

NORTHEAST VOICE

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

June 2016



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THE EVANSDALE COMMUNITY LEAGUE PROUDLY PRESENTS... **FREE ENTRY**

Summer Celebration

Saturday 25 Th June 2016 12pm-3pm
FUN FOR THE WHOLE FAMILY

EVERYONE IS WELCOME!!!

BEAN BAG TOSS
TUG O WAR
PLINKO

GIANT GANGA
LAWN DICE

FREE GIVEAWAYS

SNAKES & LADDERS

BBO, HAMBURGERS
HOTDOGS, NACHOS,
COTTON CANDY, POPCORN,
DRINKS AND MORE...

Evansdale Sports Explorers and Soccer Players will receive 3 FREE tickets for food concession and a chance to win a NEW BIKE!!

Adventure Bus

EVANSDALE COMMUNITY LEAGUE
9111-150 AVENUE

NORTHEAST COMMUNITY Summer Festival

Join us for **2 exciting days!**

June 25-26 2016
12:00-4:00 pm

Londonderry Junior High School
in the field

Fun for the whole family.

FREE!

Want to Volunteer?
Email Rebekah at rebekah@thecrosspointchurch.ca

Questions?
Contact Rebekah at 780-466-3532

Festival Skills Training Night
Thursday, June 16 | 6:00 pm

For a full list of sponsors and for more details about the festival check out NortheastCommunityFestival.ca

Fusion CANADA
"Together with Hope"
www.fusioncanada.ca

Edmonton COMMUNITY SERVICES

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

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

Volunteer of the Year

President's Column

The Area 17 awards night was held at the Kilkenny Community League Saturday, May 7. The evening started with a great meal which was then followed by the annual volunteer awards given to members of each community league in Area 17.

Elaine Serac Evansdale Volunteer of the Year

The Volunteer of the Year for Evansdale for this year is Elaine Sarac. Elaine is our membership director. She is the special kind of volunteer that every community league needs! She does things without being asked, like setting up, contacting and organizing the photographer to take pictures of our outdoor soccer teams. This involves tracking names, numbers and coaches of all our teams and then setting up a time for each team to be photographed. Elaine is always willing to help and has been an awesome board member for many years. Shawna Walsh was also acknowledged that evening as our past president, both Shawna and Elaine received a gift from Evansdale and Area 17 in recognition for all their hard work. Congratulations Elaine and Shawna and thanks for being the kind of amazing volunteers that makes our community a better place to live!

After the awards the entertainment was trivia organized by Donna and Amanda from Kilkenny. It was a great time.

Evansdale will be first community league to produce as much solar electricity as it consumes

Our Eco-city Edmonton grant was approved allowing us to double the size of our solar system to make it large enough to produce as much electricity as we use over the course of a year from solar energy. This means another 42 solar modules will be added to the other half of the roof of Evansdale Hall. This will make us the first community league in Edmonton that will produce as much electricity as we consume each year. You can follow our daily solar energy production at our website.

Come and have a look and bring your solar questions. Evansdale is part of the EcoSolar Home Tour on Sunday June 5 from 12 to 4 PM at Evansdale Hall.

Skateboard park coming this summer

As a reminder, this summer Evansdale will have a temporarily skateboard system set up by the city on our nice new asphalt, either in July or August. Also this summer we will have a full day Green Shack program in the Evansdale playground, which will be great for all the kids in that neighbourhood.

Well that's it for an exciting month at Evansdale, we have one more executive meeting left June 14 before we take our summer break and have the next meeting in September. I wish you all a good and safe summer.

Jeff Muiselaar

Evansdale president

the Gutter Doctor

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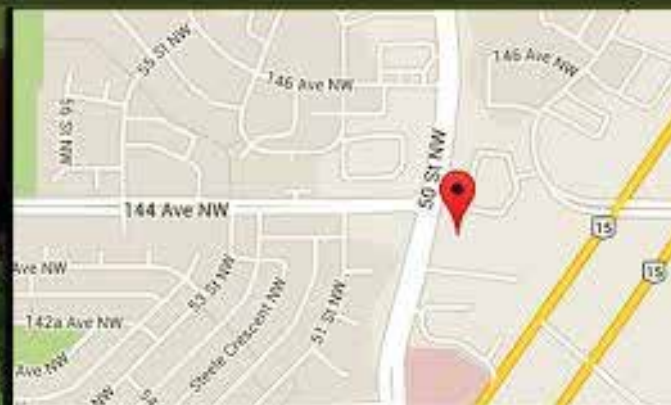
MILLER CROSSING FARMERS' MARKET



Come join us every Tuesday from 4:00pm - 8:00pm & Sunday from 10:00pm - 3:00pm, starting June 5, 2016!

*Enjoy fresh local produce,
baking, crafts, and much more!*

Located at the Royal Canadian Kingsway
Legion #175, 14339 50st. NW



www.mcfarmersmarket.ca

Yoga

Strengthen, stretch, relax and rejuvenate!

Just a reminder that the current session Gentle Yoga at Evandale Hall will continue until Thursday, June 16. Classes are held every Thursday, 7:30-8:30pm, at 9111 150 ave. The cost is \$13/class, cash only please. No previous experience is required. All fitness levels welcome. Please bring a mat, large towel or blanket and water.

To register or for more information please contact Tracey at 780-264-0706 or traceydstefanyk@gmail.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



Grassless in Poplar Park

By David Dodge, Evansdale Community League

Years after it opened, it appears the City is ready to throw in the towel when it comes to fixing the fields in Poplar Park.

The City has tried everything including top dressing, aeration and they have even consulted the turf experts at Olds College, but apparently there is no saving the turf in Poplar Park. Ever since it opened users have complained of hard pan fields, with sparse, highly variable vegetation.

On April 22 Jeff Muiselaar and me, David Dodge from Evansdale Community league toured the park with park boss Doug Cositgan and the entire team of parks, turf and recreation coordinators from the city. The idea was to take stock together and talk about what can be done.

It now appears clear that the fields were constructed in a substandard fashion with very poor quality soil by a private contractor.

Throwing in the towel

Having tried everything to get good quality playing fields with healthy grass the City is now throwing in the towel they are planning to redo the fields from scratch, about one per year until they are all redone.

The effort will take 3-5 years.

The one shining light is the city did include artificial turf in a few of the crease areas of the soccer fields. Users really like this feature since soccer net areas can become mud holes at certain times of the year.

In other good news the parking lot will be paved this June or July once the First Choice Home project evaluates and integrates it's drainage plan into the plans to pave the lot.

This is a much better idea than paving the lot and then tearing it up to look after drainage for the home project.

Having painted lines in the parking lot will increase the number of cars that can park in this busy parking lot and ease pressure on the neighbourhoods near the park.

In the so-called passive recreation area directly east of the parking lot the City is going to install picnic tables and garbage receptacles. This is great!

