

NORTHEAST VOICE

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

Aug/Sep 2016



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

Upcoming Events in Northeast

Location Addresses:

Evansdale Hall – 14811 95A Street
G Edmund Kelly Spray Park – 15005 79 Street
Kilkenny Hall – 14910 72 Street
Kingsway Legion – 14339 50 Street
Lago Lindo Hall – 17123 95 Street
Little Mountain Cemetery – 16025 54 Street
Londonderry Hall – 14224 74 Street
Londonderry EPL – in Londonderry Mall
McConachie EPL – 16607 50 Street
McLeod Hall – 14715 59 Street
North Edm'n Seniors Asscn (NESA) – 7524 139 Ave
Northmount Hall – 9208 140 Ave
Ozerna Park – 7010 158 Ave
Steele Heights Hall – 5825 140 Ave

Aug:

11: Amity House hosts Family Night at McLeod Park (6pm-8pm)
12-13: Kingsway Legion Dinner and Dance with band
15: Fall Program Registration starts at NESA
17: McConachie EPL Kompany Family Theatre 11am
18: Londonderry EPL Kompany Family Theatre 2pm
18: Amity House hosts Family Night at G Edmund Kelly Spray Park (6pm -8pm)
19-20: Kingsway Legion Dinner and Dance with band
20: Kingsway Legion BBQ 1-3pm
20: Kingsway Legion Wrestling 7pm
24: Eagles Hockey Registration
25: Lago Lindo Indoor Soccer Registration
25: Amity House hosts Family BBQ at Ozerna Park (6pm - 8pm)
26-27: Kingsway Legion Dinner and Dance with band
27: Lago Lindo Indoor Soccer Registration
27: McConachie and Londonderry Libraries – Summer Starts Closing Ceremonies (2pm)
31: McLeod Sports Registration

Upcoming Events in Northeast

Sep:

2: Last day for NESA BBQ Tickets
3: Londonderry EPL Family Storytime (Arabic) 4pm
7: McLeod Sports Registration
9: NESA BBQ \$10 (Date Corrected)
11: McLeod Sports Registration
12: Fall Programs start at NESA
16: Londonderry EPL Book Club 1030am
17: McLeod Community League Day
17: Lago Lindo Community League Fun Day
24: McConachie EPL Pop-Up Makerspace 330pm
26: Phase 4 Londonderry Public Consultation Meeting for Capital Region Housing at Kilkenny Hall
27-31: NESA Book and Puzzle Sale

Oct:

1: NESA Flea Market
7: Last day for NESA Dinner/Elvis Tickets \$50
14: NESA Dinner and Elvis Tribute 5-9pm

Nov:

1: Last Day for NESA Remembrance Day tix \$5
7: No Stone Left Alone ceremony at Little Mountain Cemetery
8: NESA Remembrance Day Tea and Tribute
19: NESA Arts, Crafts, and Bake Sale

Dec:

5: NESA Program Reg Starts
13: NESA Christmas Concert 1:30pm

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

Make a Better Athlete... Sport Explorerz - the Power to Move Kids.



The north Edmonton community leagues of Kilkenny, McLeod, Northmount, Evansdale, and Lago Lindo have joined forces to create the new Sport Explorerz program to help 3-5-year-old children acquire and practice basic movement and sports skills in a fun and engaging way. It's the perfect pre-sports program and you can take it within your community.

Let's face it... most 3-5-year-olds just want to have fun! Sport Explorerz is not a sport, but rather a fun way to get an active start in physical activity in ways that enhance coordination, foster new social skills and build confidence by engaging in fun games and physical activities.

Sport Explorerz is accessible to all types of children with the focus on fun! Children will learn fundamental skills that will serve them in multiple sports. Active Start and Fundamentals are the physical literacy stages of the Long Term Athlete Development (LTAD) model across all sports (canadiansport-forlife.ca). In short, children will learn the skill fundamentals that will help them be successful in any sport and help encourage them to start today on an active lifestyle that will last a lifetime.

Sport Explorerz is led by trained leaders in a way that will give all kids the "power to move" in sport and in life. Parent attendance is required. Programs start the week of October 2, 2016 and will run weekly for eight weeks (no program the week of October 30). Fees are \$50 for the Fall session. Volunteer service is required.

Sign up at the community league sports registration days at the following community leagues: (check websites to confirm dates and times):

- Lago Lindo (lagolindo.ca) – August 25 & 27
- McLeod (mcleodcl.ca) – August 31 & September 7: 6-9pm; September 11: 1-4pm
- Kilkenny (kilkenny.ab.ca) – August 25, September 10, 13, & 15
- Northmount (northmount.ca) – September 9: 7-9pm; September 10 & 18: 12-2pm
- Evansdale (evansdale.ca) – August 31, September 7 & 15: 6-830pm

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

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 | | | |
| Jeff Muiselaar | President | 780-478-1759 | president@evansdale.ca |
| <i>Vacant-volunteer today!</i> | Vice President | | vicepresident@evansdale.ca |
| Shawna Walsh | Past President | 780-237-2169 | pastpresident@evansdale.ca |
| David Dodge | Director of Sustainability | 780-478-6162 | sustainability@evansdale.ca |
| Ray Costley | Soccer Director | 780-660-4230 | 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 |
| Todd Sharkey | Hockey Director | 780-238-3910 | hockey@evansdale.ca |
| Rhesa Palapay | Bingo Director | | bingomanager@evansdale.ca |
| Hanna Tarrabin | Program Director | 780-905-4554 | programs@evansdale.ca |
| Jim Ragsdale | Director at large | | |
| <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 & Chris | Belle Rive Sign Volunteers | | signs@evansdale.ca |
| Jim Young | Evansdale 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 |
| | 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

Indoor Soccer, Hockey and Sport Explorers registration dates coming soon!

President's Column

Just an update on things happening in August and September at Evansdale.

Evansdale is getting ready to start the fall session of Sport Explorers for our 3 to 5-year-olds.

Registration for Sport Explorers and Indoor Soccer:

- **August 31 - 6 to 8:30 PM**
- **September 17 - 6 to 8:30 PM**
- **September 15 - 6 to 8:30 PM**

All registrations are at Evansdale 9111 150 Ave.

Todd Sharkey our Hockey director is having hockey registration for the N. E. Eagles hockey club Wednesday, August 24 and Wednesday, August 31 from 7 to 9 PM. Central hockey registration is held at Londonderry hall. 14224-74st.

All info can be found at the Eagles hockey club website www.nezeagles.ca

Tae Kwon Do

Evansdale will also start the Tae Kwon Do sessions again starting September 12, every Monday and Thursday from 6 PM to 7:15. Contact Garry Fedoretz 780-456-1696

Gentle yoga will run from September 15th to December 1. Thursday evenings 7:30 to 8:30 pm. Contact Tracey Stefanyk 780-264-0706

Last but not least don't forget we have the skateboard park starting in early August until the end of August at the Evansdale newly resurfaced asphalt. There is a skateboard workshop August 9 at Evansdale, everybody is invited there is more information on our Evansdale Facebook page and website.

