has the U4 age group as well . This is an Introductory program that has basic soccer within it . But it also has a big Fun and Social aspect to it as well as Family . As these 4 parts make the whole for the older 2 year olds as well as 3 and soon to be 4 year olds . Also the U6 and U8 program are sponsored programs so many exciting Free items for the players . From Jerseys and balls to Socks and Shorts and games and practices . The U10 program is played with Refs and larger fields and goals with nets for the first time . This program also has City Championships for the First time for soccer players . Which the U10 Girls team was able to win last Outdoor season . The first Soccer championship for Steele Heights in Decades . Also the 1st City Championship in Any Sport for Steele Heights in Over 25 years .

So here is to another Great soccer season for all the Players and Parents and Volunteers that Coach the Steele Heights Tigers ..

GO TIGERS GO

*Jeff -- Soccer Director*

## Submit-a-tick

Alberta program checks ticks for Lyme bacteria

As summer gets underway, Albertans are reminded to submit any ticks they find to the Alberta Tick Surveillance Program. The program tests first for the type of tick and then, if necessary, for the bacteria that can cause Lyme disease in humans.

Lyme disease is an illness caused by bacteria that is spread through the bite of a black-legged deer tick. Lyme disease in humans can have serious symptoms but can be effectively treated with standard antibiotics, especially if diagnosed early.

The risk of being bitten by a tick infected with the Lyme bacteria in Alberta is very low. 63 cases of Lyme disease were reported to Alberta Health between 1991 and 2014, and all were acquired while travelling outside the province to areas where Lyme disease is circulating.

How to safely remove a tick

- With tweezers, gently grasp its head and mouth parts as close to your skin as possible.
  - Slowly pull the tick straight out – do not jerk or twist it. Try not to squash it.
  - Save the tick in a clean, empty pill bottle or zip-lock bag. Do not add ventilation. Add a small piece of tissue, lightly moistened with water, to prevent the tick from drying out.
  - Do not apply matches, cigarettes, or petroleum jellies to the tick as these may cause an infected tick to release the bacteria into the wound.
- Remember, to protect yourself from tick bites, cover up as much skin as you can when going into wooded or grassy areas, use bug spray that contains the chemical DEET, and check your pets for ticks after they've been outside.

More information on how to submit a tick to the Tick Surveillance Program is available on the Alberta Health website [www.health.alberta.ca/health-info/lyme-disease.html](http://www.health.alberta.ca/health-info/lyme-disease.html)

## From the Programs and Events Desk

I have had the pleasure of meeting many of you over the last few weeks and am working on some programs that fit with what you have said you want to participate in.

The Steele Heights Community League is working on getting our new website up and running so the information about upcoming events and programs will be easily available to you. Until then, however, you can find and request information on our Facebook page: Steele Heights Community League. Just like and follow our page to receive posts about the league and special events.

I greatly appreciate any input from the community. Please send any questions or suggestions to [steeleheightscommunity@gmail.com](mailto:steeleheightscommunity@gmail.com) ATTN: Programs. Thank you!

Also, we'd like to invite you to stop by the community league while trick-or-treating on Halloween to show off your costumes!

*Tyler Ames – Programs & Events*

## 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](mailto:steeleheightscommunity@gmail.com)



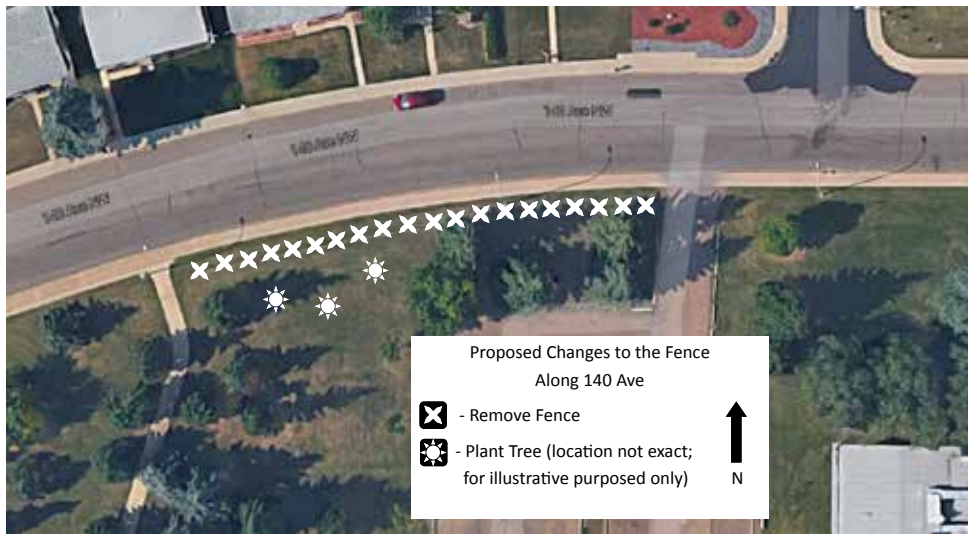
# Proposed Changes in York Park

## Adjustments to Sections of Fence and Planting of Trees in the Area

Proposed changes to two sections of the York Park fence are being considered to improve access, clear sight lines and beautify the neighbourhood.

### Near the Parking Lot Entrance on 140 Ave

It has been reported that the fence to the west of the Steele Heights Community League parking lot entrance can obscure the view of oncoming cars while pulling out of the lot. It is proposed that the fence which runs along 140 Avenue directly north of the parking lot be removed (see diagram to the left top). There are currently bollards, trees and curbs which limit the access of vehicles through this area. New trees would also be planted through the Roots for Trees program.



### Near the Corner of 138 Ave and 58 St



As no sports fields are directly adjacent to this particular section of fence, it is proposed that the fence along all of 58 St and a short part of 138 Ave be removed and replaced with trees (see diagram left bottom). Currently there are some trees and berms in place which create natural barriers. Removal of the fence and planting of additional trees will improve the appearance of this entrance into York neighbourhood, enhance the natural barrier which maintains safety, and will allow easier access for parents who park along that road to attend baseball and soccer games in the summer.

All other fences around the school and sports fields will remain the same.

This Fall, representatives of Steele Heights Community League will speak with residents who live across the street where the proposed changes will occur. We are interested in any feedback residents have on this topic. We would also like to hear any other recommendations you have to improve York neighbourhood. Please email [steeleheightscommunity@gmail.com](mailto:steeleheightscommunity@gmail.com) with your thoughts. We hope to hear from you.



## 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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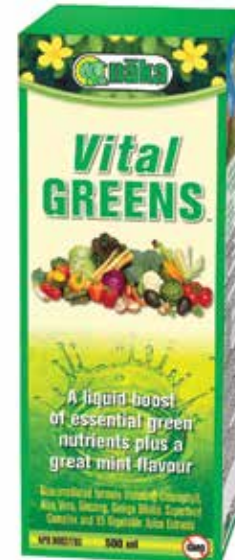
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