And lastly, the City is going to replace 7 columnar Aspen in the park this year as part of its ongoing monitoring of tree health in the park.

Trail by fire for Evansdale's new soccer director

Greetings from the world of soccer

We are well into the swing of things and while the weather hasn't been particularly warm we haven't had any rain yet. Thanks to all the parents and players for all your patience as we have at times struggled learn the ropes and get this season underway. With the new EMSA portal and its myriad of problems, the lack of a soccer director and the struggle to find coaches for our teams, it has been a challenge for us all!

The smiles on the faces of all our young soccer stars makes it all worth while. I have been to many fields and have seen much enthusiasm by both players and coaches, whether they are winning or losing. We have many new coaches and I would ask that parents be patient as these coaches find their way. Coaching can be overwhelming at times for even the most seasoned coaches, but especially so for someone who is new to it. My gratitude to all the coaches who have had the courage to step up and take on this responsibility

One note from the soccer directors meeting to pass on to parents. Every year we are losing 60 per cent of the new refs from the previous years due to a number of factors, one of which being abuse from parents. Coaches have been instructed to tell their ref liaisons to monitor this closely. Please set a good example for our players and show the refs the respect that they deserve. Coaches submit an evaluation with their game sheets so poor refereeing will be addressed.

Good luck to all our teams, cheer hard and have a great soccer season. And as an early reminder get ready for our **Summer Celebration** an amazing year end party on June 25th, 12-3 PM at Evansdale Hall. See poster.

If you have any concerns please don't hesitate to call, text, or e-mail me

Ray Costley
Soccer Director
soccer@evansdale.ca
780-660-4230



Community Party: The free bike draw for soccer players is back

Attention everybody in Belle Rive, Eaux Claires and Evansdale join us for our annual Community Summer Celebration on June 25. It's fun for everyone! Soccer players get a chance to win a NEW BIKE!

Saturday, June 25 from 12-3 PM – free for all

Edmonton Leisure Access Program

(free admission to city of Edmonton Recreation facilities and attractions)

What is the Leisure Access Program?

The program gives low income adults, seniors, youth and children from Edmonton free use of City of Edmonton recreation facilities and attractions including: 9 swimming pools, fitness centres, Edmonton Valley Zoo, and Fort Edmonton Park. And it provides discounts on registered programs (day camps, art classes, swimming lessons, etc.) for one year.

Who can get a card?

You may qualify if you meet the following:

- if you are currently on an approved government program (AISH, income support, health benefits, etc.)
- have low income
- are a recently landed immigrant or refugee

How can I get a card?

You will have to apply for the program by submitting an application form and required documents.

How can I get an application form?

- at any City of Edmonton leisure sports & fitness facility
- www.edmonton.ca/lap
- 780-496-4918
- 14th floor, 10004 – 104 Avenue, Monday-Friday, 8:30am-4:30pm



Join us at Evansdale for the EcoSolar Home Tour and meet solar expert Gordon Howell. Evansdale installed enough solar modules to provide half of its electricity last summer – check out the video online - www.evansdale.ca/solar/

Come to Evansdale open house to learn about solar on June 5

Great news – we just received funding to double the size of our solar system. This means we will produce as much electricity as we consume over the course of a year. Drop in to our open house on the EcoSolar Home Tour. Hear one of both of our brief seminars and take a tour of Evansdale Community League's solar project. Evansdale Community League has installed a 13.6 kW solar system that provides half of the league's electricity and super energy efficient LED lights in their hockey rink and parking lot. Plans are already underway to double to size of the solar system to 25 kW which on a net annual basis would provide all of the electricity Evansdale requires over the course of a year.

Where: Evansdale Community League 9111 150 Ave.

When: Sunday, June 5 from noon to 4 pm

What: Talk to an expert, plus tours and two solar presentations

- Tours anytime – 12 – 4 pm
- 2 pm - The Future of Energy and how easy it is for community leagues to go solar by David Dodge, host of Green Energy Futures
- 3 pm – Solar expert Gordon Howell - Is solar for me? Can I install solar on my home?

Plus you will also have a chance to meet a solar installer. It's all part of the EcoSolar Home Tour 2016 (<http://ecosolar.ca/>). Drop in and have a coffee with us at Evansdale.

Are Coyotes a Problem in Your Area

To help prevent conflicts with coyotes

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

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

- www.edmonton.ca/coyotes
- www.srd.alberta.ca/FishWildlife/HumanWildlifeConflict/Coyotes.aspx
- www.edmontonurbancoyotes.ca

To report a problem coyote(s), call:

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

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



Save the Date!

POPLAR PARK GRAND OPENING



June 3rd, 2016 | 2:00 pm - 7:00 pm

Florence Hallock School

16437 - 87 Street

Keep an eye on our Facebook page! evansdale.ca/poplarparkplayground

It's a party - Come celebrate the grand opening of the Poplar Park Playground. Years in the making, the park is the product of an amazing team of volunteers who successfully raised enough money to fund basketball courts and the new playground and have already raised significant funds for the third component: Poplar Spray Park!

Friday, June 3, 2016

- 2 pm Ceremonies
- 2:30 pm Florence Hallock School Choir
- 2:40 Ribbon Cutting
- 2:45 Big Group Photo
- 3: pm The party is on! - Face painting, balloon artist, 2 jumpy arenas, henna tattoos and of course, the start of the show: The New Poplar Park Playground!

See you there!

Poplar Park Playground Committee

Your Voice in Ward 4



Ward 4 Councillor

Ed Gibbons • 780-496-8138

ed.gibbons@edmonton.ca



Kilkenny Community League News

Schools within Kilkenny Community League Boundaries

Please note that the boundaries for each school are different than that of the communities. For those new to the community, here is some information about them. Father Leo Green, Located at 7512-144 avenue, French immersion and Spanish bilingual elementary programs. St. John Bosco, 7411-161A ave, elementary catholic school. John Barnett, 14840-72 street, Elementary school. J.A.Fife, 15004-72street, French immersion and English elementary programs. Londonderry Junior High, 7104-144 avenue. M.E.Lazerte High School, 6804-144avenue. Kilkenny Community Playschool, a pre-school program for 3 and 4 year olds, registration is Sept 1st 6:30-7:30.

Wrap-Up Party

GO COUGARS!! All of Kilkenny's fun-in-the-sun sports are in full swing!! Don't forget about the Wrap Up Party on June 24 from 6pm to 10 at Kilkenny Rink.

Do you have a special celebration that you would like to announce??

