

NORTHEAST VOICE

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

February 2016



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

Evansdale Spring Sports Registration Dates

Evansdale Sport Explorers and Soccer registration will take place at the Evansdale Hall on the following dates:

- Wed. Feb. 24: 6pm to 8pm
- Mon. Feb. 29: 6pm to 8pm
- Wed. Mar. 9: 6pm to 8pm

Sport Explorer is the perfect way to introduce 3-5 year-old kids to sports and physical activities with all the emphasis on the fundamentals used in all sports. Evansdale will be running this new program right in our community. It's the perfect start for active kids and for kids who will play any sport in the future.

Evansdale requires a Soccer Director ASAP or the soccer program may be at risk. A new director will be mentored by the previous director. Call Jeff Muiselaar to discuss 780-478-1959 or email: president@evansdale.ca
Evansdale soccer would like to thank Moe Taha, our retiring soccer director and all of our indoor coaches for doing such a great job.
See you at the registration events!

Upcoming Events in Northeast

2016:

January:

Jan 28-Feb 7: Stan Gantar Memorial Hockey Tournament at Kilkenny
Jan 29: McLeod Launchpad Outing

February:

4: Wills Workshop at Londonderry Library (6pm)
7: Northmount Family Winter Carnival
13: McLeod Valentine's Day Kids' Party
15: McLeod Family Day Festival and Pancake Breakfast
24: Sports Registration at McLeod (6pm-9pm)
26: McLeod Movie Night
29: Sports Registration at McLeod (6pm-9pm)
29: North Edmonton Seniors Association Leap Year Luau 6pm dinner; 7pm show; \$35 call 780 496 6969 for tickets

March:

9: Sports Registration at McLeod (6pm-9pm)
10: Employee Rights Workshop at Londonderry Library (6pm)
24: Tenant Rights Workshop at Londonderry Library (6pm)

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

Sport Explorers - 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 Explorers 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 Explorers 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 physical activities.

Sport Explorers 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 (canadiansportforlife.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.

Steve Nash didn't start playing basketball until he was 12-years-old. He played soccer, tennis and hockey in his early years. Wayne Gretzky couldn't wait for spring so he could play baseball and lacrosse, his summer sports passions. Many coaches actively seek out athletes with multi-sport backgrounds. It's now becoming clear that early specialization in a sport can be a disadvantage instead of an advantage when it comes to success. Single sport athletes are also 70-90 percent more prone to injuries (retrieved January 11, 2016 from <https://www.premiersportpsychology.com/sport-psychology/to-specialize-or-not-to-specialize-assessing-the-risks-of-playing-only-one-sport/>).

Whether you think your child is the next Steve Nash or Wayne Gretzky, or if you simply want to help your child develop a healthy, active lifestyle, Sport Explorers may be just what you have been looking for.

Sport Explorers will be led by trained leaders in a way that will give all kids the "power to move" in sport and in life. Parent participation is required.

Programs start May 1 and will run weekly for eight weeks. Fees are \$50 for the summer session. Volunteer service is required.

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

- **Lago Lindo** (lagolindo.ca) – March 12
- **McLeod** (mcLeodcl.ca) – February 24, 29 & March 9
- **Kilkenny** (kilkenny.ab.ca) – February 23, March 12 & 17
- **Northmount** (northmount.ca) – February 22
- **Evansdale** (evansdale.ca) – February 24, 29 & March 9



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
Vacant-volunteer today!	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
URGENTLY NEEDED!	Soccer Director		soccer@evansdale.ca
Angele Boake	Treasurer		treasurer@evansdale.ca
Sue Harris	Credits	780-473-8796	credits@evansdale.ca
Cindy Hoekstra	Secretary	780-472-6559	secretary@evansdale.ca
Elaine Sarac	Membership Director	780-476-7442	membership@evansdale.ca
Richard Halls	Hockey Director	780-406-2885	hockey@evansdale.ca
Rhesa Palapay	Bingo Director		bingomanager@evansdale.ca
Hanna Tarrabin	Programs	780-905-4554	programs@evansdale.ca
Jim Ragsdale	Director at large		
Vacant-volunteer today!	Newsletter & Social Media	volunteer today	newsletter@evansdale.ca
Jeff Muiselaar	Area 17 Representative	780-478-1759	pastpresident@evansdale.ca
Nicole	Belle Rive Sign Volunteer		signs@evansdale.ca
Jim Young	Evansdale Sign Volunteer		signs@evansdale.ca
Nicole	Poplar Park Sign Volunteer		signs@evansdale.ca
Sherri Bessette	Eaux Claires Playground	780-641-6171	ecbr@evansdale.ca
Terri	Hall Rentals	780-478-4444	hallrentals@evansdale.ca
Vacant-volunteer today!	Program Director		programs@evansdale.ca
	Skating Rink	780-478-2577	

Hall Rental Information

Evansdale Hall 9111 150 Ave.



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

Weekend rates:

Friday 12noon to Sunday 3pm
\$500 damage deposit
\$550 rental

Saturday/Sunday
\$400 damage deposit
\$425 rental

Monday – Friday
\$275 damage deposit
\$275 rental (\$150 members)

Use of dishes: \$100

Meetings: \$35/hour

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

Memberships

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

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

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

Benefits of Community League Membership

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

Thanks to Volunteers Shawna Walsh and Moe Taha!

