

NORTHEAST VOICE

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

March 2016



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

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):

- **McLeod** (mcleodcl.ca) – March 9
- **Kilkenny** (kilkenny.ab.ca) – March 12 & 17
- **Evansdale** (evansdale.ca) – March 9

Jennifer and Ty Strobel having a blast sledding down the hill at the Kilkenny Hall on February 14th



Upcoming Events in Northeast

February:

29: Sports Registration at McLeod (6pm-9pm)
29: Sports Registration at Evansdale (6pm -8pm)
29: North Edmonton Seniors Association Leap Year Luau 6pm dinner; 7pm show; \$35 call 780 496 6969 for tickets

March:

5: Sports Registration at Northmount (10am to noon)
9: Sports Registration at McLeod (6pm-9pm)
9: Sports Registration at Evansdale (6pm - 8pm)
10: Employee Rights Workshop at Londonderry Library (6pm)
18: Board Game Night at Northmount (7-10pm)
19: Sports Registration at Northmount (10am to noon)
24: Tenant Rights Workshop at Londonderry Library (6pm)

June:

4: Care Fair at McLeod
18: McLeod WEM Waterpark Event
25 & 26: Summer Festival at Londonderry Park

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

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
Sherrri 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

Family Fun Day a big success!

Family Fun Day at Evansdale community league on Monday February 15 was a huge success. There were more than 250 children and parents that attended the festivities. Everyone enjoyed the face painting, jumpy castles, games, stuff a bear, face painting and ballon animals. All participants enjoyed free hot dogs, pop and snacks. The magic show was a big hit with children. Thanks to our new program director, Hanna Tarrabin and her volunteers for a job well done. Due to exceptionally warm weather we have been unable to open the skating rink. This year we have noticed a big increase of family participation at the rink. It's great to see families and neighbours coming for a skate and a visit. Our free learn to skate program has really taken off this year, young and old are attending.

We still have not confirmed a person or persons to be our soccer director. This position has to be filled before we can proceed with our soccer program. You are required to pre register on line with EMSA. Their website is www.emsanorth.ca. The sports explorer program is done at the community registration on February 24, 29, and March 9 from 6pm to 8 pm.

Jeff Muiselaar



Sam and Hanna Tarrabin at the Evansdale Family Fun Day event on Family Day.



Jeff Muiselaar and Shawna Walsh handing our free tickets at Evansdale Family Fun Day on Feb. 15, 2016.



The weather was too warm for skating, but kids and adults alike enjoyed indoor activities.



I AM HERE TO SERVE YOU

Councillor Dave Loken, Ward 3

2nd Floor, 1 Sir Winston Churchill Sq.
Edmonton, Alberta, Canada T5J 2R7

Tel: 780 496 8128 Fax: 780 496 8113

Email: dave.loken@edmonton.ca

Twitter: @daveloken

Web: www.daveloken.com



Chill out with yoga at Evansdale Hall

Whether you want to stretch and relax or improve your stamina, posture and balance, this Gentle Yoga program has what you need. No previous experience is required, and all levels are welcome.

Gentle Yoga

- Thursdays 7:30-8:30pm
- Drop-in fee - \$13

Please bring a mat and water and wear comfortable exercise clothing. You may also bring a blanket if you like (optional).

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



Sport Explorerz is the perfect way to introduce 3-5 year-old kids to sports and physical activities

Evansdale Sport Explorerz 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 Explorez is a new program that emphasizes fun and the fundamentals children will use in all sports. It's perfect for children who will play sports or for children to simply learn physical skills in a fun way.

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.



Dr. Derek Fika
Family Dentistry

12943 - 97 Street NW
Edmonton, AB T5E 4C2

780-475-6684
Email: drderekfika@shaw.ca
www.drderekfika.com

ARE YOU ALBERTA'S NEXT MILLIONAIRE?



With your chance to win more than \$1,000,000, the Diamond Millions progressive slot machine makes every spin a dazzling event!

The jackpot starts at \$1,000,000 and keeps growing until someone wins.

13 people have won more than \$1,000,000 each playing Diamond Millions since 2012.



COULD YOU BE NEXT?