You or someone you know celebrating an anniversary, birthday big or small, engagement, special achievement?? Team achievements, staff challenges, 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

Save The Date

- Decorative Street Lighting Final Open House: June 1
- Sports Wrap-Up Party: June 24
- Summer Festival: June 25-26
- Skateboard Park: July 4-28
- Garage Sale: July 8-9
- Hockey Registration: August
- Playschool Registration: September 1
- Indoor Soccer Registration: September 10, 13, 15
- Community Day: September 17



Do you find Garage Sales irresistible? Found a few extra items that need a new home during your spring cleaning? Kilkenny will hold a garage sale on Friday July 8th 12-8 and Saturday July 9th 10-6. Set up will be the Wednesday night prior. Call Anna (780-478-3269) to book your table (\$15).

Green Shack is Back!!!!

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 NW

Opening: May 21st
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 NW

Opening: July 4th
Monday - Friday: 10-6

Mayliewan: 75 Street & 161A Avenue NW

Opening: July 4th
Monday - Friday: 2:30-6:30

Ozerna Park: Ozerna Road & 158 Avenue NW

Opening: July 4th
Monday - Friday: 10:00-1:30

The Flying Eagles program is being run July 6-8, 2016 at all Green Shack locations during staffed hours. For more information about this program, please visit http://www.edmonton.ca/activities_parks_recreation/flying-eagle-program.aspx

Temporary mobile skate park equipment will be available during staffed Green Shack hours at the Kilkenny rink July 4-27. After that, the equipment will be moved to the Evansdale rink. Ride at your own risk. Helmets are mandatory. Protective equipment is strongly advised.

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.

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.

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.)	Anna Taylor	vp4@kilkenny.ab.ca	780.478.3269
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



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	casselman@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

Our new program Sport Explorerz has started and I want to thank the parents for their patience as we embark on the first run of this program. We are still working out the bugs and the instructors are working hard to bring the program goals to fruition. So thank you for your support of a completely community-run program!

If you are interested in buying tickets for the WEM Waterpark, McLeod's event takes place Saturday, June 18, 7:30-10:30pm. Tickets are \$15 each which is a huge discount from the regular full-day ticket prices of \$45 per adult and \$36 per child (or the \$33 price for the last three hours before closing). Please contact me at president@mcleodcommunityleague.ca to purchase via cash, credit or debit.

We still need players for the McLeod team on Friday, June 3 & Saturday, June 4 at a Slo-pitch Tournament. Please contact Joe at rink@mcleodcommunityleague.ca ASAP. Individuals and groups are welcome.

With the fantastic weather comes the new mural that will be painted on the exterior of the hall. There will be two walls with directional signage to the ice rinks as well as a main feature wall with elements of activities that our community members engage in. By the time you receive this, the mural may be complete! If you see the artist (also a community member) at work, Paul Ongaro, stop by and say hi and admire his work. Thank you to the City of Edmonton who provided \$1,000 towards the mural project.

The sad state of events arising from Fort McMurray is ever present in my thoughts. If you personally know an evacuee who is planning to permanently stay in Edmonton, please contact me at president@mcleodcommunityleague.ca. I can use our newsletter as well as our distribution list to solicit donations of furniture, household supplies, clothing, and toys to get the individual or family started in their new life here. If you happen to be a landlord with a vacant property, please contact me so that I can compile of list in case someone needs a residence.

If you can spare a few dollars, please consider making a donation to the local social agencies on the front line in Fort McMurray. These groups will be on the ground, responding quickly to rebuild. Some agencies are:

The United Way Fort McMurray: <https://donate.united-way.ca/index.php?WID=WFORTM>

Salvation Army Fort McMurray: 1-800-SAL-ARMY, a \$10 donation can also be made by texting FORTMAC to 45678, or online at <https://secure.salvationarmy.ca/registant/donate.aspx?eventid=197650&langpref=en-CA&Referrer=http%3a%2f%2fsalvationarmy.ca%2falbertafires%2f>.

*Thank you for your support,
Leanne Rosinski*

McLeod's Volunteer of the Year

Congratulations goes out to Joe Tovey who was selected as McLeod's 2015-2016 Volunteer of the Year. Joe received his award at the Area Council 17 Annual Awards Banquet on May 7, 2016. Area Council 17's membership consists of seven community leagues – McLeod, Lago Lindo, Evansdale, Northmount, Kilkenny, Steele Heights, and Londonderry.

If you ever come skating at the McLeod rinks during the winter, you will meet Joe. As the rink volunteer, he starts off the cold winter season by making ice and spends hundreds of hours maintaining that ice. Word out there is that his ice is the best in town which attracts hundreds of skaters each season. If you are out early enough in the morning and see the rink lights on, you can bet it is Joe flooding the rinks in preparation for the day's skaters. His dedication and commitment to doing this for his community is unparalleled. Joe, thank you for everything you bring to the community league. You are an amazing volunteer and we celebrate you!



L-R: Councillor Tony Caterina, Leanne Rosinski, Joe Tovey, Gord Harris, Terry Kitching

Quitting tobacco with AlbertaQuits.ca

People use tobacco for different reasons, and there is no shortage of good reasons to quit. Longevity, quality of life, the sheer cost of cigarettes or chewing tobacco, the impact smoking has on your friends and loved ones: these are all major factors that may motivate you to quit.

For all these motivations though, quitting can still be a difficult process. The nicotine in tobacco is an extremely addictive substance and when you stop using tobacco, your body reacts to the lack of nicotine in your system. The good news is you don't have to go through it alone. There are supports available, including the AlbertaQuits website, albertaquits.ca.

All Albertans seeking tobacco reduction or cessation support are encouraged to visit the website and register for the full scope of services, completely free of charge. With the convenience of being able to access AlbertaQuits.ca online from the comfort of your home at any time of day, you can access a variety of resources and online tools to help you quit.

The website, which has been redesigned to make it easier to navigate, is now more accessible on mobile devices than ever before, enabling you to access information, support and get encouragement on the go. If you register for the full scope of services, which are available free of charge, the site also features a newly redesigned Quit Plan, which has been updated based on feedback from users. With this tool, you can create a customized Quit Plan, tailored to your individual needs, that will guide you every step of the way towards becoming tobacco-free. Even if you aren't ready to set a quit date just yet, the quit plan and resources from albertaquits.ca can help.

For more information on supports available to help you quit, visit www.AlbertaQuits.ca or call 1-866-710-QUIT.

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

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 Needs Slo-pitch Players

McLeod will be entering teams in the Area 17 Council Slo-pitch Tournament being hosted this year by Northmount Community League on June 3 and 4. If you are interested in representing McLeod at this event, please contact Joe at rink@mcleodcommunityleague.ca. Individuals and groups are welcome.

McLeod Community League

McLeod Community League serves the residents of McLeod, Casselman, Miller, Hollick-Kenyon and Matt Berry/McLeod Park.

We are made up of neighbourhood volunteers who work together to provide a healthy and safe community by organizing recreation, sports and social activities. We're part of an Edmonton tradition that goes back 100 years. Become a member. Come join the fun and meet your neighbours!

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 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.