President's Report

We had our first executive meeting of the year on January 12, 2016 with a couple new executive members. I would like to welcome Hana Tarrabin, programs director and Jim Ragsdale Director at large. We had to say goodbye to two great directors Shawna Walsh and Moe Taha. We cannot thank them enough for their dedication and excellent commitment to our community. They will be missed. The Evansdale building committee has seen the completion of the new year round sport facility-building, brand new hockey rink, resurfacing of the tennis court and we have added an array of solar panel system that will deliver half of our electrical needs for the next 25 years. Thanks to Shawna Walsh, David Dodge, Jim Young and Jeff Muiselaar for spending many hours the past two years to get this completed. Our outdoor hockey and family skating rinks are open and are being well used. Come out and enjoy the outdoors and meet your neighbours. New Soccer Director Urgently Needed – Soccer Program At Risk

Our soccer director has resigned and we have to replace him or we will not be able to have a soccer program at Evansdale. It is imperative to fill this position or else we will lose the program. The executive are all here to help you plus Mo will help you get set up. I would be pleased to talk to anyone interested in the position, WE NEED YOU! Please call me to volunteer. 780-478-1759

New Sports Explorerz Program for 3-5 year olds

Evansdale is involved in starting a new Community league program "SPORT EXPLORERZ" for 3 to 5 year olds this spring. The program is designed to practice basic movements and sports skills in a fun and engaging way. There is more information in the Northeast Voice. CHECK IT OUT. Spring Registration for "SPORT EXPLORERZ" will be held at Evansdale community league February 24, 29, and March 9, from 6 to 8 pm
HAPPY NEW YEAR Everyone.

Jeff Muiselaar
Evansdale President



Jeff Muiselaar in the Evansdale sports facility – Skating is open!



Shawna Walsh receiving an EFCL volunteer award in 2009 pictured with former Councillor Kim Krushell. Thanks Shawna for all your amazing contributions in Evansdale! Photo David Dodge



Moe Taha was our amazing soccer director in Evansdale for a number of years. Here's Moe hamming it up at one of the annual soccer parties. Thanks for all your work for our community Moe! Photo David Dodge

Gentle Yoga at Evansdale

All levels welcome.

This gentle yet powerful Hatha yoga program offers everything you need to help you move through life with greater ease. It lengthens and strengthens the muscles, builds bone density, increases range of motion and calms the mind. Excellent on its own or as a companion program to balance more vigorous exercise programs such as running. This program is suitable for all levels. No extreme poses will be utilized in this program, modifications will be emphasized. No previous experience necessary. Please bring a mat and water.

Thursdays
7:30-8:30pm
\$110 for 10 weeks or \$13/class for drop-in (cash only)

To register or for more information please contact Tracey at 780-264-0706 (call or text) or aldiya@aldiya.com

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



Children with Food Allergies

About one in 13 kids have a food allergy. An allergic reaction occurs when the body's immune system overacts to a food protein (an allergen). The most common food allergens are: peanuts, tree nuts, sesame seeds, soy, seafood (fish and shellfish), wheat, eggs, milk, mustard and sulphites. Symptoms of allergic reactions can be different for everyone and may occur within minutes or hours. The most common symptoms of allergies are:

- Flushed or pale face, hives, rash, itchy skin
 - Swelling of the eyes, face, lips, throat or tongue
 - Coughing, wheezing or shortness of breath
 - Stomach pain, diarrhea, vomiting
 - Feeling anxious, weak, dizzy or faint
- Severe allergic reactions (anaphylaxis) to food can be life threatening and occur quickly and without warning. These reactions can be treated with an epinephrine auto injector; an EpiPen®. The only way to prevent allergic reactions is to avoid contact with the foods or ingredients that cause them. As many children have food allergies, the majority of schools have adopted guidelines to help keep all students safe.

Some of these guidelines may include:

1. No sharing of food or treats.
2. Washing hands with soap and water before and after eating.
3. No homemade treats for celebrations or special events. Cross-contamination is always possible.
4. Restricting the allergens from the classroom/school.

Food allergies are a serious medical condition, not a choice. Help prevent exposure to allergens by following your school's guidelines for food allergies. Take time to explain food allergies to your child and encourage them to learn about allergies that their classmates may have. If you are unsure of what to do, talk to the other child's parents or teacher. Students, parents, teachers and other staff all have an important role in keeping students safe, healthy and happy. To learn more about allergies, visit: www.myhealth.alberta.ca or call Health Link at 811.



I AM HERE TO SERVE YOU

Councillor Dave Loken, Ward 3

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Email: dave.loken@edmonton.ca

Twitter: @daveloken

Web: www.daveloken.com



The Evansdale Community League Presents...

FAMILY FUN DAY

MONDAY 15 FEBRUARY 2016
EVANSDALE COMMUNITY LEAGUE 9111-150 AVE FROM 1-4PM

A FUN PACKED DAY FOR THE ENTIRE FAMILY

**BOUNCY CASTLES, SLIDES, POPCORN,
FACE PAINTING, BALLOON TWISTING,
INFLATABLE FUN SPORTS GAMES,
STUFF A-BEAR CRAFT
HOT DOGS, DRINKS AND MORE!!!**

FREE ENTRY AND EVERYONE IS WELCOME

Skating is Open

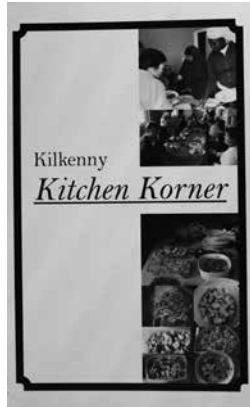
Monday-Friday 6-9
Saturday 12-9
Sunday 12-6

Evansdale 9111 150 Ave.

Kilkenny Community League News

Kilkenny Kitchen Korner Recipe Book for Sale!

With 23 diverse recipes from around the world and cooked in the very homes of our Kilkenny community members, this recipe book makes a wonderful gift for those who enjoy cooking and exciting their taste buds, all for only \$20.00! Proceeds from the sales will be going towards supporting the participants of the ESL program that put together this recipe book! Please contact Yodit Tesfamichael, Project Coordinator with the Edmonton Multicultural Coalition to purchase a copy: 780-760-1973 or email yodit@emcoalition.ca. Receipt can be provided upon purchase!



Kilkenny Playschool *Ready, Set, Grow!*

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

- 4 year old class; Monday, Wednesday, Friday – 9:30am – 12:00pm

This class focuses on kindergarten readiness, letter and number recognition, printing, a variety of social skills and having fun!