Jeff Muiselaar
Evansdale president
president@evansdale.ca

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Evansdale Hockey Registration

Hope everyone is having a great summer! Hockey season is fast approaching! Eagles hockey registration is now open. Online registration for new and returning Novice, Atom and Peewee players living within the Eagles area is now available online via the Eagles website nezeagles.ca. A parent will then need to attend one of the following dates below to sign up for their community league commitments, purchase community membership, get ice times for tryouts and pay any outstanding fees:

- **Wednesday August 24 or**
- **Wednesday August 31**

Both registrations are at Londonderry Hall – 14224-74 St. from 7:00 pm to 9:00 pm.

Initiation, Bantam and Midget age players (new and returning) will register with the Northeast Zone (NEZ). Online registration for these categories is available on the NEZ website: www.nezsports.com

Bantam and Midget players wanting to try out for the AA and AAA programs will register with MLAC at www.mlac.net

Todd Sharkey
Evansdale Hockey Director
hockey@evansdale.ca



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!

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

Note: The 311 mobile app is one more way for you to report your concerns to the city.

Download 311 App

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

For more information:

Online Contact 311 Online

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



Gentle Yoga Starts Sep. 15 at Evansdale Hall

This Fall, get ready to strengthen, stretch and rejuvenate your body while reducing stress. Gentle Yoga at Evansdale is a balanced program that aims to improve strength, stamina, balance, flexibility while promoting a sense of calm in a fun, relaxed, supportive environment. No extreme poses will be used. Options are provided so all levels can participate. No previous experience required. Please bring a mat, blanket or large towel, and water.

12 Thursdays
7:30-8:30pm
September 15 - December 1
9111-150 Ave
\$135 for 12 weeks or \$13/class for drop-in

To register or for more information please email traceysjunque@gmail.com

Poplar Park News – Green Shack going year-round and park improvements coming

The Poplar Park Playground committee is busy preparing final applications for phase III of the Poplar Park playground project. In phase I and II we built the basketball courts and the playground. We are now in the final stages of fundraising to complete our phase III project, a spray pad for Poplar Park. Watch for more news in the fall!

Looking for some playground fun in the fall? We are running a year round Green Shack program with the City in Poplar Park (84 Street and 164 Ave) this September and October.

Poplar Park Development News

Earlier this year community representatives walked Poplar Park with senior folks from the City's parks group. As you may recall parks is having a very tough time getting the sports fields into A1 condition, due to problems dating back to park construction. The Northeast District Parks Operations folks have provided us with an update on developments happening in the park:

- Olds College has begun a trial on testing various soil amendments on the sportsfields;
- Poplar Park Sports Fields will be submitted to the 2017 Sports Field Rejuvenation Program, with a projection to replace one field per year for the next 3-5 years;
- Gravel Parking Lot - paving is planned for August 2016. Parking stall lines will be painted as part of this paving project. There was a delay related to underground utilities servicing.
- Picnic tables and barrels added to Passive Area: The City has provided picnic tables and barrels as requested (east of the parking lot);
- Tree Replacements - Seven columnar aspen replacement trees are scheduled for replacement this growing season, they will be replaced with a hardier columnar species.

David Dodge

Poplar Park Playground Committee
sustainability@evansdale.ca



Stay Safe in Summer Weather

Summer is made for BBQs, outdoor sports, and relaxing on the deck. It's a time where most Albertans spend as many hours as possible outside enjoying the warm weather. As temperatures soar, it is important to keep a few things in mind as you head outdoors.


Though most people can handle moderate summer weather without issue, even healthy Albertans need to keep heat safety in mind during warmer months. When temperatures are high, make sure to take frequent breaks from the heat, spending some time indoors at home, or in a cooled public building— like a mall or indoor pool. Ensure that sunscreen of at least SPF 30 is applied 20 minutes before heading outdoors (be sure the product blocks both UVA and UVB rays), and reapply frequently. Rescheduling outdoor activities to cooler hours of the day is also smart way to beat the heat.

When spending time outdoors, what you wear makes a big difference in keeping your body cool. If you know you will be out in the heat, light colored clothing is suggested. A wide-brimmed hat and sunglasses (with a UVA/UVB CSA- certified seal) along with long sleeves and pants can help protect you from the sun's rays. A water bottle is a much needed accessory with any summer outfit— make sure to drink plenty of water and other non-alcoholic, non-caffeinated beverages to stay hydrated.

Albertans are also urged to keep an eye out for heat warnings issued by Environment Canada. The warnings are posted online at http://weather.gc.ca/warnings/index_e.html?prov=ab to keep residents informed and prepared during periods of extreme heat.

Visit www.ahs.ca/heat for more information on heat safety.

| SKATEBOARD WORKSHOPS | | | |
|-----------------------|---|--------------------------------|---|
| | Monday August 8 | Tuesday August 9 | Friday August 12 |
| 1:00pm - 5:00pm | Fulton Ravine (63 Street and Terrace Road) | Evansdale (9111 150 Avenue) | Fulton Ravine (63 Street and Terrace Road) |



Evansdale Skateboard Park Open Aug. 4-26

Ready to take your skateboard to the park? Belle Rive, Eaux Claires and Evansdale skateboard enthusiasts, drop by and check out our temporary skate board park in August.

Skateboard park open daily – Aug. 4-26
 Skateboard workshop - Aug. 9 from 1-5 pm
 Free for all!

Conversations matter: talk about your wishes and health care values

Do your loved ones know what type of medical care you would want if you were unable to speak for yourself?

Many of us “save for a rainy day”, plan for retirement, or even plan our next vacation. Just as important, we need to plan for our health care future – and make sure our wishes are known.

Alberta Health Services is encouraging you to think about, talk about and document your wishes for healthcare to ensure your voice is heard. Advance Care Planning allows your family or close friends to know what kind of care you want, and could bring comfort and peace of mind to those making healthcare decisions on your behalf.

Take the time to talk to your friends and family about your wishes. If there’s an unexpected event or change in your health and you aren’t able to make decisions about your health-care, having a plan in place ensures your wishes are known. Check out AHS’s interactive guide to help you start the conversation.

Things you can do:

- Learn about Advance Care Planning
- Think about your values and wishes for your healthcare now and in the future
- Talk with those who you are close to about your values and wishes
- Discuss your wishes with your health care provider
- Consider naming an Alternate Decision Maker or agent
- Complete your personal directive

It’s about making choices for your health care before a personal crisis, you owe it to yourself and you owe it to your family to think about your health care wishes now. Visit: www.conversationsmatter.ca

EDMONTON

Year Round Green Shack Program

FREE Community Drop-In Recreation Program

Children ages 6 – 12 can experience a variety of activities, crafts, cooking and more!
Families are welcome!

Poplar Park
16410-82 Street

September 17, 2016 to October 13, 2016

Tuesdays & Thursdays
3:30pm – 6:00pm

Saturdays
1:00pm – 5:00pm

Please Note:

- All activities are outside; please ensure that you come dressed for the weather.
- Children under the age of 6 must be supervised by a parent or guardian.

Find all community drop-in programs at edmonton.ca/dropincommunityprograms or call 311.




Poison Prevention

The Poison & Drug Information Service (PADIS) offers a free, confidential poison line for Albertans, 24 hours a day, 7 days a week. The service offers expert advice about poisons and toxins, medications, chemicals, recreational drugs and plants. When calling the poison centre, callers speak with a specially-trained nurse or pharmacist who gives information and offers advice on how to best manage poisonings and exposures.