Mark Your Calendars for Upcoming McLeod Events

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

Friday, June 3 & Saturday, June 4 – Slo-pitch Tournament

If you are interested in representing McLeod in the Area Council 17 Slo-pitch Tournament, please contact Joe at rink@mcleodcommunityleague.ca ASAP. Individuals and groups welcome.

Friday, June 17 – Movie Night showing Zootopia

Doors open at 5:30pm, movie starts at 6:30pm. Concession available. Wear your PJs, bring your pillows and sleeping bags!

Saturday, June 18, 7:30-10:30pm – WEM Waterpark Event

Tickets are \$15 each. Please contact Leanne at president@mcleodcommunityleague.ca to purchase.

Friday, July 25, time 7:00am – 10:00am – Seniors' Pancake Breakfast

To help celebrate K-Days, McLeod is hosting a free pancake breakfast for seniors living in our league – Miller, McLeod, Hollick-Kenyon, Matt Berry, and Casselman. The first 50 seniors in attendance that have never had a McLeod Community League membership will receive one for free! We will be accepting food and monetary donations for the Food Bank.

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 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.

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!



ZIAD ABOULTAIF
Member of Parliament for Edmonton Manning

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**Ph: 780-822-1540
Fx: 780-822-1544
ziad.aboultaif.c1@parl.gc.ca**

www.ziadaboultaif.ca

McLeod Communications

McLeod employs a variety of communications tools. Our main tools are this newsletter, our Facebook page, our website, and the sign at the Hall. In addition, we occasionally use rented and permitted portable signs and placements in SchoolZone.

www.mcleodcommunityleague.ca
Facebook/McLeodCL
Northeast News (delivered 10 months/year by Canada Post)

Ergonomics: How to Sit at Your Desk

We can't avoid sitting. Whether we're at work crunching numbers in a spreadsheet, or doing computer work at home, we need to sit. We wanted to put together some recommendations on key principles of good sitting posture which will help to reduce strain on your body.

There is one caveat before we dive in though: Regardless of how good your ergonomics is, you need to avoid prolonged sitting. Getting up regularly (every 30-45 minutes) and doing a different activity will reduce the negative effects of sitting for too long. There's been a lot of research lately that has shown the deleterious effects of too much sitting.

Key Sitting Posture Strategies:

We've put together some key principles to remember when you're sitting at a desk which will help you to reduce strain on your joints and muscles:

Chair Setup

1. Your feet should rest comfortably on the floor. If this is a challenge, use a foot rest or a small stool to help.
2. Keep your knees level with your hips.
3. Scoot your bum to the back of the chair and keep your natural low back curve. If your seat doesn't have a lumbar support, use a cushion or small towel to help.

Mouse and Keyboard Positioning

1. Keep your mouse within easy reach of your keyboard.
2. Ensure that your wrists are in a natural and comfortable position. If needed, use a wrist support to give your wrists a break, but remember this support should only be used during a break and not while actively typing.
3. When typing keep your wrists relaxed and avoid bending your wrists out to the side.
4. Elbows should stay at a right angle (90°) and can be supported by resting on the desk or on the armrests of your chair.

Monitor Setup

1. Use a monitor arm or mount to properly adjust the height of the monitor so it is at eye level
2. Maintain a slight chin tuck position to help maintain good neck alignment.
3. Try to avoid having your monitor off to the side, but rather swivel your chair to look at your material.

Telephone Use

1. Use a headset rather than cradling the phone between your head, neck and shoulder. This cradling can overwork these muscles, resulting in headaches and muscle strain.

Office Supplies:

1. Keep the telephone, stapler and other supplies close to your body to limit over reaching or stretching.
2. If a file or object is out of reach make sure to stand-up. This will help to avoid unnecessary strain.

Standing Desks

With the new awareness of the perils of too much sitting, there's been much interest in adjustable standing desks. Although more costly than traditional desks, standing desks can help you to change your work position throughout the day. They can also support improved blood circulation to the lower body. But it's important to remember that even with standing desks, you can end up standing for longer periods of time which can also lead to postural strain. So we come back to our initial caveat which is to move often throughout the day.

Innovation Physical Therapy – Namao – 209, 15823 – 97 Street NW, 587-524-8200

Credited to:

Brian Coughlan, MPthy, BPE
Physical Therapist, Dry Needling

Coffee Meet & Greet
with MLA Heather Sweet,
(Edmonton-Manning)
May 26th, 2016 from 7-8pm
Constituency Office (14904 50th St)

"Join me for a round table discussion of issues affecting you and our community."
- MLA Heather Sweet

For more information
call 780-414-0714 or email
edmonton.manning@assembly.ab.ca

Stroll for Liver Foundation

The Canadian Liver Foundation's Stroll for Liver is a fun, family friendly outdoor walk / run to raise awareness of liver disease, and support research and treatment of liver disease.

The Edmonton Stroll for Liver will be held on Saturday, June 4, 2016 at Emily Murphy Park.

Registration and collection of pledges will begin at 9:00 AM, with the walk starting at 10 AM, followed by refreshments and prizes for the top fundraisers.

Funds raised will support liver disease research.

To register for the Stroll, visit www.strollforliver.ca and click on the Edmonton Stroll, or call us at 1-888-557-5516.

For information on sponsorship, please contact:

Debralee Fernets
Regional Manager – Alberta
Canadian Liver Foundation
403-276-3390
debralee@liver.ca

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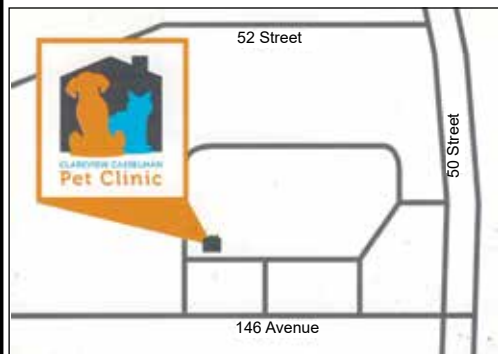
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Physical Health and Well-being in childhood is very important to lifelong health. Research shows 28.1% of children in our communities experience difficulty in this area. Looking for some fun kid friendly summer activities?

Check out Raising Edmonton's list of 54 FREE things to do in Edmonton this summer:
<http://www.raisingedmonton.com/54-free-things-to-do-in-edmonton-this-summer-yeg-yegkids-yegevents/>

To find city services, such as summer camps or spray parks in your community, call 311.

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 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/>.

Multicultural McLeod

McLeod CL is home to many nationalities – old and new. This area was home to First Nations people thousands of years ago. After the European immigration during the fur trade, the Metis people became another founding nation. Many European people immigrated to Edmonton after WWII. The newest immigrant and refugee cultural communities in the McLeod CL area are Sudanese, Somali, Ethiopian, Eritrean, South Asian, Afghan, Kurdish, French Speaking African, Filipino, Former Yugoslavian, Chinese and Iraqi. The newest refugee I met was a teenage Syrian refugee who has only been in Canada for two weeks! The Syrian community is beginning their own history in Canada.