- 3 and 4 year old class; Tuesday and Thursday – 9:30am – 12:00pm

This class focuses on following a classroom routine, various social skills, as well as some pre-printing skills, number and letter recognition and of course free play and having fun!

Classes are subject to enrolment.

If you have any questions please call 587-590-6204 or visit the website – www.kilkennyplayschool.wix.com/kilkennyplayschool

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

City Services & General Information

Visit www.edmonton.ca/311 or call 311 for information and access to City of Edmonton programs and services such as:

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

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



February is Outdoor Soccer registration month



The EMSA north and our Community League partners are gearing up towards another exciting season of outdoor soccer. Community soccer remains one of the most affordable activities available to youth and the regular season runs from May 1st until June 30th. Soccer is a great coordination and confidence builder and helps players develop skills in areas such as dealing with adversity, working as part of a team along with achieving a sense of self accomplishment and personal satisfaction. Our community soccer program focuses on fun and fair play time for children of all ages beginning at U4.

Preregistration opens February 1st

Registering online at <https://www.emsanorth.ca> begins the process; however, your registration is not complete until you attend an actual registration session at your local community league.

For more information start with the EMSA north website or your local community league website. If you don't know your community league then visit the Edmonton Federation of community leagues and select "find my community."

Soccer: Many goals. One Game

Xtreme FC is the EMSA Norths' Club Soccer Program.

The Club program is geared towards those players who are seeking a greater degree of challenge with opportunities to develop their skills in a "Club Level" environment.

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

Try-Outs for Xtreme take place at the East Soccer Centre around the 3rd week in March.

For more information on Xtreme FC visit the website after February 1st or follow the link on the EMSA north website.

<http://www.edmontonxtremefc.com/>



McLeod News

McLeod President's Message

McLeod Supports Physical Literacy Programming

We are excited to be working on new programming for children 3-5 years old starting in Spring 2016. Registration will occur at the next registration sessions in early 2016.

"Active for Life's new KidActive web app is now available for FREE.



KidActive gives you dozens of fun games and activities to develop your kids' physical literacy. Just scroll and click to find the perfect activity whether you are at home, at the park, or anywhere on vacation. KidActive also tracks your kids' skill development as they practice different games and activities. Each time you open KidActive, the app suggests new games and activities based on the skills your child has already practiced.

Launch the KidActive app right now, and get your kids started on their physical literacy skills!"

Go to this website to get started: <http://activeforlife.com/kidactive-app-now-available/>. (Retrieved November 9, 2015.)

Happy New Year! As we start 2016, McLeod has created an exciting new physical literacy program for children 3-5 years old, Sport Explorerz starting in May. Read the details on the front page of this newsletter and see you at Spring sports registration on February 24, 29 and March 9.

The City of Edmonton is hosting free Drop-in Learn to Skate sessions at our outdoor rinks. Learn and practice your skills through activity stations and games with City of Edmonton program leaders. Lessons will be adapted to the age and skill level of the participants (ages 4 and up). Learn to skate at your own pace! Please note that the program will be canceled at -20°C with the wind chill. You must bring your own skates and helmets. Fridays - January 15, 22, 29 & February 5, 12, 19, 26, 2016 - all 3:30-6:30pm. Please access the rinks by going around the left side of the building.

Seniors, if you love to skate, McLeod has created a dedicated time for you to enjoy the outdoor rinks. Please see the article in this newsletter for information.

Special thanks go out to Canadian Arena Products who make a donation of two hockey nets with a value of \$2,600 to McLeod which I am sure our shinny players will appreciate. Also, McLeod thanks Tim Boschman who directed \$300 to our soccer program from the EPCOR Helping Hands Program. Tim has been a popular soccer coach with McLeod since 2011.

Please note that the community service deposit cheques for sports registration will increase to \$150 per child registered. Buy-out options will be \$150 per child registered or \$150 per one set of 10 WEM passes per child registered. This also applies to the new Sport Explorerz program. Please see the article for more information.

If you intend to register your child for our baseball program, you may be in for some bad news. 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 me at president@mcleodcommunity-league.ca. Brad is willing to assist and train the new director in their first year so please come forward to save McLeod Baseball.

Stay warm!
Leanne Rosinski

FAMILY DAY FESTIVAL!
Monday, February 15

McLeod Community League
14715-59 Street
10:00 - 12:00: Free pancake breakfast, crafts, games
12:00 - 4:00: Free skating, sleigh rides, hot chocolate

Please donate funds or non-perishable foods to the Food Bank

Steele Heights Baptist Church
5812-149 Avenue
12:00 - 4:00: Free picnic food, games, fishin' hole, sand pit, crafts, and more!

NEW Country Bake Shop Fundraiser
Supporting the Mosaic Centre

Special guest comedy duo
"Bare n' Von Hair"
and musician Paul Wolda

For more information:
www.shbc.ca or 780-478-1553

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McLeod Soccer Tournaments and Post Season

The 2015-16 indoor season is quickly coming to a close. The FC Memorial tournament will be held February 5 – 7 at soccer centres across Edmonton. This tournament is well attended with teams coming from Bonnyville, Calgary, Fort St John, Fort McMurray, Lloydminster, and Red Deer. 19 McLeod teams will be participating in the tournament as well. Come out and cheer on your favourite team.

U10 – U18 teams are eligible for post season play. If a tier is broken into X and Y subgroups, the top two teams from each pool advances to City Finals. If the tier is not suffixed with X or Y, then the top four teams advance to City Finals which will be held February 21 and 22. U10 teams do not advance beyond City Finals. U12 – U18 tier four teams placing either first or second in City Finals will advance to Provincials which will be held March 11-13. Please visit the Alberta Soccer Association website (www.albertasoccer.com) for locations. U12 and U14 tier five and six teams placing either first or second in City Finals will advance to Inter-City Finals. U16 and U18 tier 5 teams placing either first or second in City Finals will advance to Inter-City Finals. Calgary will host the girls Inter-City Finals and Edmonton will host the boys which will be held March 5 and 6.