Medication and herbal advice is also available through PADIS offering up-to-date information for the safe use of over-the-counter products, prescriptions, medications and herbals. This includes potential interactions between medications and/or herbals and safe medication options for pregnant and breast-feeding women.

PADIS plays a key role in helping Albertans safely manage poison exposures and can offer advice on the most appropriate level of health care service should it be needed.

PADIS also operates a Drug Information Line for Health Care Professionals. This free service for health professionals provides drug information for clinical situations, with the support of an on-call Medical Toxicologist.

For more information and to access the services of PADIS call 1-800-332-1414 or visit www.padis.ca.

Dance Dynamics is a family-oriented studio existing purely for the love of dance! We offer small classes for all skill levels from **preschool to adult!**



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DanceDynamics.Edmonton@gmail.com

www.DanceDynamicsEdmonton.ca



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FREE FROZEN YOGURT FROM 11AM – 3PM ON AUGUST 18TH

EVERYONE WELCOME!



Ziad Aboultaif, MP

Edmonton Manning

Phone: 780-822-1540

Fax: 780-822-1544

Email: ziad.aboultaif.c1@parl.gc.ca

Suite 204A, 8119-160 Ave.

Edmonton, AB

T5Z 0G8

www.ziadaboultaif.ca



WORKING FOR YOU IN EDMONTON AND OTTAWA

If I can be of assistance to you on any federal matter, please do not hesitate to contact my office. We offer information on services provided by the Government of Canada, including:

- The Canada Pension Plan / Old Age Security
- Citizenship Inquiries
- Guaranteed Income Supplement
- Canadian Passport / Consular Affairs
- Immigration Matters
- Business Opportunities / Grants & Funding
- Student Loans
- Taxation Issues

Kilkenny Community League News

Kilkenny Community League

Hall: 14910-72 Street, (780) 478-1271

Mailing Address: PO Box 71120, Northtown Mall, Edmonton, AB, T5E 6J8

Board members, committee members and volunteers represent Kilkenny, Ozerna and Mayliewan residents in matters of development, parks, planning and arranging community events, and activities. If you'd like to take a more active role in your community, please feel free to contact anyone below:

| | | | |
|---------------------------------------|---------------------------|--|--------------|
| President | Anna Taylor | president@kilkenny.ab.ca | 780.478.3269 |
| 1st Vice President (Administration) | Vitor Vieira | vp2@kilkenny.ab.ca | 780.478.2481 |
| 2nd Vice President (Sports) | Darren Lashchowski | vp3@kilkenny.ab.ca | 780.478.2481 |
| 4th Vice President (Volunteer Coord.) | VOLUNTEER NEEDED | vp4@kilkenny.ab.ca | |
| Area 17 Representative | Amanda Donald | | 780.472.2196 |
| Area 17 Representative | Donna Marshall | | 780.475.9019 |
| Baseball Director | Charlene Deckert | baseball@kilkenny.ab.ca | 780.475.7765 |
| Equipment Director | Darren Lashchowski | equipment@kilkenny.ab.ca | 780.481.2684 |
| Hall Rental | Anna Taylor | hallrental@kilkenny.ab.ca | 780.478.2481 |
| Hockey Director | Kelly Peacock | hockey@kilkenny.ab.ca | 780.476.2930 |
| Membership Director | Patrica Sidlick | membership@kilkenny.ab.ca | 780.478.2481 |
| Grant Administrator | Dawn McOrmond | grant_administrator@kilkenny.ab.ca | 780.478.2481 |
| Publicity | Sean Hanrahan | publicity@kilkenny.ab.ca | 780.478.2481 |
| Rink Manager | Terry King & Vitor Vieira | vp2@kilkenny.ab.ca | 780.478.1271 |
| Secretary | Anjoli Usman | secretary@kilkenny.ab.ca | 780.478.2481 |
| Soccer Director | Amber Fink | soccer@kilkenny.ab.ca | 780.478.2481 |
| Social Director | VOLUNTEER NEEDED | social@kilkenny.ab.ca | 780.475.6843 |
| Softball Director | Charlene Deckert | softball@kilkenny.ab.ca | 780.478.2481 |
| Treasurer | Amanda Donald | treasurer@kilkenny.ab.ca | 780.472.2196 |
| Neighbourhood Watch | Dawn McOrmond | neighbourhoodwatch@kilkenny.ab.ca | 780.478.2481 |
| Scouts | Colleen Richards | | 780.476.4407 |

Hall Rentals

The Kilkenny Hall is available for rental!! It is the perfect space for your special event, meetings, weddings and any other social event. Please go to <http://www.kilkenny.ab.ca/facilities/view> to have a look and click on "Book Facility" to...you guessed it... book the facility! The website will also show you when the hall is available.

President's Message

Welcome back everyone hope you had a good summer. September is a busy month. thank you for all your help with our casino beginning of September. Registration is starting up for all indoor sports hockey, soccer and sports explorez. Community events are starting up.

Summer has been a busy time at Kilkenny. Green Shack , skate park and City programs at our hall.

Early sport registration is August 23 Tuesday at 6:30-9 pm

Anna

Halloween Party Coordinators Needed

Kilkenny's Community League needs a group of people to organize our yearly Halloween Party in October. Anyone interested in helping out are asked to please contact Anna at 780-478-3269. It's never too early to start planning a great event.

Do you have a special content you would like to see??

Do you or someone you have content that you would like in the North East Voice? We would like to hear from you!! Feel free to send in a picture and the appropriate information and we will include it in the next newsletter!! Please send it to Sean, Kilkenny Publicity Director at publicity@kilkenny.ab.ca or leave a message at 780-473-2771.

ATV safety

Alberta Health Services (AHS) reminds all residents, and particularly parents of children less than 16 years of age, to be mindful of the significant risks associated with the use of All Terrain Vehicles (ATVs).

Children less than 16 years of age have not yet developed to the point of having the strength, skills or judgment needed to operate an ATV, and this includes ATVs marketed as 'child-sized'.

From April 1, 2014 through March 31, 2015, 318 Albertans less than 16 years of age were injured on ATVs, and 40 of these children were injured severely enough to be admitted to an Alberta hospital. Of the 40 injured children, two died as a result of their injuries.

Just this spring, from April 19 to May 10 alone, 18 children were seen in Alberta's two children's Emergency Departments (combined). Seven of these children were admitted to the hospitals, and one has died.

AHS advises all parents of children less than 16 years of age to ensure their child does not drive or ride on an ATV.

Albertans 16 years of age and older are reminded to take the following precautions to ensure their ATV excursions are as safe as possible:

Get Trained

Before you hit the trails, get formal hands-on training from a recognized/trained ATV instructor. Don't be shy about refreshing your training seasonally.

Wear the Gear

A helmet can save your life: from 2002 – 2011, 44 per cent of ATV-rider deaths in Alberta were due to head injuries. In 77 per cent of these head injury deaths, the ATV riders were not wearing a helmet. In addition to a helmet, always wear a jacket, long pants, goggles, boots and gloves.