Play Diamond Millions at an Alberta casino today.
DiamondMillions.ca



Know your limit, play within it.
GameSense

18+

Kilkenny Community League News

Kilkenny Upcoming Events

Registration for Outdoor Sports: Sport Explorerz, Baseball and Soccer

Saturday, March 12 from 10 a.m. to 1 p.m.
Thursday March 17 from 6:30-9:00p.m.
****IMPORTANT SOCCER REGISTRATION INFORMATION****

ALL soccer registration will be done on-line. Every person will need to register on-line PRIOR to coming to the Kilkenny Hall 14910-72street to COMPLETE registration by obtaining a membership and signing up for volunteer commitments. Please visit the Kilkenny website for all the information and links www.kilkenny.ab.ca

Kilkenny is VERY EXCITED to launch a new sports program!! Sport Explorerz is an introduction to all sports. We will explore all types of physical movement as we follow the Canadian athlete's model for physical literacy. Literacy (for reading) is how we describe getting the skills we need to learn how to read. Physical literacy is the same; getting the variety of physical skills that a child needs to be healthy and active for life!! This will be a great opportunity to have your child try out several different things to help discover their strengths and passions without wasting a whole season on something they don't enjoy. We are looking forward to a great new season and we will have all the details you need for the spring registration!

Year-Round Green Shack

Free Community Drop-In
February 29th to March 27th, Mondays and Wednesdays 4-7p.m. and Sundays from 1-5p.m.

This is for outdoor activities, so please dress for the weather! Children under 6 will require adult supervision

Kilkenny Skating Rink Information

Skating Rink will be opened as soon as the weather allows! Skate free with a membership. Drop in is also available. The hours of operation will be 5p.m. to 9p.m. Monday through Friday and 12p.m.-5p.m. Saturday and Sunday.

Kilkenny continues to accept donations of gently used skates and helmets. Bring them by the rink shack once it's open!

Hello Everyone!

I hope you had a good Christmas Break. Time has flown by since my last report in the Newsletter.

The Stan Gantar Hockey Tournament ran very well this year. A big thank you to all of our volunteers;

a special thank you to Anthony for the planning and getting the teams organized and to Terry and Vitor for working so hard to keep our ice smooth and clear. We couldn't have done it without Donna running the concession- THANK YOU!

Outdoor Sports registration is happening soon.

Some new things are happening this year with online registration for soccer.

Registration will still be happening at the hall with memberships and your volunteer commitments to be picked.

Sport Explores for our little ones. This is a fun and new program that is happening within our community and communities around us. This is great way to be active, develop gross-motor skills and experiment with different sports, equipment, games and FUN!

Neighborhood Watch; we do not have an official group in our community but please watch out for your neighbors. Any concerns please call 780-423-4567 and report all suspicious activity.

Londonderry Housing Site (is actually within the Kilkenny area) and we will start seeing some action in that area. Demolition will be starting soon. We have had one meeting about this new project and there are more to come.

Everyone's input is needed. We are looking forward to new buildings, to welcoming new families and to helping our community and schools grow.

Watch out for the Green Shack in John Barnett School grounds programs are starting up soon!

Thank you,
Anna Taylor
Kilkenny Community League President



The heart of our community and the hot spot of most events; it's volunteers in the kitchen! President Anna, Grant Administrator Dawn, Membership Director Pattie with a friend working hard to keep the hot chocolate flowing and hot dogs cooked!!

Kilkenny Playschool

Ready, Set, Grow!

Open House April 20, 2016 at 6:30pm

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

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

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

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

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

Classes are subject to enrolment. If you have any questions please call 587-590-6204 or visit the website – www.kilkennyplayschool.wix.com/kilkennyplayschool (A \$50 non-refundable registration fee will be required)

The 23rd Annual Stan Gantar Memorial Tournament 2016

The tournament is held as a tribute to the late Stan Gantar who was always prepared to help in the community programs no matter if it was pounding nails to build the first rink shack (a garage), making ice, caretaking, helping to tie the children's skates, sitting on the Community League or Sports Club executive, to assisting or coaching children in both hockey and soccer. Stan passed away, July 5th 1990.

We trust that everyone found the Tournament refreshing after a good Minor Hockey Week and that the players will grow through the experiences of renewed or newly made friendships, exhibiting good sportsmanship, and striving to reach for the ultimate goal of fair play in life as well as sport.