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 Donations of Skating Equipment

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

McLeod 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!

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.



McLeod Rink Use Policy

McLeod maintains two ice rinks during the winter for community enjoyment. The rinks are open to the McLeod community league members, other community league members and the general public. As McLeod pays for the cost of the rink attendant and rink maintenance, we charge a nominal fee to non-community league members to assist in offsetting the operational costs.

Fee: \$2.00 cash per visit payable to the rink attendant

Free: With the purchase of a McLeod Community League single/family membership (cash only) from the rink attendant, you will receive skate tags accordingly. Affix the skate tag to your skates and skating is free for the entire season.

If you are from another community league, please show your current membership and/or your skate tag(s).

If you do not have your community league membership with you, please pay the nominal \$2.00 fee per skater. You will need to ensure you connect with your own community league to get skate tags to avoid paying the fee each time to access our rinks. The rink attendant does not have the discretion to waive the fee.

Receipts are available upon request from the rink attendant.

Access:

1. The BIG rink is for shinny.
2. The SMALL rink is primarily for public skating.
3. The SMALL rink may be partitioned for dual use – shinny and public skating.
4. There is no blanket schedule for either rink.
5. Team practices are not permitted. Rinks are not available for rental.
6. Usage of the rinks is determined on a night-to-night basis by the rink attendant.

Questions about this policy can be directed to president@mcleodcommunityleague.ca.

McLeod Needs Contractors – Electrician, Carpenter

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

Does an offer seem too good to be true? Could be a scam

The Better Business Bureau (BBB) has launched a handy Scam Tracker that makes it easy for Canadian residents to stay informed about scams that may be occurring in their area. The tracker allows you to click on your province via an interactive map and review a list of common scams.

The free interactive online tool – found at bbb.org/scamtracker – offers a heat map showing where scams are being reported. Users can search using a variety of filters to see what scams are happening in their area, or track a particular type of scam, or even see how much money has been lost. Users can also report scams that they hear about, whether or not they have fallen victim.

In 2012, two local BBBs – one in Edmonton, Alberta, and one in Las Vegas, Nevada – were credited with helping bring down Jesse Willms, the notorious fraudster who bilked more than four million people.



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Northeast Zone Baseball invites all 4 & 5 year olds to join our **BLASTBALL** program.

This once-a-week program is held on Thursday evenings from the beginning of May to the end of June and is designed to introduce the sport of Baseball to boys and girls. All required equipment will be supplied.

Cost for the season is \$50.00/player

Teams are small – a maximum of 5 kids. Register yourself or bring a group of friends and register as a team.

Register in your home community at the Baseball Registration or register at NEZ CENTRAL REGISTRATION
Registration location, dates and time are posted on the website at www.nezsports.com

Or contact: Dave Ball @ 780-475-5609 or balldr@shaw.ca



PLAY
BLASTBALL



McLeod Board – Baseball Director Needed

McLeod and its neighbourhoods (Casselman, Hollick-Kenyon, Matt Berry, McLeod, and Miller) are vibrant communities. McLeod Community League is one of the largest Leagues in the City, and has a reputation for running excellent sports teams, awesome social events, and programs that appeal to a variety of groups.

We have a robust board, sufficient financing to run creative and interesting programs, and we have quality facilities. If you would like to be a part of our board, please e-mail Jason at secretary@mcleodcommunityleague.ca. We have lots of great volunteer opportunities available, both on and off the board.

Right now, we are specifically looking for a great volunteer with an interest in youth athletics to act as Baseball Director. McLeod's current director Brad will be leaving us so if you are interested in helping us run the Baseball Program, please contact Brad at trefan3@gmail.com. Brad is very willing to train and assist the new director in their first year.

McLeod Valentine's Day Kids' Party

Join us for a fun Valentine's Day Party on Saturday, February 13 from 2-4 pm. Come make a card for your Special Valentine & enjoy making a few crafts & decorating a cookie and playing some games.
Paid concession will be available. The party is free for McLeod Community League members so please show your card at the door. Otherwise, there is a nominal fee of \$2 per child for entry. Memberships will be available for purchase (cash, debit or credit card)
We will be accepting cash and non-perishable donations for the Food Bank for this event so please give generously.
14715-59 Street.



McLeod Seniors Skating

McLeod has allocated dates and times for ice skating just for seniors. There is a nominal fee of \$2 which includes a hot chocolate at the end of the skate. You must supply your own skates. No other age group is permitted to access the rink during these dates and times. No exceptions. Please access the rinks by going around the left side of the building at 14715-59 Street.

Wednesdays, 1:00-2:00pm
January 20, 27
February 3, 10, 17, 24
March 2, 9, 16, 23, 30

Jazda na łyżwach dla Seniorów w McLeod

McLeod wyznaczył daty i godziny na jazdę na łyżwach wyłącznie dla Seniorów. Obowiązywać będzie symboliczna opłata w wysokości 2\$, w którą wliczona jest gorąca czekolada na zakończenie jazdy. Uczestnicy muszą posiadać własne łyżwy. Żadna inna grupa wiekowa nie będzie miała dostępu do lodowiska w dniach i godzinach wyznaczonych dla Seniorów. Nie przewidujemy żadnych wyjątków. Wejście na lodowisko znajduje się od strony ulic 14715-59, idąc na lewo wokół budynku.

Środy 13.00-14.00
Styczeń 20, 27
Luty 3, 10, 17, 24
Marzec 2, 9, 16, 23, 30

(Thank you to Magdalena Kowalewska for the translation!)