Look First

Be sure you're aware of the weather forecast, fire outlook/potential, and any hazards (geographical, animal or human) that the trail(s) you're on could pose.

Buckle Up

Be sure that you're fastened in properly, and that all gear and equipment (including your ATV restraints) are in proper working condition before you hit the trails.

Drive Sober

Don't drink or do drugs before or while operating an ATV. Fifty-four per cent of those who died in ATV crashes between 2002 and 2011 tested positive for alcohol.

Seek Help

Before you head out on the trail, let others know where you're going and when they should expect you back. This helps your loved ones know when to call for help if you've been gone too long. Take a cell phone or working radio with you, as well as a first aid kit. Never hesitate to call for help if you're stuck, have damaged your ATV, or are injured.

Green Shack

Drop-in Green Shack programs are provided free of charge by the City of Edmonton for children aged 6-12. The Shack hours are as follows ...

G. Edmund Kelly Park: 150 Avenue & 79 Street
 Monday - Friday (May, June, September): 3-9
 Monday - Friday (July, August): 9-9
 Saturday - Sunday: 9-9
 These hours apply to the spray park as well.

Kilkenny Park: 147 Avenue & 72 Street
 Monday - Friday: 10-6

Maylievan: 75 Street & 161A Avenue NW
 Monday - Friday: 2:30-6:30

Ozerna Park: Ozerna Road & 158 Avenue
 Monday - Friday: 10:00-1:30



Work week activities to improve fitness

Finding time to exercise during the work week can be challenging. For many of us, most of the daylight hours are consumed preparing for work, commuting to and from work and...working.

Experts recommend a minimum of 2 ½ hours of moderate activity a week. To qualify as “moderate”, an activity should increase your breathing rate and speed up your heart rate.

Examples of moderate activity include brisk walking, slow jogging or climbing stairs.

The good news is that achieving the recommended activity time doesn't have to happen all at once, or even in big chunks. Health Canada recommends activity in periods of at least 10 minutes at a time, so you can add a few minutes here and there throughout your work day and they all add up to a healthier you.

A few ways you can increase activity throughout the work day include:

- Parking a few blocks further away from work or getting off the bus a few stops early and walking a bit further at the start and/or end of the day
- Using the stairs instead of the elevator for trips up and down floors in office buildings
- Take a quick walk to the nearest coffee shop rather than making coffee in the lunch room
- Use the washroom two floors up or down
- Use half your lunch hour for some kind of activity - organize a walk club or challenge and invite colleagues to add some activity to their days as well
- Take advantage of fitness classes offered at many gyms immediately before or after work

Over time, adding in a bit of extra activity throughout the work week will give you energy and focus – helping you make the most of your time off and weekends!

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DAY 2016



LITERACY AND LEARNING DAY SOCIETY OF EDMONTON

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Edmonton-Decore Constituency Office Open House

Sunday September 11
 2 p.m. to 4 p.m.
 #5, 9228 - 144 Avenue

Come and meet **MLA Chris Nielsen** and his staff. Refreshments will be served.

Please consider bringing a new toy or book to the open house for donation at Christmas time.

Your Voice in Ward 4

Ward 4 Councillor
Ed Gibbons • 780-496-8138
ed.gibbons@edmonton.ca

www.communityleagueneews.com

Northeast Voice Aug/Sep 2016 7

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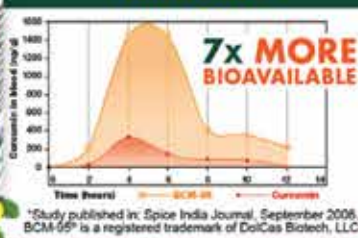
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Indoor Soccer

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Soccer:
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Soccer is Edmonton's fastest growing sport, a sport that can be played any time of the year. Indoor soccer is a fast paced, exciting weekend activity where parents watch the game in the warm comfort of our indoor facilities. Community soccer offers players the opportunity to develop life skills such as team play and mutual respect.

We offer a community indoor soccer program for children aged 4 to 18 that focuses on fun and promotes equal play time for all players. Our indoor program runs from mid October until the end of March. We have a very simple online registration process and even offer online payment. Don't forget to follow the steps in the online confirmation form once completed!

For more information start with your local community league website or the EMSA website at <https://www.emsanorth.com> Click "PLAY" then click "REGISTER"

If you don't know your community league then visit the Edmonton Federation of community leagues at efcl.org and select "find my community."



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Already a skilled player and ready to make the move to more competitive soccer; then consider Xtreme FC, EMSA norths' premiere program.

Skill development and teamwork is a priority at Xtreme FC and in return for higher commitment expectations players can expect to play a much more demanding style of soccer.

NEW: Xtreme is now offering a U8 Program

Tryouts U10-U18 & U8 Identification camps take place at the East Soccer Centre on Victoria Trail on August 22 - 25th.

Online tryout registration is required. To register for try-outs please visit www.edmontonextremefc.com

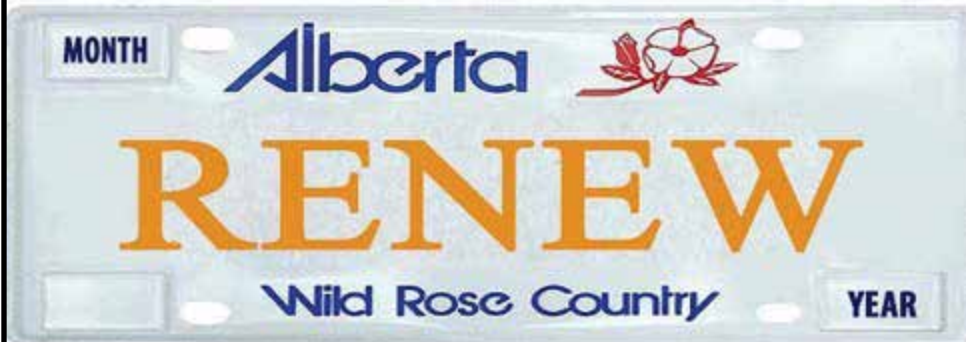


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The Edmonton-Manning Constituency Office
exists to help Albertans living in our riding with
provincial related issues



We're here to:

- Provide information about provincial government programs & services
- Assist you with questions or difficulties with governmental services
- Participate in local community events
- Share ideas

Heather Sweet, MLA
Edmonton-Manning



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North Central Early Years Coalition

Self Control is the skill kids need most to succeed in school and life.*

Parental tips for encouraging self control can be found at :

<http://www.urbanchildinstitute.org/articles/perceptions/kindergarten-readiness-is-more-than-academic>

* Source: [http://web.stanford.edu/group/sparklab/pdf/Tarullo,%20Obradovic,%20Gunnar%20\(2009,%200-3\)%20Self-Control%20and%20the%20Developing%20Brain.pdf](http://web.stanford.edu/group/sparklab/pdf/Tarullo,%20Obradovic,%20Gunnar%20(2009,%200-3)%20Self-Control%20and%20the%20Developing%20Brain.pdf)

To learn more about the Coalition or to get involved please contact us at:
nearlyyears@gmail.com
or visit our website www.earlychildhoodedm.ca/northcentral/

Fight the bite this summer

Warm summer weather brings mosquitoes... and with them, the risk of West Nile virus.