The Ukrainian community in Edmonton is over a century old, and is represented by the seniors living at the St. Michael's Long Term Care Centre. (7404-139 Avenue) and Millennium Pavilion Seniors' Lodge (7408-139 Avenue). They enjoy trips to Edmonton attractions and dance bands come every couple of weeks for some old-time music. School children visit, and several Ukrainian dance and choir groups provide entertainment too.

If you have a hankering for Ukrainian food, like pyrohy, cabbage rolls and nalysnyky, and don't have your own Baba to show you how to make them, you can purchase Ukrainian food from St. Michael's front desk or shop online at babasown.ca

If you are a resident of Miller, Matt Berry/McLeod Park, Hollick- Kenyon, Casselman or McLeod, and would like to share information about your cultural background or cultural organization (events, history, holiday celebrations, recipes), please send your article to mattberry@mcleodcommunityleague.ca for inclusion in our next newsletter.

McConachie Library in McLeod

The new branch in Hollick-Kenyon is up and running. The library staff offer free children and family programming six days a week: Baby Laptimes; Sing, Sign, Laugh and Learn; Family Storytime ; Pop-Up Makerspace. With your free library card, you can order books on line. The librarians will pull them, and put them on the hold shelf for your easy pickup. What great customer service!

You can enjoy a lot of free books, magazines and music, at your own home computer, tablet or phone. Get your free library card at any branch, and then log into www.epl.ca to download your free content.

Some families love learning so much they make a circuit every week, dropping in for programming at Clareview Library, Londonderry Library and McConachie Library, attending unique programming at least three times a week. Check the library website for special summer programming for school-age children.

McConachie Library
16607-50 Street
www.epl.ca

McLeod Yoga and Summer Camps

Join Nicole from Blue Mango Children's Yoga for a week of yoga, movement, mindfulness, creative art and summer fun. Both camps will focus on yoga with the theme weaved in. The camp is a great way to meet new friends, learn new skills and most of all, learn how to calm, focus the mind and build confidence and compassion. Participants will engage in hands on experiences that increase self-esteem and a sense of community.

Art from the heart | 6-12 year olds | Monday, July 11- Friday, July 18

Option 1: 1/2 day: 9:00 am- 12:00 pm | \$170

Option 2: Full Day: 9:00 am- 4:00 pm | \$300, \$550 for 2 friends
With field trips TBA

Teen camp | Jewels and Gems

9:00 am- 12:00 pm | 12- 17 year olds | Monday, July 18- Friday, July 22
\$200 or \$360 for 2 friends

Participants will learn about gemstones, their properties and will create 2 jewelry projects. All materials and tools will be provided.

Camp details:

- Camps will be outside with space to be inside when needed
- bring a snack and reusable water bottle
- participants are asked to register online on the McLeod programs page under yoga
- participants will need to have or purchase a league membership
- Additional siblings receive 20% off fees (first child pays full fee)

Make it a summer to remember! See you in July!

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#5, 9228 - 144 Avenue

780.414.1328

edmonton.decure@assembly.ab.ca



2016 McLeod Angel Awards

April 10-16, 2016 marked National Volunteer Week and this year's theme is "Volunteers are the roots of strong communities." This statement is such an accurate representation of those who give up their valuable personal time to be a McLeod Board member (yes, we are all volunteers!), coaches who spend extra time working with our young people, and those who help out without being required to (as part of their community service). Without these supporters, community leagues could not operate, period.

"Volunteers are the roots of strong communities. Just like roots are essential for trees to bloom, volunteers are essential for communities to boom. Thanks to volunteers, our communities grow strong and resilient. Even the tiniest volunteer effort leaves a profound and lasting trace in a community, much like tree rings that appear over time." (Retrieved April 3, 2016 from <https://volunteer.ca/nvw2016>.)

This year, we honored the following McLeod Angels who were presented with an award at our Volunteer Appreciation Dinner. Our longest-serving volunteer, Del Golinowski, was on hand to present the awards.

Liz O'Quinn: Liz is McLeod's social director and plans and executes events for children and families that are raved about. Liz pays attention to the smallest details so when you arrive to a Kids' Christmas, Valentine, Easter or Halloween party, you will be amazed at the decorations and activities.

Christina Shubert and Justine Harnett: Both ladies have worked tirelessly to administer the soccer program. They attend every registration session, assist with equipment setup, attend ENZSA board meetings, and they coach the teams their children play on. In the past, they've also stepped in to coach a U10 boys team when no parents would, which means they were coaching two teams for a season. EMSA introduced a new software system for the 2015/16 indoor season and Christina and Justine were there to learn how the new software worked to ensure we could register players and build teams. The McLeod soccer program runs virtually year-round and it wouldn't be as successful as it is without them.

Eugene Petruk and Robert Rosinski: Both men support the efforts of two of our Board members. They run errands, watch the kids, and give up evenings and weekends so that the community benefits as a whole while their spouses put on events and do their community league duties. Here are some of the examples of the kind of support they give to McLeod behind the scenes.

"Can you please go to the EFCL office and pick up membership supplies?"

"Can you make a deposit for me at ATB?"

"I've ordered two trays of sandwiches for sports registration. Please pick them up at Costco at 5pm."

"I'm almost at work and I got a call from the renters. They can't get into the hall with their fob. Can you grab my key and let them in?"

"Can you make a deposit for me at ATB?"

"The electrician is coming between noon-2pm. Can you hang out at the hall and wait for them?"

"Do you have time today to run the financials to the bookkeeper?"

"Can you make a deposit for me at ATB?"

"We need more membership cards. Can you get more at EFCL?"

"The AGLC report is due today. Please drop it off personally downtown so it gets there by 4pm."

"Can you make a deposit for me at ATB?"

"The coffee and juice need to be picked up from McDonald's at 9am sharp."

"I know you were just here but we're out of cream. Can you grab some right away and drop it off?"

And so on, and so on...

If you are interested in becoming a McLeod Angel, please contact Leanne at president@mcleodcommunityleague.ca to volunteer for your community league. We are always looking for extra hands for events, cleaning or Board positions.