Rules for McLeod Rinks

- Skaters under the age of 18 must wear helmets while on rinks and on ice paths
 - No inappropriate behavior or language permitted
 - No alcohol or illegal drugs permitted
 - Clean up any mess you make, use the garbage cans, put empty beverage containers into the recycling bins
 - No playing tag or British Bulldog on rinks
 - No playing hockey or stick handling of pucks on any of the ice paths that lead to the rinks
 - No playing on the snow piles or ice surfaces inside the fenced rink area – this facility is for skating only
 - Report any problems to the rink attendant
- Failure to follow the rules will result in skaters being asked to leave the rink. Continued disregard will result in a complete ban. If you appear intoxicated, you will be asked to leave.
Please respect your facility.
Skate at your own risk.



LONDONDERRY

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Dr. James and Dr. Larson are accepting
new patients and emergencies!

Book today at **780 476 6135**

*Practice of General Dentistry



#201 7210 144 Ave NW DENTALCHOICE.CA

Mark Your Calendars for Upcoming McLeod Events

Wednesdays, 1-2pm, January 20 & 27, February 3, 10, 17 & 24, March 2, 9, 16, 23 & 30 – Seniors Skating
There is a nominal fee of \$2 which includes a hot chocolate at the end of the skate. You must supply your own skates. No other age group is permitted to access the rink during these dates and times. No exceptions. Please access the rinks by going around the left side of the building at 14715-59 Street.

Friday, January 29, 6:15pm-9pm – Launchpad Outing for 12-16 Year Old Youth
The fee is \$10 per participant and includes a hot dog, a juice box, and transportation via bus to and from Launchpad. Parents are welcome on the bus. If you are interested or would like more information, please contact Laura at youth@mcleodcommunityleague.ca.

Saturday, February 13 – Valentine's Day Kids' Party
Come make a card for your Special Valentine & enjoy making a few crafts & decorating a cookie and playing some games. A paid concession will be available. The party is free for McLeod Community League members so please show your card at the door. Otherwise, there is a nominal fee of \$2 per child for entry. Memberships will be available for purchase (cash, debit or credit card). We will be accepting cash and non-perishable donations for the Food Bank for this event so please give generously. McLeod Hall is located at 14715-59 Street.

Monday, February 15, 10am-noon – Family Day Pancake Breakfast
See the poster in this newsletter for more information.

Wednesday, February 24 – Sports Registration
See registration information in this newsletter.

Friday, February 26 – Movie Night
Doors open at 5pm, movie starts at 6pm. Concession available. Wear your PJs, bring your pillows and sleeping bags!

Monday, February 29 – Sports Registration
See registration information in this newsletter.

Wednesday, March 9 – Sports Registration
See registration information in this newsletter.

Benefits of Community Soccer in McLeod

Parents often ask "Why sign up for community soccer?"

The most obvious benefit of community soccer is exercise. The average season goes from May 1st to June 30th, with post season opportunities in July for older teams.

Players can expect one practice and one game per week, each approximately one hour in duration. The community program focuses on friends playing with friends and having fun. When registering for the McLeod soccer program, players can request to play with a certain friend. We try to honour the request as best as possible. There are occasions when friend or coach requests cannot be filled, as every team has a team player limit. Players can expect fair field time in regular season games. There are other leagues out there that organize players by skill level and age with an emphasis on winning and unfortunately not all players get an opportunity to play or play with their friends.

Community soccer is very affordable. In addition to registration fees, players are responsible for their own footwear, shin pads, socks, and shorts. McLeod will provide jerseys that will be returned upon season end with the exception for U6 and U8 players who keep their jerseys. Parents will be required to purchase a community membership and sign up for one community service per child to a maximum of two per family. Other soccer programs will have more expensive registration fees, require you to purchase jerseys, and participate in multiple volunteer/fund raising activities.

McLeod soccer acknowledges our players have many interests, with soccer only being one. Our older players, for example, often have part time jobs to earn spending money. McLeod soccer does not penalize players for missing the odd practice or game and we're grateful for them making as many soccer events as possible. Other soccer leagues have been known to bench players for missing practices or games.

We hope to see you at one of our upcoming registration sessions starting in February 2016. For more information, please see the McLeod website at www.mcleodcommunityleague.ca.



McLeod Soccer Update

Spring registration for Outdoor soccer will take place on February 24, February 29 and March 9, 2016, from 6pm-9pm at McLeod Hall.

New for the 2016 Outdoor Season - The registration process has changed significantly from prior seasons. All players must be associated to an account represented by the primary email address used by the player's guardian. After February 1, 2016, please go to the EMSA North website at www.emsanorth.com, click on Play at the top of the page, click on Register in the dropdown menu and then follow the instructions. If you are returning from the 2015/16 Indoor season, you will already have an account and will simply need to register players for the outdoor season. Laptop computers will be available for you to create your account and register online at the registration sessions if you haven't registered ahead of time. Preprinted registration form will not be available for you to complete at the registration sessions.

Please bring to McLeod's payment session, one signed copy of the player registration summary form, identification for proof of birthdate, payment (cash/credit/debit only - cheques are not accepted as payment for soccer registration), an un-dated but signed cheque for volunteer commitments and Kidsport/Jumpstart applications if applicable. Registration fees are as follows.

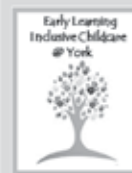
Age Category	Birth Year	Playing Days	Early Bird Fee	Fee Effective March 10
U6 Mixed	2010 – 2011	Tues & Thurs	\$115	\$140
U8B & U8G	2008 – 2009	Mon & Wed	\$115	\$140
U10B and U10G	2006 – 2007	Mon & Wed	\$135	\$160
U12B and U12G	2004 – 2005	Tues & Thurs	\$175	\$200
U14B and U14G	2002 – 2003	Mon & Wed	\$205	\$230
U16B and U16G	2000 – 2001	Sun & Thurs	\$210	\$235
U18B and U18G	1998 – 1999	Sun & Tues	\$210	\$235

Last outdoor season, our program consisted of 700 players on 52 teams. We will most likely be short coaches in the younger age groups so please consider coaching. Coaching younger age groups is about making new friends, having fun and snacks. All new coaches are enrolled in coaching clinics where you'll learn soccer basics to ensure you're successful. Many of our 2015 outdoor coaches will be returning again for the upcoming season.