Alberta Health Services (AHS) reminds you to make a summer habit of protecting yourself and your loved ones from mosquito bites, and their potentially severe health consequences.

“With exposure to mosquitoes comes risk of West Nile virus,” says Dr. Gerry Predy, Senior Medical Officer of Health, AHS. “Because some mosquitoes carry West Nile virus, it’s important to avoid being bitten at all.”

Whenever engaging in outdoor activities this summer, all Albertans should take these simple steps to prevent bites and protect themselves from West Nile virus:

- Wear a long-sleeved, light-colored shirt, pants, and a hat.
- Use insect repellent with DEET.
- Consider staying indoors at dawn and dusk, when mosquitoes are most active.

“These steps can make it harder for mosquitoes to find you, and remember: if mosquitoes can’t find you, they can’t bite you,” says Predy.



After being bitten by a mosquito carrying West Nile virus, humans can develop West Nile Non-Neurological Syndrome (formerly known as West Nile fever) or the more serious West Nile Neurological Syndrome.

Symptoms of Non-Neurological Syndrome can be uncomfortable, including fever, chills, nausea, vomiting, fatigue, skin rash, swollen glands and headache. For those individuals who do develop Neurological Syndrome, symptoms can be much more severe, including tremors, drowsiness, confusion, swallowing problems, high fever, unconsciousness, paralysis and even death.

From 2003 to 2015, more than 600 Albertans have suffered the consequences of West Nile virus infection, many of whom got bitten right here in Alberta..

“The data shows the very real and potentially severe risk of illness across the province,” says Predy. “Protect yourself, and ensure your loved ones do the same.”

To learn more about West Nile virus and reducing your risk, visit www.fightthebite.info or call Health Link Alberta at 811.



2016/2017 INDOOR SOCCER REGISTRATION ON NOW!

U8 – U11 OPEN SESSIONS & REGISTRATION
AUG 15 & 16TH PLUS AUG 22-26, 2016

U12 – U17 TRYOUTS & REGISTRATION
AUGUST 22 – 26, 2016

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CONTACT GWEN HANKE BY EMAIL G.HANKE@SHAW.CA FOR MORE INFORMATION





McLeod News

McLeod Board of Directors

Our board is comprised entirely of volunteers. Email is the best way to contact them. If you would like to volunteer for one of our vacant positions, please email the president.

Executive Committee:

| | |
|---------|---|
| Leanne | president@mcleodcommunityleague.ca |
| Troy | past-president@mcleodcommunityleague.ca |
| Cheryl | vp@mcleodcommunityleague.ca |
| Jason | secretary@mcleodcommunityleague.ca |
| Okunade | treasurer@mcleodcommunityleague.ca |
| Cheryl | membership@mcleodcommunityleague.ca |
| Vacant | sports@mcleodcommunityleague.ca |
| Kevin | communications@mcleodcommunityleague.ca |
| ca | |

Board of Directors:

| | |
|------------|--|
| Ryan | safety@mcleodcommunityleague.ca |
| Kevin | programs@mcleodcommunityleague.ca |
| Liz | social@mcleodcommunityleague.ca |
| Andre | hockey@mcleodcommunityleague.ca |
| Vacant | baseball@mcleodcommunityleague.ca |
| Gord | softball@mcleodcommunityleague.ca |
| Todd | soccer@mcleodcommunityleague.ca |
| Cheryl | casino@mcleodcommunityleague.ca |
| Leanne | grants@mcleodcommunityleague.ca |
| Jason | area172@mcleodcommunityleague.ca |
| Laura | youth@mcleodcommunityleague.ca |
| Volunteers | president@mcleodcommunityleague.ca |
| Jennifer | miller@mcleodcommunityleague.ca |
| Vacant | mcleod@mcleodcommunityleague.ca |
| Devin | hollickkenyon@mcleodcommunityleague.ca |
| Donna | mattberry@mcleodcommunityleague.ca |
| Vacant | casselmann@mcleodcommunityleague.ca |

Hall Rentals in McLeod

McLeod Community Hall
14715-59 St NW
Edmonton, AB T5A 1Y3

The McLeod Hall is available for rental for events, meetings, weddings and other social functions. Please go to www.mcleod-communityleague.ca and chose the "Hall Rental Inquiries!" tab. Most of your questions are already answered in the information posted. You can also check the website to view a calendar to show when the hall is available.

McLeod Memberships

Memberships can be purchased at the hall during our program/sports registration nights. You can also purchase them online from www.efcl.org, with an additional \$5 processing fee. You must be a resident in one of our five neighbourhoods to become a member. Memberships are valid from Sept 1 to Aug 31 of the following year.

\$25 for family, \$15 single adult/no kids

www.communityleagueneews.com

McLeod President's Message

On behalf of the McLeod Board of Directors, I wish to express our deepest condolences to our area City Councillor Ed Gibbons whose mother, Della Margaret Gibbons, passed away on July 3, 2016 at 96 years of age. Della was a great example of volunteerism as noted in her obituary (Edmonton Journal):

"Della was born in Clyde, AB, moving to Westlock at the age of 10. When Della was 17, she moved to Gibbons to join the Knott Uncles. Della was an active volunteer in her community, working as a farmer, school bus driver, Sunday School Superintendent, Brownie and Guide Leader, and a wedding cake decorator and member of Gibbons United Church and United Church Women's Group. During WW2 Della served in the Army Postal Corp in London. Bill and Della were married in England, in 1945 while both were in service leave from the war effort. Della was instrumental in the establishment of the Gibbons Legion after WW2, and founding the Gibbons Museum."

McLeod's kickboxing program accepts registrants on an ongoing basis so please do not hesitate to come by the hall Tuesdays and Thursdays at 7pm to join the class. You can either pay for 10 sessions at a time (\$50 for McLeod Community League members) or pay a drop-in fee of \$10. If you are not a member, the fee is \$75 for ten sessions. Membership cards are available for purchase also (\$25 for family, \$15 for single). Cash only please.

Our yoga program has classes for both children and adults. Please go here for upcoming classes: http://mcleodcommunityleague.ca/index.php/mini_site/site/Yoga/home.

If you have some time to spare, I would love to be able to train a new Volunteer Director. This voting position on the Board is responsible for developing sign-up sheets for McLeod events, and attending every registration session to oversee the Community Service tables where parents choose their service options. The director ensures the workers are trained and assigned to their tasks. After registration sessions are over, the director organizes all the event dates and cheques to be provided to the event organizers. I have filled this position for many years and would appreciate a break from this role to focus on other roles I also fill. If you can help, please contact me at president@mcleodcommunityleague.ca.

Leanne Rosinski

McLeod Adult Yoga

Hatha balance
45 minutes of strength, balancing and integrative postures, then 45 minutes of restorative poses using supportive props.
6:30-8:00 pm
11 classes: \$155

Yoga for beginners
Focus on core strength, balance, breath work, sitting and standing postures. This class will strengthen, while rejuvenating!
8:15-9:15 pm
11 classes \$120

Tuesdays: September 13- December 13
No classes on October 4 and 11.
Registration opens last week of August. Space for 10 participants in each class. If room allows, \$15 drop in fee will apply.