Christina Shubert & Del Golinowski



Robert Rosinski, Del Golinowski & Eugene Petruk



Del Golinowski and Liz O'Quinn

Upcoming Events in Northeast

May:

28: Free Bike Safety at Dr. Donald Massey School

June:

1: Decorative Streetlight Committee meets at Kilkenny
3 & 4: Komarynsky Slo-Pitch Tournament at Northmount

3 & 4: Northmount 45th Anniversary, including hypnotist and dancing

4: Show'n' Shine at Kijnes Veterans Centre

7: Seniors Week at NESA

7: NESA Visit with Councillor Knack (730am – 11am)

7: NESA Health and Wellness Fair (1pm-4pm)

8: NESA Tea Social with BC Jr Ukelele Band

8-9: NESA Creative Age Festival and Visual Art show and sale

17: McLeod Movie Night (Zootopia)

18: McLeod WEM Waterpark Event

18: Father's Day BBQ at Kingsway Legion

18: Steele Heights Soccer/Family Fun Day

25 & 26: Summer Festival at Londonderry Park

28: Dance & Dinner at Kingsway Legion

29: Wrestling at Kingsway Legion

July:

4: Green Shacks Open in all neighbourhoods

4: Temporary skate park open at Kilkenny

6-8: Flying Eagles Program at Kilkenny area Green Shacks

22: Seniors KDays Pancake Breakfast at NESA

25: Seniors KDays Pancake Breakfast at McLeod

If you have an event upcoming that you would like to see on this list, please e-mail

secretary@mcleodcommunityleague.ca

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.

Dickensfield Amity House Services available to McLeod CL residents

Dickensfield Amity House is a family resource and drop-in centre that has served north Edmonton since 1972. Now working out of the Londonderry Community Hall (14224-74 St), they offer drop-in coffee & newspapers, paperwork assistance, a food co-op, free bread, swap shop and community use office equipment. They are even organizing a garden club. Would you like to meet some new people and enjoy a free nutritious meal? Every first and third Wednesday of each month, they offer a free lunch for the community from 11:30 am – 12:30 pm. Phone 780-478-5022 info@amityhouse.ca www.amityhouse.ca

McLeod CL Residents can use NESAs

The North Edmonton Seniors Recreation Centre (7524-139 Ave) serves adults in NE Edmonton. You can become a member of their non-profit organization, or take part as a non-member by paying a slightly higher fee.

In the NESAs building, they offer many programs:

- Computers: digital camera, tablet photography, intro to Facebook
- Crafts & Hobbies: willow chair making, card making, sewing, self-publishing
- Drawing & Painting: coloured pencils
- General interest: housing options, retirement, senior benefits
- Health & Wellness: mindful aging, rate your plate, community care
- Fitness: cardio, zumba

To use their senior-friendly fitness centre, you must be a member of NESAs and purchase a daily, monthly or yearly pass. They have a free orientation session and a non-intimidating atmosphere.

During Seniors Week (June 6-10), McLeod CL says "Thanks!" to the seniors who have contributed to Canada in so many, many ways! Phone 780-496-6969 www.nesal.ca

McLeod's Green Shacks

Hollick-Kenyon, Matt Berry, Miller and McLeod playgrounds will all be getting half-day green shack locations this summer. The programs will run from July 4 to August 25. The summer hours for July & 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.

The City also offers Flying Eagle, Youth Hubs and events (age 13-17), skateboard parks, water play/splash parks and pop-up play. These outdoor recreation programs are supervised and led by well-trained City of Edmonton staff. Get the full details in the 2016 Neighbourhood Summer Drop-in Program guide – available at schools, public libraries, City recreation centres and online. Call 311 or www.edmonton.ca/dropin-communityprograms.

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 Nordic Walking Club Update

Several outdoor walking enthusiasts met at a Matt Berry park to make some new friends, see more of the neighbourhood, and get their hearts pumping. Over the course of seven spring evenings, we'll hike the trails of Matt Berry and Hollick-Kenyon. If you see us striding by with our "ski-poles", wave hello!

To join the mailing list for this club, please email your interest to mattberry@mcleodcommunityleague.ca. Although this session is full, we can let you know when it is offered again.

McLeod CL Supports Edmonton Food Bank

Our monthly movie nights are free to all community league members. You can be a member of any league in the city, just remember to bring your card to show at the door.

At movie nights, we collect donations for the Edmonton Food Bank (EFB).

Thank you to all the residents who bring canned food or donate cash. On April 9, your latest donations were passed on to the EFB. They always accept donations of your time, food or money.

The Edmonton Food Bank is neighbour helping neighbour. If you can use some food assistance now, please contact them by phone at 780-425-4190 or apply online at www.edmontonfoodbank.com

Politicians Who Represent McLeod residents

In our Canadian democracy, the elected politicians represent everyone in their geographic area. It doesn't matter if you voted for them, against them, or didn't vote at all! Our parliament, legislature and city council represent and help everyone.

Recently, a representative of McLeod CL attended the constituency office opening of our new federal representative, and it brought to mind the need to share the new constituency office locations established since the last elections.

If your home does not fall into the politician's riding listed below, ask for the name and phone number of your representative. The boundaries of each area are not an exact overlay of community leagues.

The politicians' offices are staffed with employees who can collect your opinions on topical issues and assist you with working through government bureaucracy.

Government of Canada
Federal issues: immigration, EI, CPP, OAS, GIS, foreign policy
Ziad Aboultaif
MP, Edmonton Manning
Constituency Office
204A, 8119-160 Avenue
780-822-1540
Ziad.Aboultaif@parl.gc.ca

Province of Alberta
Provincial issues: health, education, social services
Heather Sweet
MLA, Edmonton-Manning
Constituency Office
14904-50 Street
780-414-0714
edmonton.manning@assembly.ab.ca

City of Edmonton
City issues: roads, parks, libraries & rec centres
Ed Gibbons
Councillor, Ward 4
780-496-8138
ed.gibbons@edmonton.ca

McLeod Support for Fort McMurray Evacuees

Along with all Canadians, our thoughts are with the many people evacuated from Fort McMurray, and the emergency workers who battle the forest fires. Many in our neighbourhood have donated funds, toiletries & clothes and opened their homes. We'd also recognized those who have volunteered their time at the Expo centre or with Edmonton Emergency Relief Services (EERS).

Thank you to Nicole of Blue Mango Yoga, our community's yoga instructor, for organizing a yoga fundraiser. We'd like to mention our appreciation to the NE area community leagues of Fraser and Evansdale for collecting donations of socks, pillows, toiletries etc. at their halls, to forward on to EERS.

As this is an ongoing emergency situation, you can continue to donate funds to the Red Cross at www.redcross.ca. Funds will be matched by the Government of Canada and the Province of Alberta, so your \$10 donation will total \$30 of assistance.

"Camp Sampler" at McLeod

The City is offering a children's full day (9am – 4pm) summer day camp at McLeod CL Hall from August 15-19 for ages 7-10. The cost is \$36. "Does your child want to come to camp, but doesn't know which theme to try? This camp is perfect for them! They'll get a taste of all sort of camp fun. From cooking, dancing, outdoor adventures to arts and sports, each child will get the chance to discover what their favorite activity is in this "theme a day" program."

During July and August, the City is offering many day camps at many community halls around the city, in addition to this one program at McLeod. For information, or to register call 311 or go to any City of Edmonton Leisure Centre.



McLeod Encourages you to Swim For Your Life!