We will also have socks, shin pads, and shorts available for sale for first time players and for those that have outgrown their current apparel.

Feel free to contact me if you have any questions about registering or coaching: soccer@mcleodcommunityleague.ca

*Todd
McLeod Soccer Director*



Now Open New Daycare Early Learning

@

York Elementary School : 13915-61 St. Age: 2 - 6 Years

Limited spaces

-Subsidy available

-Emergent curriculum

-Qualified staff

-Interactive Learning

Call: 780-473-0277

780-499-9243

Email: earlylearning@telus.net

Message from McLeod Community Safety Director

Hey hope everyone is having a terrific start to their new year. I wanted to bring up a few safety concerns I have observed. First off is vehicles that park on/across sidewalks/boulevards. This is a terrible practice that forces pedestrians including parents with strollers and children to have to go onto the roadway to get around it. It is illegal and if you do observe it, please report it to Edmonton Police at 780-423-4567 to have a Municipal Enforcement Officer dispatched to investigate.

Edmonton Traffic Bylaw 5590 Part II-Parking Sidewalk and Boulevard Section 4 States: Unless a traffic control device permits or requires, a vehicle shall not be parked on a sidewalk or boulevard or any part of a sidewalk or boulevard.

The other concern is electrical cords placed from their residence across the city sidewalk to vehicles parked on street. This is very dangerous as pedestrians walking can easily trip over the cord. Edmonton Traffic Bylaw 5590 Section 66 Highway Obstruction States: A person shall not place, cause or permit to be placed an obstruction of any kind on a highway unless a permit authorizing placement of the obstruction has been issued by the City. Definition of Highway under this bylaw states (k) "highway" means any thoroughfare, street, road, trail, avenue, parkway, viaduct, lane, alley, square, bridge, causeway, trestle way other place, whether publicly or privately owned, any part of which the public is ordinarily entitled or permitted to use for the passage or parking of vehicles, and includes:(i) a sidewalk, including a boulevard adjacent to the sidewalk. Again this is illegal and if you observe it please report it Edmonton Police at 780-423-4567 so they can dispatch a Municipal Enforcement Officer to investigate. All Edmonton City Bylaws can be viewed at www.edmonton.ca and look under Bylaws or you can call 311 to get more information. I remind everyone to please drive to road conditions, obey the speed limits and be extra cautious driving in school/playground zones.

My email is safety@mcleodcommunityleague.ca and I welcome any emails regarding safety in our community.

Thanks
Ryan

Blue Mango Yoga Classes Starting at McLeod in Winter 2016

Adult Yoga classes start on Tuesday, January 12- March 15 (2- 5 week sessions), 6:30- 8:00 pm
* \$75 for 5 classes, 90 minute classes focusing on balance, core strength, coordination and 45 minutes of restorative, relaxing, rejuvenating poses. (no experience required)

Detox adult yoga classes start on Tuesday, January 12- March 15 (2- 5 week sessions), 8:15- 9:15 pm

* \$60 for 5 classes or \$100 for all 10.

The class is designed for participants who want to move, sweat and DETOX. When you twist at the abdomen, the organs are compressed and toxins are released. As the twist or compression is released, new blood enters the organs and tissues. These movements increase metabolism, digestion and energy levels. This is an active practice, healthy and motivated participants will benefit greatly.

*20% off will be given to siblings registering in either class.

Little Yogis (ages 3-5, unparented)

January 16- March 12 (no class on Saturday, February 13 for Family day)

10:00- 11:00 am, \$90 for 8 classes

Kids yoga (ages 6-11)

January 16- March 12 (no class on Saturday, February 13 for Family day)

11:15 am- 12:15 pm, \$90 for 8 classes

Celebrate Valentine's Day & Family day with a FAMILY YOGA class- Saturday, February 13.

10:30- 11:45 am, 4 people, \$40, \$5 per additional family member. Limited spots.

Take time to connect, laugh and have fun. Explore the fun movements of partner yoga, acro yoga, interactive games and create a masterpiece to take home at the end of class. Mark your calendars

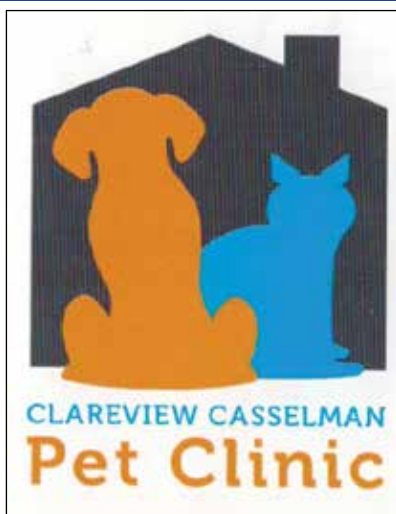
Limited spots for all classes.

Register online mcleodcommunityleague.ca Sport & Programs Yoga

Classes are proudly taught by Nicole of www.bluemangochildrensyoga.com



Professional, Affordable, Compassionate & Ethical



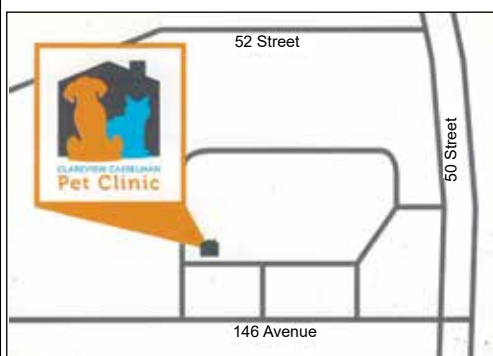
- Wellness Exams
- Vaccines
- Dental
- Spay
- Neuter

14604 – 50 Street

780-757-8387

ccpetclinic@gmail.com

Website: clareviewvet.com



McLeod Supports the Matt Berry Facilities Project

McLeod Community League has initiated a project to build a Community Facility in Matt Berry. We are currently at the Needs Assessment stage.