McLeod Pool Access

McLeod CL Access - Outdoor Pools

- Fred Broadstock Outdoor Pool
May 21 – Sept 5: Sun, Mon, Tue Wed 5pm-7pm
- Oliver Outdoor Pool
June 12-Sept 4: Sun, Mon, Tue, Wed 6 pm-8pm
- Queen Elizabeth Outdoor Pool
June 1 – Sept 5: Sun & Tue 5pm-7pm, Mon & Wed 6pm-8pm
- Mill Creek Outdoor Pool
May 21-Sept 5 – Sun, Mon, Tue, Wed, Thur, Fri, Sat 7pm-9pm

McLeod CL Access- Indoor Pools

- Londonderry Pool
Sunday 4:15 pm – 5:45 pm
- O'Leary Pool
Saturday 3:45 pm – 4:45 pm
- Grand Trunk
Sunday 4:15 pm – 5:45 pm and Friday 7-9 pm

McLeod Annual General Meeting Notice

McLeod Community League will host its Annual General Meeting at McLeod Hall (14715 59 Street) on October 27th, 2016 at 6pm. Please do come and join us, and consider volunteering for a Board (or other Volunteer) position.

McLeod Indoor Soccer Registration Announcement

Indoor soccer registration will take place August 31st, and September 7th 6-9pm, and September 11th 1-4pm at McLeod community league hall. We'll be using the EMSA soccer portal again to register players for the upcoming season. If you are new to the EMSA soccer program, please go to the EMSA North website at www.emsanorth.com to create your EMSA Soccer account and register for the upcoming season. The EMSA Soccer Portal is compatible with your smartphone, tablet and home computer. While online registration is mandatory, online payment is optional and you are encouraged to pay at McLeod Hall at one of our registration dates noted above. A credit card processing fee will be added to all online payments made through the EMSA Soccer Portal. Please see the McLeod website for additional information. Community league memberships expire August 31st. All community members holding a 2015/16 McLeod membership will be able to exchange their existing membership card for a new one. Anyone registering for soccer for the first time will be required to apply for a membership card online via the McLeod community website prior to attending a registration session, or use one of the laptop computers at the registration sessions to capture their membership information.

Registration chart:

| | Born after January 1st | Born before December 31st |
|-----|------------------------|---------------------------|
| U6 | 2011 | 2012 |
| U8 | 2009 | 2010 |
| U10 | 2007 | 2008 |
| U12 | 2005 | 2006 |
| U14 | 2003 | 2004 |
| U16 | 2001 | 2002 |
| U18 | 1999 | 2000 |

For those new to indoor soccer, U6 and U8 play Saturday mornings at the soccer facility on Victoria trail. U10 and U12 play throughout the day on Saturday at any of the 3 Edmonton soccer facilities. U14 to U18 play throughout the day on Sundays at any of the 3 Edmonton soccer facilities. All teams play one regular season game every weekend making the indoor season less time demanding than the outdoor season.



We expect many of the outdoor coaches and players will return for the indoor season. The season kicks off October 15th. Feel free to contact me if you have any questions about registering for the upcoming season at soccer@mcleodcommunityleague.ca

Todd

McLeod Soccer Director

Equipment Coordinator Opportunity

The McLeod Soccer Committee would like to invite you to become part of our team as Equipment Coordinator.

Over the past couple of years we have made great efforts to become very efficient in our intake and reissue of equipment between seasons and with the equipment volunteers we get each season, we have streamlined the process immensely. It does still take that one key person though to facilitate and manage the volunteers on the two mornings of setup and the beginning of each season and to record the intake of equipment at the end of the season.

If you are interested in joining our team, please email Todd at soccer@mcleodcommunityleague.ca or stop by and visit us at the soccer registration session.

Thanks, Todd

McLeod Soccer Director

Paint Nite at Jester's Gaming Lounge – McLeod Receives Funds from Castledowns Bingo

Castledowns Bingo is the facility in which we hold bingos to raise funds for hall maintenance. Without a steady source of revenue for maintenance and repairs, 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, paint nite, darts, pool, VLTs, karaoke, and crib. Please go to their website for more information: <http://www.jesters-lounge.com>.

McLeod jest członkiem Stowarzyszenia Castledowns Bingo (many thanks to Magdalena Kowalewska for the translation!)

Castledowns Bingo jest obiektem, w którym odbywają się gry w bingo. Imprezy takie pozwalają nam zbierać fundusze na konserwację pomieszczenia. Bez stałego źródła dochodu na konserwację i naprawy, McLeod nie byłby w stanie zapewnić społeczności darmowych rodzinnych wieczorów filmowych i innych darmowych uroczystości. Czy wiecie Państwo, że w budynku Castledowns Bingo znajduje się sala, którą można zarezerwować na różnego rodzaju przyjęcia? Jester's Gaming Lounge, zlokalizowana w tym samym pomieszczeniu, oferuje Państwu możliwość gry w cosmic bingo, rzutki (strzałki), bilarda, automaty do gier oraz zaprasza do zabawy w karaoke i do gry w crib. Zapraszam do odwiedzenia strony internetowej <http://www.jesters-lounge.com> w celu uzyskania więcej informacji.

Noche de pintura en Jester's Gaming Lounge – McLeod recibe fondos para el bingo de Castledowns (many thanks to Lina McBryan for the translation!)

Castledowns bingo es la instalación en la que se celebran bingos para recaudar fondos para el mantenimiento del Hall. Sin una fuente constante de ingresos para el mantenimiento y reparaciones, McLeod no sería capaz de proporcionar a la comunidad noches de cine familiar y otras festividades gratuitas. ¿Sabías que hay una salón dentro de la sala de bingo que está disponible para reservas de fiestas? Jesters también tiene bingo cósmico, dardos, billar, VLT, karaoke, y cunas. Noche de pintura es una manera fantástica para que los adultos puedan explorar su lado creativo en un ambiente relajado. Para más detalles Ingresar al siguiente link: <http://www.jesters-lounge.com>.

McLeod Needs Translators

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, Casselman, or Matt Berry, please contact me and let's talk about a partnership!

McLeod Encourages Residents to Participate in City of Edmonton Engagement

Over the next few months, the City of Edmonton will be seeking public input into "Breathe", the replacement for its current Urban Parks Management Plan. This is a very important document, as it defines virtually every major issue related to parks and green spaces, right down to defining what constitutes a park. Please keep your eyes open for opportunities to provide input, as your input will shape the future of open spaces in Edmonton.

A very accessible means of providing input is via the City of Edmonton's Insight surveys. These well-designed and engaging surveys provide residents the opportunity to consult on a variety of topics. Please sign up at www.edmontoninsightcommunity.ca, as 4871 residents of Edmonton have already done, as of March of 2016.

Fitness Kickboxing at McLeod

Tuesdays and Thursdays – throughout the year
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.

Mark Your Calendars for Upcoming McLeod Events

NOTE: Subject to change, please check current details on www.mcleodcl.ca.

Wednesday, August 31, 5:00-9:00pm – Indoor Sports Registration

Wednesday, September 7, 5:00-9:00pm – Indoor Sports Registration

Sunday, September 11, 1:00-5:00pm – Indoor Sports Registration

Saturday, September 17, 12-3pm – Community League Day. Lots of great activities, including bouncy castles, a Highland band, Star Wars cosplayers, and free food! Please donate cash or non-perishables for the Food Bank.