These were traits of people such as Wayne Gretzky who showed his love of the game, sportsmanship and respect for people, be they opposing players, anxious fans, even under the most stressful conditions. This Tournament is intended to promote friendship and encourage sportsmanship and fair play through participation in hockey.

(An excerpt from the 21st annual Tournament Program written by that tournament committee)

This year we featured 36 teams and enjoyed great weather and even better hockey!!

Thank you to everyone who participated in the huge, awesome event! This would not happen without dedicated volunteers who return year after year to host Edmonton's only outdoor tournament! More information and pictures can be found on our website at www.kilkenny.ab.ca



Sleigh rides and beautiful weather enjoyed by many this family day long weekend



McLeod News

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/>.

McLeod Supports Londonderry Social Housing Project Update

Thank You – Capital Region Housing (CRH) would like to thank everyone who attended the open house at Kilkenny Community Hall on January 25, 2016. We appreciate everyone who took the time to attend, ask questions and provide feedback at this initial public event that served to introduce the project and the public consultation process.

Website Launched – To help keep everyone informed and up-to-date, we’ve launched the Londonderry Social Housing Project website <http://londonderry.itstartswithhome.com>. The website will be monitored and updated regularly as the latest project information becomes available. Be sure to share this website link with anyone interested in learning more about this exciting project.

Stay Connected – Keep visiting the website or, when you’re on the website, 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.

President's Message

Although I am glad we have had unusually warm weather, it has taken a toll on outdoor skating this winter. In order to avoid disappointment, please call the rink phone at 780-473-8993 for an update on conditions BEFORE you come.

We have had a lot of interest in Sport Explorers, our exciting new physical literacy program for children 3-5 years old. Programs start May 1 and will run weekly for eight weeks. Fees are \$50 for the summer session. Volunteer service is required. Final details are forthcoming so we ask for your patience as we embark on this initiative. See you at Spring sports registration on February 24, 29 and March 9 for sign-up!

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 Explorers 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@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/>.

Our Family Day pancake breakfast will have taken place by the time this newsletter reaches you so I would like to thank the Manning McDonald’s Restaurant for providing the coffee and juice, and the EPL Literacy Van for coming out!

Leanne Rosinski

McLeod Hosts Kids Easter Party

Date: Sunday March 20, 2016
Time: 2-4 pm


You will be making your very own Easter basket, Easter egg hunt, decorate your very own Easter egg along with crafts and games like the bunny hop potato sack race, bingo, egg spoon game and many more. Concession will be open for purchased items: pizza by the slice, veggies and dip, cotton candy, chips, juice, pop, hot chocolate, coffee and tea.

It would be greatly appreciated if you can please pre-register as we would like to have enough crafts and eggs for the kids Easter hunt. Please contact Liz @ social@mcleodcommunityleague.ca. Community members are free & Non-members are \$ 2.00. Memberships can be purchased for \$25.00. Donations for the Food Bank are accepted..



Denture Specialist - Over 35 Years Experience

Londonderry Denture Clinic



FREE CONSULTATION
M. Lucyshyn DD
R. Lucyshyn DD

780-476-2529

- New dentures in one day
- Repairs in 30 minutes
- Emergency after hours appointments

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

*Some conditions and restrictions apply.

www.londonderrydentureclinic.com 13594 Fort Rd. Northeast Edmonton

the Gutter Doctor

GUTTER INSTALL / REPAIR / CLEAN
FASCIA & SOFFIT
DOWNSPOUTS & FLASHING
SIDING REPAIRS

780-709-6825 15,000 HAPPY CUSTOMERS!
info@gutterdoctor.ca



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 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!

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.

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.

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>.

this journey will CHANGE YOUR LIFE

Wake up in a unique summer classroom at **Mountain Adventure School**

- Two-week summer programs for high school students.
- Earn school credits and certifications toward a career in camp leadership and guiding.
- Full 14 day summer camp includes lake and whitewater canoeing, rock climbing and rappelling, back country biking, hiking and wilderness living in an extended river expedition.

Sessions starting in June, July and August

SIGN UP TODAY!

TO REGISTER NOW OR FOR MORE INFORMATION CONTACT US:

Progressive Academy
www.progressiveacademy.ca/mas
780-455-8344



WELCOMING
Men and Women 45-80+
SLO-PITCH PLAYERS

Online REGISTRATION

Deadline March 31st
587 590 0477 info@esspa.ca

AIRWAYS PARK

113 St and 113 Ave EDMONTON



45+ 1 Division - Competitive
50+ 3 Drafted Divisions
Competitive to Recreational

esspa.ca

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.