We do require your input. We have a survey available at <https://www.surveymonkey.com/r/CXPH729> or you can use the QR code.

We need a few more volunteers for our committee. If you are interested, please e-mail secretary@mcleodcommunityleague.ca We are specifically looking for:

- Residents who live in the immediate vicinity
- Volunteers with project management experience
- Volunteers with grant experience
- Anybody who is interested in being part of a project that will change the face of the Community!



North Central Early Years Coalition

Physical Health and Well-being in childhood is very important to lifelong health. Research shows 28.1% of children in our communities experience difficulty in this area. Here are some fun winter activities to promote physical development:

Make snow angels, build a snowman, play snow soccer, snow tag, sledding, go skating-at your local community league or at a city rink or park. Don't know how to skate? Call 311 to find out about FREE learn to skate programs and other activities.

Too cold outside? What about building an indoor obstacle course? Use items on hand-pillows, blankets, chairs-to create a space for your child to climb, crawl, jump and be active. Ask for their help and ideas in creating the course. For more fun, do it with them or follow the leader.

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

McLeod's Revised Community Service Policy

At the time of sports registration, you have two options for fulfilling your community service to the community league. Community service assists McLeod with raising funds to maintain the hall and to run programs. Community service options are not refundable whether your child plays or not. There are no exceptions to this (injury, illness included).

If you have one child in sports, it is \$150 (one community service option). If you have two children or more in sports, it is \$300 (two community service options). Note that two people cannot share one community service option.

There are two ways for you to fulfill your community service:

BUY-OUT OPTION

Purchase WEM tickets (10 for \$150) or other tangible item (if available). Payment for these can be made with your sports registration. If you are registering two or more children, you can choose a buy-out option and a work option.

WORK OPTION

Sign up to work a bingo, casino (if available) or event. You will need to provide an undated but signed cheque addressed to "McLeod Community League" for each option.

The date and time of your bingo(s)/casino/event is written on your registration form. You are responsible for noting the date and time and ensuring you attend. Reminders may be sent as a courtesy but it is your responsibility to know when and where your work option is taking place.

You cannot make up missed work options.

It is your responsibility to attend your work option. Your cheque is returned to you at the bingo/casino/event. If you fail to show up, your cheque will be cashed.

If a bingo/casino/event is cancelled, you will be given options to fulfill your community service – another bingo/casino/event or buy-out option.

Any bounced cheques will result in a \$25 fee assessed. If you do not pay out your missed work option (plus any NSF fee), your child will be withdrawn from the sports program and you will not be able to purchase a membership or register in any McLeod sports or programs until the amount is paid in full.

Questions about this policy can be directed to the McLeod President at president@mcleodcommunityleague.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!

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

McLeod Softball Registration

Although the snow is on the ground, it is time to start thinking about softball!! We are ready, are you? Registration takes place in February, and March at the McLeod Hall or at central registration at the NEZ as follows:

McLeod Registration

Wed, Feb 24 – 6:00 pm to 9:00 pm

Mon, Feb 29 – 6:00 pm to 9:00 pm

Wed, Mar 9 - 6:00 pm to 9:00 pm
at McLeod Hall 14715-59 st

NEZ central Registration

Sat, Feb 20 – 12:00 noon to 3:00 pm

Sat, Feb 27 – 12:00 am to 3:00 pm

Sun, Mar 13 – 12:00 noon to 3:00 pm

Wed, Mar 23 – 6:30 pm to 8:30 pm

Wed, Mar 30 – 6:30 pm to 8:30 pm

at NEZ building 7515 Borden Park Rd
(behind the tennis courts at Borden Park)

The season starts near the end of April, weather permitting. Parents are required to fulfill one volunteer commitment per player. A deposit is required, in the form of a post-dated cheque, which will be returned once the commitment is fulfilled. A \$100 uniform deposit is required, also by way of post-dated cheque. Categories and fees for girls and boys are as follows.

Play nights	Category	Birth Year	Fees
Wed	Nerf (mixed girls and boys)	2012	\$50
Tue – Thur	T-Ball (U6) (mixed girls and boys)	2010-2011	\$70
Mon - Wed	Coach Pitch (U8) (mixed girls and boys)	2008-2009	\$85
Tue – Thur	Mites (U10)	2006-2007	\$100
Mon - Wed	Squirt (U12)	2004-2005	\$120
Tue – Thur	Peewee (U14)	2002-2003	\$125
Mon - Wed	Bantam (U16)	2000-2001	\$130
Tue – Thur	Midget (U18/19)	1997-1998-1999	\$135

Returning players, if you forgot to return your uniform to your coach please bring it with you when you register. Any parents interested in coaching or other volunteer assistance with the softball program can contact me directly. Thank you.

Softball Director

Gord Matlock

Ph: 446-7727

Softball@mcleodcommunity.ca

Your Voice in Ward 4



Ward 4 Councillor

Ed Gibbons • 780-496-8138

ed.gibbons@edmonton.ca

Steele Heights News

Steele Heights Community League

www.steeleheightscommunity.com

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

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

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

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

Heather – Past President & Spray Park Committee Chair

Jon - Vice President

Dinah - Secretary

Cecil G - Treasurer & Civics Director

Denise - Membership Director & Neighbourhood Watch

Gwenna – Facilities Director

Marcus – Communication Director

Tyler – Program & Event Director

Trish – Social Director & Newsletter Editor

Robin - Director at Large

Cecil P – Director at Large

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

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

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

• **Hall Address**

5825 140 Avenue NW

Edmonton, AB

• **Mailing Address**

Steele Heights Community League

PO Box 70005 RPO Londonderry

Edmonton, AB T5C 3R6

• **Membership & Associate Membership Information**

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

Senior (65 years+) - \$15

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

Visit our website for details on benefits.