Saturday, September 17 – Movie Night
Doors open at 5:30pm, movie starts at 6:30pm. Concession available. Wear your PJs, bring your pillows and sleeping bags!

Friday, October 14 – Movie Night
Doors open at 5:30pm, movie starts at 6:30pm. Concession available. Wear your PJs, bring your pillows and sleeping bags!

Thursday, October 27, 6:00-7:00pm – AGM
Saturday, October 29, time TBC – Family Halloween Party

McLeod Needs a Baseball Director

We are looking for a new Baseball Director to replace long-serving director Brad Trefan. If you are interested in helping McLeod or know someone who can help, please contact Leanne at president@mcleodcommunityleague.ca. Brad is willing to assist and train the new director in their first year so please come forward to save McLeod Baseball. Parents can still register their children for baseball by going to the NEZ website: <http://nezsports.com/baseball/baseball-program/>.



MCLEOD NECESITA UN DIRECTOR DE BEISBOL

(many thanks to Lina McBryan for the translation!)

Estamos en busca de un nuevo Director de béisbol para reemplazar al director de muchos años de servicio, Brad Trefan. Si usted está interesado en ayudar a McLeod o conoce a alguien que pueda ayudar, por favor, póngase en contacto con Leanne en president@mcleodcommunityleague.ca. Brad está dispuesto a ayudar y entrenar al nuevo director en su primer año así que por favor no lo piense más y ayude al equipo de béisbol de McLeod. Los padres todavía pueden registrar a sus hijos en la página web NEZ: <http://nezsports.com/baseball/baseball-program/>.

MCLEOD POTRZEBUJE KIEROWNIKA DRUŻYNY BASEBOLLOWEJ

(many thanks to Magdalena Kowalewska for the translation!)

Szukamy nowego kierownika/managera drużyny baseballowej, który zastąpi długotrwałego kierownika Brada Trefana. Jeśli jesteś zainteresowany lub znasz kogoś kto może pomóc, prosimy o kontakt z Leanne pod adresem mailowym president@mcleodcommunityleague.ca. Brad zaoferował pomoc i przeszkolenie swojemu następcy w ciągu pierwszego roku. Prosimy więc zainteresowanych o przybycie i ocalenie baseballu w McLeod. Rodzice w dalszym ciągu mogą rejestrować swoje dzieci do drużyny baseballowej na stronie <http://nezsports.com/baseball/baseball-program/>.

McLeod Community Safety Message

We're half way through summer and thought I would share some tips on swimming pool safety.

Adults should actively watch children at all times while they are in a pool. For infants and toddlers, an adult should be in the water and within arm's reach. For older children, an adult should be paying constant attention and free from distractions, like texting, talking on the phone, socializing, tending household chores, or drinking alcohol. The supervising adult must know how to swim in case of emergency. Parents or Guardians teach your children that running on a pool deck can be dangerous and not to dive in shallow water, as it could result in injury.

Bike Safety

Another topic I thought I would provide some safety tips on is Bike Safety in regards to children.

Children under the age of 18 must wear a bike helmet. It is the law in Alberta. Make the helmet habit a family affair. Make sure everyone in the family wears a helmet that meets approved helmet safety standards.

Children often have the physical skills to ride a bicycle at an early age but most children are not ready to ride in traffic until they are over 10 years of age. Teach your child or children how to follow traffic rules by riding with him or her on bike paths and sidewalks. Bike safety rules that you can model and teach include:

- following the traffic safety signs
- getting off your bike at all intersections and using pause, point and proceed to cross safely
- riding in the same direction as traffic
- staying on the right-hand side of the road
- using hand signals and shoulder checks
- always wearing a helmet, and wearing it buckled up
- installing a bell and using it when approaching pedestrians, corners or hills
- if riding in poor lighting conditions or at night to wear bright clothing, have front and rear reflectors and have a light on the front of the bike and rear taillight

Here are some tips to check to see if the helmet is on properly

- Make sure the helmet is level from front to back when put on.
- Check that the front edge of the helmet sits 1 to 2 finger-widths above the eyebrows.
- Adjust the straps to form a "V" just below and in front of my earlobes.
- Adjust the chinstrap so that there's only 1 finger-width between my chin and the chinstrap.
- Adjust the helmet tighter if it moves when nodding.
- Wear a CSA approved helmet and be careful not to drop it. By dropping the helmet it can degrade its performance.
- If you are in a collision, discard the helmet and purchase new one

Traffic Safety

When a Police, Sheriff, RCMP or Peace Officer vehicle is behind your vehicle and has its blue and red lights activated you are required to pull over to the right side of the roadway you are on. Place the vehicle in park, roll down your driver's window and have your copy of registration, insurance and driver's license ready for when the officer arrives at your window. This will help speed up the process. Keep your hands on the steering wheel and avoid sudden hand movements. Never open the door and get out of the vehicle at any time during the traffic stop. This helps keep you and the officer safe. If you cannot find one of your documents at first contact with the officer, wait until the officer comes back to the vehicle to give/show the document (copy of registration, insurance or driver's license).


Hope you all are having a safe enjoyable summer!!!!!!

Ryan Bendara
Community Safety
Director

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McLeod Needs Donations of Skating Equipment

McLeod continues to need 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 potrzebuje darowizn sprzętu do jazdy na łyżwach

(many thanks to Magdalena Kowalewska for the translation!)

McLeod wciąż potrzebuje darowizn łyżew i kasków, dla ludzi zainteresowanych jazdą na łyżwach, ale nie posiadających własnego wyposażenia. Rzeczy te będą przechowywane w klubie i wypożyczane do jazdy na łyżwach tylko na lodowisku McLeod. Jeśli posiadacie łyżwy lub kaski w dobrym stanie, proszę o kontakt z Leanne pod adresem mailowym president@mcleodcommunityleague.ca, w celu umówienia dnia i godziny ich przekazania.

McLeod's Green Shacks

Hollick-Kenyon, Matt Berry, Miller and McLeod playgrounds have half-day green shack locations this summer. The programs run from July 4 to August 25. The summer hours for August 2016 are as follows:

- Hollick-Kenyon 2:30 – 6:00 pm
- Matt Berry 2:30 – 6:00 pm
- McLeod 10:00 am – 1:30 pm
- Miller 2:30 – 6:00 pm

This program is free drop-in playground programming for children ages 6-12.

Experience a great summer in your own neighbourhood filled with games, sports, crafts, music, drama and special events. Matt Berry will share a staff person with the Ozerna playground. Hollick-Kenyon will share a staff person with Brintnell playground.

By donating \$1,000, the McLeod CL has partnered with the City of Edmonton to support this city-wide Green Shack program.

For playground program information, please call 311 or visit www.edmonton.ca/playgrounds.

For more detailed information on all green shack locations and start times, contact the City of Edmonton: phone 311 or email 311@edmonton.ca or check www.edmonton.ca

McLeod Welcomes Back Farmers' Market

McLeod CL is encouraging everyone to visit the Miller Crossing Farmers' Market in the Miller neighbourhood this summer, starting June 5, 2016. Located at the Royal Canadian Legion parking lot at 14339-50 St, it features local produce, baking, crafts, meats and more.