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
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.

Marzec 2, 9, 16, 23, 30


(Thank you to Magdalena Kowalewska for the translation!)

Mei's Professional Bookkeeping and Tax Services

15807 91 Street Edmonton

Phone: 780-860-1882 Email: 1678060ab@gmail.com

- 8 years public firm experience
- Small Business Bookkeeping & tax return
- Personal tax returns
- Notice To Reader preparation
- GST, T slips (T4 T5)
- Provide files pickup and delivery



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.earlychildhoodedmonton.ca/northcentral/




DENTAL CHOICE
LONDONDERRY

Considering a new dentist?

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

Mark Your Calendars for Upcoming McLeod Events

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

Wednesdays, 1-2pm, February 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.

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.

Saturday, June 4, 12-4pm – Care Fair
Stop by to meet local organizations and associations, City bylaw enforcement, EPS, EPL, and other “caring” professionals in the community. There will be giveaways and great prizes. More information will be forthcoming as we start the planning. McLeod supports healthy, informed communities!

Saturday, June 18, 7:30-10:30pm – WEM Waterpark Event
Tickets are \$15 each. Please contact Lianne at president@mcleodcommunityleague.ca to purchase.

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

Detox Twist Yoga at McLeod

Tuesdays: 8:15-9:15pm

Dates: February 16-March 15, 2016

Fee: \$60 for 5 classes (6 spots available)

Hatha yoga, 6:30-8:00 pm FULL

Stay tuned for spring classes beginning in April. Details are posted on the yoga section of the programs section at www.mcleodcl.ca

Classes are proudly taught by Nicole from Blue Mango Yoga

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'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.

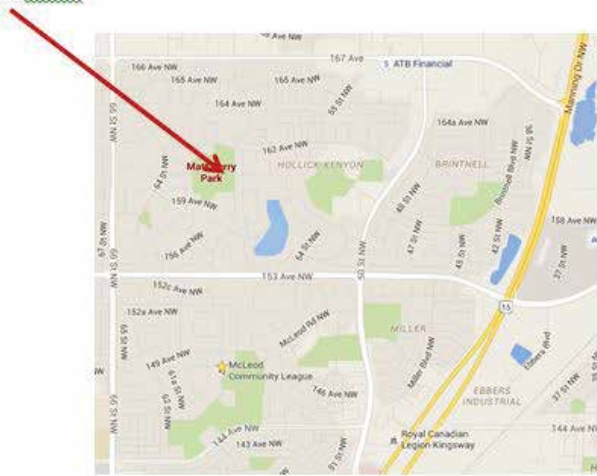
It is your responsibility to attend your work option. Your cheque is returned to you at the bingo/casino/event. If you fail to show up, your cheque will be cashed.

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.

The facility is planned for the plot of land just north of the Matt Berry playground, on 59A street:



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

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

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	Pee wee (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

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@mcleod-communityleague.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!



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.

Our People - Our Community

Hi there everyone I would like to share some stuff about Myself and Steele Heights community league . I live in Steele Heights community league since I was born . I live here with my little sister and my mom and dad .

I go to York school which is in Steele Heights community league and is the only school in the community . I am in grade 4 and get to take Spanish this year for the first time . I really enjoy Spanish and the teacher is great . We got to do a Spanish dance at the school assembly and it was fun . I also won an award of Excellence in Math and my little sister also won an award . I also performed in a Radio play done live in the gym at the assembly . This was so cool to be involved in . The grade 4,5 and 6's went on a school skiing trip to Sunridge ski hill . We went by bus and had an awesome time skiing and snow boarding for the day . I like skiing now and even if my dad doesn't want me to do it I will keep enjoying skiing .

Soccer is my sport and I play indoor now and will play outdoor in a few months time . I play for the Steele Heights Tigers U10 Girls soccer team . We are a real good team that won City championship's last summer for outdoor . And we had a great season and have qualified for City championship's for Indoor . We will do our best and try to win another Championship for Steele Heights . We played in a tournament a few weekends ago and it didn't go the way we wanted it to . But we can forget it all with a good showing in the city championships . I would like to invite everyone to come out and support Steele Heights Tigers soccer . By watching and cheering on the teams and players or by signing up and playing soccer with the Tigers . You can be an older 2 year old all the way up to 12 and you can play for the Steele Heights Tigers soccer teams . Soccer registration is late February and all of March at the Steele Heights Hall . You can find out dates here in the Northeast Voice or on facebook .