Swimming is a great way to keep fit, stay healthy and make new friends. It is a low-impact activity that has many physical and mental health benefits, and can be enjoyed as a baby, or up to 99 year old!

Because you need to move your whole body against the resistance of the water, swimming is an all-over body workout. The health benefits:

*keep your heart rate up but takes some of the impact stress off your body

*build endurance

*help maintain a healthy weight, healthy heart and lungs

*tone muscles and builds strength

Swimming is good for the mind as well as the body. Swimming's many other benefits included:

*being a relaxing and peaceful form of exercise

*alleviate stress

*improve coordination, balance and posture

*improve flexibility

(information credit to betterhealth.vic.gov.au)

OUTDOOR SWIMMING

This summer you can travel to many of Alberta's lakes for some wild swimming, which is great, but you might pick up a case of Duck Itch! If you're in the city, McLeod League has purchased free access for McLeod community league members at the following outdoor pools. Clip and save on your fridge as a reminder to go, as swimming providing a pleasant way to cool down on a hot day!

2016 McLeod Community Access at City 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

Check the pool location and schedule at edmonton.ca to check current conditions, before you drive to the pool with your kids, pool noodles, towels and picnic lunch!

McLeod CL participated in this outdoor pool access last summer, but only 18 people used the program. We've purchased again this year, in the hopes of getting more people out. This is a free benefit for any McLeod CL member, just show your membership card to the cashier. Don't forget the sunscreen!

INDOOR SWIMMING

During the year, your McLeod CL membership card also gives you access to free swimming at the following City indoor swimming pools. Again, just show your membership card to the cashier.

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

pm

Check to make sure the pool is open at edmonton.ca because sometimes pools close periodically for maintenance and repairs.

Over the last year, 1,266 McLeod CL members took a free swim, so that's a lot of smiles from this membership feature!

McLeod and Affordable Access

Would you and/or your family like more affordable access to City recreational facilities and programming? The Leisure Access program gives lower-income individuals and families the opportunity to use City of Edmonton recreation facilities for free or at a reduced cost. You do not need to be a member of a community league to use this program. For more information to find out if you qualify, please visit www.edmonton.ca/LAP or call 780-496-4918. At a public library you can use a computer for free.

A McLeod community league membership also gives access to a lot of free entertainment during the year. There is free indoor and outdoor swimming, a monthly family movie night at the hall, Community League Day party, seasonal holiday children's parties, Family Day party and other social events through the year. This is in addition to accessing our sports programming: baseball, softball, soccer, hockey, yoga, kickboxing and physical literacy. Sport subsidies may be available. Follow us on Facebook and check the website for upcoming community events happening all year round.



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.

McLeod Community Safety Message

Wow what a terrible situation we all got to watch as the residents of Fort McMurray and surrounding areas were forced to flee their homes because of the wildfires. I was proud to watch Albertans and Canadians join together to help all those people, families and pets that were affected by this terrible fire.

My yearly reminder – as the mercury rises, pet owners are once again being reminded not to leave animals alone in vehicles, where temperatures can quickly become dangerous — if not deadly — within minutes. Still, people continue to leave their pets in their cars each summer.

Here are 5 signs of distress to watch out for:

1. Excessive panting or drooling.
2. The dog's tongue has turned dark purple.
3. The animal is behaving frantically — pawing at the window, or trying to stick its nose out. They may also try to get under the seat.
4. Loss of bowels.
5. Lethargic, and unresponsive behaviour.

If a dog seems alert, is standing upright and barking, he is likely not in distress.

I advise against trying to get the animal out yourself, explaining that pets are considered property and you could risk being charged.

As well you could also get yourself attacked by the animal you're trying to free.

If an animal is showing signs of distress, people are asked to first call the Edmonton Humane Society Protection Department at 780-491-3517 and leave a message with details. If you do not hear back from an officer within 15 minutes or animal's signs of distress get worse you can 911 for help.

If you do end up calling 911, please stay by the vehicle and wait until fire department arrive in order to help them find the right vehicle.

You can find more information on the Edmonton Humane Society's website www.edmontonhumanesociety.com

It's that time of year again when most of take advantage of the nice weather and go away on holidays. I have some tips on how to keep your property safe.

- 1.If you have a good relationship with your neighbors, or a friend or family member ask them to check on your place while your away, cut/mow grass and give your contact number to reach in case of emergency.
- 2.Stop your mail service if you still have mailbox on your house or ask friend or neighbor to pick up your mail
- 3.Turn off the main water supply and turn hot water tank all the way down or into vacation mode
- 4.Put some lights in your home on automatic timers to deter break-ins
- 5.Close Curtains or Blinds

Property Crimes seem to be on the rise in municipalities with the downturn of the economy. Tips on not making your property a target:

- 1.Keep valuables out of sight in your yard whether it be in a shed or garage and have the necessary locks on both
- 2.Install Locks on your gates
- 3.Install Motion activated lights on your home and garage
- 4.Keep bags of cans and bottles out of sight and preferably in your garage or shed
- 5 Install Window Bars in basement windows
- 6.Install an home alarm system and/or security cameras
- 7.Trim bushes and trees away from your home to allow visibility
- 8.When purchasing a new property change all the locks at the property including garage and sheds
9. Close and lock windows when not at home
- 10.Keep garage door openers out of sight in your vehicles

Do your part when in your community and if you spot something suspicious, take down as much information as possible (ethnicity, height, weight, hair and eye color, noticeable traits, tattoos, scars, and clothing description).

If you see a suspicious vehicle look for make, model and color, description of driver and or passengers and most importantly license plate number. Report suspicious person and or person and vehicles to Edmonton Police Service complaint line 780-423-4567. Only get information in these situations when safe to do so. Do not put yourself in harm's way. Your safety is number one.

If you have any safety concerns please email me at safety@mcleodcommunityleague.ca

Thanks,
Ryan

McLeod Front Yards in Bloom

McLeod is again participating in this program to celebrate the efforts of our neighbours in beautifying our neighbourhoods. Nominations begin on Friday, May 20. Keep in mind the categories: general, natural, edible and public spaces.

Anyone can nominate someone else's front yard. You can't nominate your own yard, but you can ask a friend or neighbour to nominate your yard. Nomination forms are online at www.edmonton.ca (search for front yards in bloom) after May 20.

If you would like to volunteer to nominate and/or judge yards in McLeod, Miller, Hollick-Kenyon, Matt Berry or Casselman, please email secretary@mcleodcommunityleague.ca



McLeod Provides Londonderry Social Housing Redevelopment Project Update – It Starts With Home

Your Questions Answered – Thanks to all of you who took the time to attend, ask questions and provide feedback at the Phase 2: Generating Ideas Consultation on April 26. Responses to your questions from that meeting will be posted on the project website at <http://www.itstartswithhome.com/open-door-blog/> once available.