- Tuesdays, 4pm – 8pm
- Sundays, 10am – 3pm

When we purchase directly from local farmers and entrepreneurs, we are supporting our local community. So walk, bike or drive over this summer, and have a great time shopping.

This year, the Miller Crossing Farmers Market is offering free spots for local kids that are interested in selling whatever they create, grow, or make.

www.mcfarmersmarket.ca

McLeod Supports EPL MakerSpace

Join the Edmonton Public Library as they unleash cool technologies like littleBits, Arduino, Lego robotics, and more into the library. This drop-in program invites you to explore, experiment, and create – no previous experience needed!

Essentially it's an all-ages program where the EPL staff brings out different technologies and let participants experiment with them. A staff member facilitates the program, and is there to help the participants in their exploration, but not to lead them.

The program is offered on Saturdays, from 3:30-5pm at McConachie and from 2-3pm at Londonderry.

McLeod Supports the Matt Berry Facility Project

The Matt Berry Facility Project Steering Committee continues to develop a plan. We have completed our initial needs assessment. Thanks to all those who participated in the survey.

This will lead to a second round of public consultation, so that we can refine the initial information that we were able to collect. We hope to collect survey results over the fall of 2016 and then have a better defined project scope early in 2017.

Please watch for us at McLeod's sports registration dates on August 31st and September 7th and 11th.

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Safe Summer Weekends

Many Albertans like to take advantage of the long summer evenings and warmer weather to get outdoors, go traveling or visit with family and friends. Weekends and celebrations can be fun for Albertans of all ages.

If you, your friends or family are planning on using alcohol as part of your celebratory gatherings, there are some things you can do to help keep you and those around you safe.

Drinking alcohol is not risk-free. Experts have set low-risk drinking guidelines to help limit the risks of alcohol including what constitutes as a standard drink. Men should avoid drinking more than three standard drinks in a day and 15 in a week, while women should limit consumption to two drinks in a day and 10 in a week. Be sure to have non-drinking days as part of your weekly routine, and on special occasions reduce your risk of injury and harm by drinking more than three (women) or four (men) drinks in a night.

The following common drinks contain equal amounts of alcohol and are often referred to as a drink or a standard drink:

- One mixed drink containing 43 mL (1.5 fl oz) of 40 percent hard liquor, such as vodka, gin, rye whiskey, or rum
- One 142 mL (5 fl oz) glass of 12 per cent wine
- One 341 mL (12 fl oz) bottle of 5 per cent beer or wine cooler.

Choosing to not drink is okay, but if you do decide to drink, here are a few tips to help reduce health and safety risks:

- There are many situations when alcohol should be avoided entirely, like if you are pregnant or breastfeeding. Don't drink if you're planning on driving or using heavy machinery, if you're working or expected to make important decisions, or if you're responsible for other's safety.
- Those living with physical or mental health problems should also avoid alcohol, or if you're taking certain medications.
- It's important to teach young people about the risks associated with alcohol, as well. If you are the parent of a youth, be sure to have a conversation with your teen about drinking and its effects.
- There are a variety of ways to help reduce your alcohol consumption this summer, or any season. Set limits for yourself before you decide to drink, taking your age, gender, body size and health into consideration when deciding on your limits. Eating before and while you're drinking and alternating between alcoholic and non-alcoholic beverages is also a good idea.
- Also, remember to support others in their decisions to reduce alcohol intake. Offer alternative beverages for family or friends who don't drink alcohol or are trying to cut back on their use. If you're concerned, you can talk to a health care professional about strategies to reduce your use.

For more information on Canadian Low-Risk Drinking Guidelines, visit the Canadian Centre on Substance Abuse (www.ccsa.ca) website.

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

Jennifer – 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.

www.communityleagueneews.com

Hall Rentals

Do you have friends, families or co-workers that are in need of a space to hold their next function?

Steele Heights Community League is happy to accommodate renters. We have a fully equipped commercial kitchen with two microwaves, cooler and deep freeze.

Our recent renovations and upgrades enable us to offer you great rates for a size of space that works for you. We have the rink-side multipurpose room with a smaller seating capacity and the ability to also rent the enclosed, outdoor fenced area. Equipped with barbques and with our main hall, there's room for over 200 people.

Main Hall Rental Fees :

Sunday thru Thursday a full day rental will be \$300 per day
- starting at 10am and ending at 5pm

Friday and or Saturday a full rental day will be \$400 per day
- starting at 4pm until 9am the next day

Friday and Saturday rental together will be \$500 for both days
- starting at 4pm Friday and ending Sunday at 9am

Friday and Saturday and Sunday rental together will be \$650 for all three days
- starting at 2pm Friday and ending Sunday at 5pm

Media or Boardroom Rental fees :

Monday thru Thursday rental per hour of \$40 per hour up to 5 Hours .
- other days of the week and length of rental are available

Multi-Purpose Room and Outside Rink Area Rental Fee :

Monday thru Sunday rental per hour of \$35 per hour up to 8 hours

- this includes use of the multi-purpose room and the outside rink area
as well as the mini kitchenette

- there are also bbq's for rent at \$35 for 1 and \$50 for use of 2 during your rental time frame

If you have any questions or concerns please contact the Facility Rental Director.

From the programs and events desk

Hello I hope everyone's summer is going well. We have been very busy around the hall this year and are working very hard to provide top level events for you to enjoy, and this year's community league day will be no exception. We have decided to expand on the carnival we had last year to include a chili cook off and dance. This event will run all afternoon and into the evening with activities for the kids and for adults.

The carnival will be running from 12:00 until 4:00 and will have games and prizes for kids. We are also going to be adding some new games for a slightly older group. Admission to the carnival is free and we encourage everyone to come down and participate in the festivities.

As some of you may know we at Steele Heights are in the process of building a spray park at the community league hall. this project has been spear headed by our Past president Heather Pilisko and is set to start construction in 2017, as such we are holding a fund raiser to help pay for the park.

This will be the chili cook-off this will be a ticketed event open to anyone to enjoy or compete. The cook off will open at 2:00pm and will include a tasting portion and dinner of your favorite contestants chili. There will be a beer gardens and music, and after dinner we will be hosting a dance.

I challenge anyone who thinks they make the best chili try and prove it.

For any contest information, entry forms, or tickets contact Tyler at chilicookoff@steeleheightscommunity.com



Ready or not, it's healthy to have a plan

Whether you're ready to start trying for a baby, or not ready to start trying, it's healthy to have a plan.

Alberta Health Services is sharing this message with all Albertans of reproductive age, through a new website: www.readyornotalberta.ca.

The website provides helpful tips, tools and to-do lists for those who are not yet pregnant, but who are either contemplating trying for a baby, or, who want to ensure that they remain not pregnant. For both groups, there are important considerations, many of which will impact health today, and in the future.

Given 40 per cent of pregnancies are unplanned, it's important that Albertans be aware of their health, before they conceive. This includes considering birth control options, but also goes far beyond that to include such things as nutrition, healthy weights, exercise, environmental factors and drug, alcohol and medicine use.



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