Why Should I Buy A Steele Heights Community League Membership?



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

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

Hall Rentals

Good day Steele Heights Community! Happy New Year!

We had an exciting Christmas with a successful Craft Fair and a visit from Santa. In total we had over 30 tables rented with many vendors. We are hoping to continue this tradition every year and will look at spring Craft fairs if the demand and interest is acceptable.

Did you know you that community members with a current membership receive a discount when renting the hall? Do you have an upcoming event? If so our hall is equipped with a commercial kitchen, with stove, coolers, microwaves and freezer. You really should come down for a peek :). Our pricing revolves around hourly, week day and week end rates. I am available on Mondays between 5:30 and 6:30 pm. for tours. Please call the hall to arrange a tour.

Photos of hall are located on our Facebook page .

We wanted to offer smaller groups the ability to use our hall so with some creative minds we designed the multipurpose room. It is better equipped to accommodate groups 50 and under.

The skating Rink is in full swing and the ice is available for rentals. Our concession is open providing drinks and snacks. You can purchase a membership there, too!

We will continue to upgrade and improve the layout of our facility so it better assists the renters needs.

In the near future our web page will also be up and available to assist with your event bookings.

Gwenna – Facilities Director

Using Neighbourhood Interactive Map

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

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

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

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

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

Steele Heights 2016 Outdoor Soccer Registration

The 2016 outdoor soccer season is just a few months away so its that time again to Register .

All Registration Dates will be at the STEELE HEIGHTS HALL : 5825-140 AVE

All Registration Dates will be from 6pm until 9pm

SUNDAY FEBRUARY 28TH

SUNDAY MARCH 6TH

SUNDAY MARCH 13TH

SUNDAY MARCH 27TH

SUNDAY APRIL 3RD

Registration times are : 6pm until 9pm

All Registration dates are at the STEELE HEIGHTS HALL : 5825-140 AVE

There is 1 Volunteer commitment per Family .

The Volunteer Commitment is a Post Dated Check for \$125.

Or you can Pay Out the \$125 and Not have to do the Commitment .

You also have to have a Valid 2015/16 Community Membership .

If you Need one they are \$25 and can be Purchased at the Registration's .

Cash,Money Order and Checks are excepted as payment .

U4 --- BIRTH YEARS : 2012 & 2013 FEES : \$ 75

U6 --- BIRTH YEARS : 2010 & 2011 FEES : \$ 110

U8 --- BIRTH YEARS : 2008 & 2009 FEES : \$ 110

U10 --- BIRTH YEARS : 2006 & 2007 FEES : \$ 130

U12 --- BIRTH YEARS : 2004 & 2005 FEES : \$ 165

U14 --- BIRTH YEARS : 2002 & 2003 FEES : \$ 200

U16 --- BIRTH YEARS : 2000 & 2001 FEES : \$ 205

U18 --- BIRTH YEARS : 1998 & 1999 FEES : \$ 205

All players will receive Medals and Pictures as well as a Fun Soccer Wrap up Party in June .

See everyone this Spring

Jeff -- SHCL Soccer

Our People - Our Community

I hope everyone had a good Holiday season and enjoyed Christmas day . I really enjoyed both as Santa and my family were very good to me and my sister .

We also spent lots of time at the Steele Heights rinks skating and helping volunteer . I like to volunteer and help set up events and organize the new areas in the hall and rink shack side of the hall . I also really enjoy running the new concession in the rink shack . As it is real nice now with the renos that the workers did for the community league . I like to meet people and talk to them about the rinks or the community league and why we have such a good community to live in . I also like to tell people about York school and how its such a good school to go to . I also like telling people about the Steele Heights Tigers soccer teams as they are all good teams and fun to play on .

The new year is here now 2016 and I turn 10 this year . I hit double digits which is amazing as it just feels like I was 5 or 6 a few days ago . I am excited as I am having a real big dance party at the hall . With photo booths and good food and friends and cousins there as well . I always enjoy spending time with my friends from school as well as my friends from soccer. And my cousins are all younger but they are fun as well . I even will allow my little sister to come to the party and have fun . And some kids might even skate on the rinks as they are open and so much fun for everyone . People should come out and skate when they can as it is good for you and fun as well . You can buy a community membership and skate for Free as well as go to 3 Free swim times with the membership . There also is businesses that support Steele Heights and when you show your membership you get deals .

As you may have noticed in some of my other articles I really like soccer . I play on an all girls U10 team and we won a City championship last summer . We are even better this year and are in 1st place just before the play offs . We are going to try win another City championship for Steele Heights in late February . It is so much fun to play with the same

girls season after season . And I have played with a few of the girls for 3 or 4 years now and even go to school with a few . So if you get a chance ask me about Steele Heights soccer and I will tell you how good the Tigers are . Also remember spring/summer soccer registration is coming in February and March . So sign your kids up and come have as much fun as I do .

Abigail



Visit the EMU Program!

Where: Steel Heights Community League

5825 140Ave NW

When: Mondays: January 11, 18, 25, February 1, 8, 22, 29, March 7 & March 14, 2016

AM 9:30 — 11:00

Drop in: 11:15 am—12:15 pm

PM 1:00 — 2:30

Our **FREE** and interactive parent and child program is open to families with children aged 2 1/2—5 years.

CALL TO REGISTER 587-926-1665

AM and PM Programs Available



Special Savings on Quality Produce

Locked In Pricing for the Month. While quantities last

DATES
1 kg
\$5.99

20Lb
New Red or
White
Potatoes
\$6.99

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

Emma
Extra Virgin
Olive Oil
1lt
\$6.99



Elsafadi Bros. Supermarket

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