Next Public Meeting – In a phased approach, we are holding public meetings in the Kilkeny neighbourhood to enable people to contribute to and be engaged in this project. The next public meeting – Phase 3 – has been scheduled for Wednesday, June 22, 2016. Details for this meeting will be shared as they become available.

Stay Connected – Keep visiting the website <http://londonderry.itstartswithhome.com>. When you're there, go to the Contact Us page and subscribe to the project e-newsletter to receive public meeting announcements, project news and information updates. Have comments or questions? Share them with us at projects@crhc.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.

Window and balcony safety Protecting your children

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

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

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

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

Improve communication with loved ones suffering from dementia

Conversation can be challenging with a friend or family member suffering from dementia. Improving communication can make a world of difference.

Albertan Joan Spinney is a 94-year-old resident living in continuing care. She has a lifetime of experiences to share, but significant hearing loss and an Alzheimer's diagnosis makes conversation difficult. She is unable to understand questions or follow instructions without her hearing aids, which were misplaced several months ago.

Staff and family were already using communication strategies like making eye contact with Spinney, reducing distractions, and using slower speech. Speech language pathologist, Saige Strangway, suggested some new tools. She encouraged the use of a memory book to share stories and placed labels in Spinney's room to act as a guide and reminders. Strangway also introduced an amplification device called a PocketTalker.

Spinney's son-in-law came to visit after Strangway had introduced the communications tools. The visit was memorable. Joan and her son-in-law shared jokes, stories, and reviewed her old school work together.

Spinney is known as a witty character with a great sense of humour. She raised four children, likes to socialize and takes pride in how she presents herself. Spinney enjoys many recreational activities in her continuing care home including gardening, crafting and listening to musical performances. Improving how she can communicate has enhanced her quality of life.

It is never too late to improve how we communicate with our loved ones.

Try the following tips:

- Reduce the number of distractions.
- Make eye contact. Use gentle touch to get attention.
- Keep information short and to the point.
- Say important things twice to help the person stay focused.
- Be patient. Give the person extra time to answer.
- Give the person choices instead of asking open-ended questions (e.g., "Would you like a sandwich or soup?" instead of "What do you want for lunch?").
- Write reminders and steps on how to do things
- Use calendars and memory books to help the person to remember and to talk about memories
- Leave a diary for visitors to write notes about their visits.

Unmasking men's mental health

Overall, women are about twice as likely as men to be diagnosed with a mental illness. Part of the reason for this is that men only make about two thirds as many doctor visits as women do. And when men do see a doctor, they are often reluctant to talk about what's really bothering them, especially if it has anything to do with feelings or mood.

Plus, most men don't realize that some of the physical things like chronic pain and digestive problems could actually be caused by a mental health concern such as depression, anxiety, or stress.

And then there are men who know (or who at least strongly suspect) that they have a problem, but they suffer in silence, afraid to admit that they need help. Afraid others will find out their secret and they'll be perceived as weak or wimpy, or that they'll lose their job.

What Can Affect Your Mental Health?

- Your genes (some mental health issues run in families)
- Divorce, separation, or the breakup of a long term relationship
- The death of a loved one
- Losing your job, or job changes
- Financial problems or going through bankruptcy
- Coping with a natural disaster
- Moving to a new home
- Marriage
- Getting a promotion at work
- Caring for an aging parent
- The birth of your child
- Being diagnosed and living with a serious illness, or suffering a major injury
- Serving in the military, especially in combat
- Sometimes lots of little things build up and the combination can be extremely harmful.

The Big Question: Am I Normal?

Everyone has their ups and downs from time to time. Most wonder at least one time in their life whether what they are feeling is normal, or whether they need professional help. Unfortunately, there's no single answer that's right for everyone. However, here's a good rule of thumb:

you need to seek help if you've been having symptoms every day for more than two weeks, and if those symptoms keep you from enjoying life, performing at work, or maintaining relationships with friends, your partner, or your children.

Contact your family doctor or the nearest counselling services in your area.

Provincial Help Lines

Health Link (24 hour)	811
Mental Health Help Line	1-877-303-2642
Credit Counselling of AB	1-888-294-0076
Addictions Help Line	1-866-332-2322



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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 healthcare, 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



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Happy Trails – ATV Safety Tips

As snow-blowers and shovels are tucked away for another season, Albertans are venturing outdoors to enjoy the spring weather. Alberta Health Services (AHS) is reminding all Albertans, and particularly parents of children less than 16 years of age, to make ATV safety a priority.

There are significant risks associated with the use of 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’.

Parents of children less than 16 years of age are advised to ensure these children do not drive or ride in an ATV. Albertans 16 years of age and older are urged to take the following precautions to ensure their ATV excursions are as safe as possible:

- **Look First**
Be sure you’re aware of the weather forecast, fire out-look/potential, and any hazards (geographical, animal or human) that the trail(s) you’re on could pose.
- **Wear the Gear**
A helmet can save your life: from 2002 – 2013, 41 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.
- **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.
- **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-five per cent of those who died in ATV crashes between 2002 and 2013 tested positive for alcohol.

In addition to the above, 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.

For more information on ATV safety and injury prevention in Alberta, visit <http://www.albertahealthservices.ca/injuryprevention.asp>.

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.

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.

Sunglasses – more than just a fashion statement

Sunglasses are a “must have” for big-sky prairie summers and there is more to think about when selecting them than style and cost.

Sunglasses can protect your eyes from the harmful effects of ultraviolet (UV) light and can dramatically reduce the risk of damage to your eyes. In the same way your skin can be damaged by UV rays, your eyes can also be affected by the sun. Prolonged exposure can cause permanent eye damage and is a contributing factor in many eye disorders, like cataracts, macular degeneration and ophthalmic cancers.

The best UV protection is offered by close-fitting wraparound sunglasses, so glasses should fit closely to your face and wrap around the face.

It's important to read the label when selecting sunglasses, as different types of lenses protect your eyes from different types of light. Look for sunglasses or prescription lenses with full UVA and UVB protection – like those that are labelled as ‘UV400’ or ‘100% UV protection.’ Dark lenses don't necessarily block out more UV light than lighter lenses but it's still important to choose a pair that are dark enough to keep your eyes comfortable in bright sunlight. Keep in mind that contact lenses, even those with UV protection, don't provide full coverage for the eye and skin around the eye.

It's especially important to protect your eyes when the sun's rays are most intense – between 11 a.m. and 3 p.m. In addition to wearing sunglasses, it's also a good idea to wear a wide-brimmed hat to protect skin and eyes.

Be sun-wise and take steps to protect your eyes.

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July 18-21	Hip Hop Evening Camp (6 years +)
July 20-22	Acro Dance (7 years +)
August 8-12	Magical Wonderland (3-5 years)
August 8-12	Broadway Bound (7 years +)
August 22-26	Summer Dance Intensive (7 years +)



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