The weather is slowly changing into spring which is nice . As there are many good parks and green spaces in Steele Heights community league . So get out and enjoy the sun and people as they enjoy the parks and areas in Steele Heights . I love to ride my bike all over the community and I received a New bike for my birthday and can't wait to use it outside . I ride to school and the play park and hall by the school . I also ride to my friends places all over Steele Heights community league . So if you see me riding in a few months stop and say Hi .

Abigail



Hall Rentals

Steele Heights Community League has many exciting rental opportunities and options available . From a weekend rental of the whole hall and outside fenced in area . To a quick 1 hour meeting for 5 or 6 people in the Media room . To everything in between and more . So feel free to check out the rental options from rooms to full hall access .

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.

Also there are many options available to make your event work the way you will need it to work . So again please contact Facility rental director with your request .



Casino Volunteers Needed

Our Casino is our Major fund raiser that keeps the hall, sports, recreational and cultural programs going. It will be held at the Century Casino on Sunday May 8th and Monday May 9th. To run a casino takes about 40 shifts, so many volunteers are needed. You can volunteer for an hour, or more, depending on your availability.

Positions available are:

- Cashiers on Sunday from 6:15PM to 3:30AM and Monday from

9:10AM to 7PM as well as 6:15 to 3:30AM

- Chip Runners on Sunday 7PM to 3:30AM and Monday from

9:30AM to 7:15PM as well as 7PM to 3:30AM

- Count Room on Monday 11PM to 3:45AM.

If you have the time and are able to help with any of the listed positions please call Cecil Gibbs at 780 473 2728.

Thank you for your kind consideration.

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

President's Report

Spring sure feels like it has sprung early this year . The birds are chirping and the sun is shining and the snow is melting. And the children and adults of Steele Heights community league are outside in full force enjoying it all. Taking in the beautiful weather as well as all the great parks and walking paths the Steele Heights has to offer. Many new faces from young to old are enjoying what Steele Heights has to offer. Even the City of Edmonton programs Steele Heights has partnered with the City to offer to the Members of Steele Heights. From the Famous 'Green Shack' that is slowly becoming a year round program . To the Learn to Skate program offered in February at the Steele Heights rinks . To awesome fun and adventurous camps the City offers at the Steele Heights Hall in the summer months . So check the Steele Heights facebook page and like us for exciting updates weekly . Also the Amazing New and Improved Steele Heights Website is finally ready to debut .

The Steele Heights hall is up and running on all cylinders . Rentals and programs such as the Cubs and a Dance group are enjoying the benefits of the updated and improved hall.Come out to one of the events and take a look for yourself.

We also have many rental options and prices that will handle almost any event you might be looking for . The hall has come a long way in the last 3 years with a rebuild and updating . To new programs and events and more coming all the time .

So if you have some ideas on programs or other improvements feel free to email : steeleheightscommunity@gmail.com or call : 780-475-3553 and leave a message . Steele Heights community league is alive and well and always looking for new ideas and projects to improve the experience for its members as well as guests .

With spring almost here it's that time again for Soccer . Registration dates are posted on facebook and the New website. Also in the Northeast Voice and at www.emsanorth.com . So and let your child experience some fun and enjoyable times this year with the Steele Heights Tigers soccer teams . Ages 2 to 18 always welcome to enjoy the great game of soccer in Steele Heights.

To make sure our community programs keep running, we **Need Volunteers!** From planning to implementing programs and sports endeavors; helpig with the rinks in the winter to every day little projects here and there at the hall and in the community. So never feel that an hour here or there is Not enough . Steele Heights can always find something for everyone to help out with. You might have an idea or suggestion to help improve Steele Heights so again please email : steeleheightscommunity@gmail.com or leave a message on facebook or even call: 780-475-3553 .

In closing I want to wish everyone a safe and enjoyable early spring . Get out and enjoy what Steele Heights has to offer.

Jeff

Special Savings on Quality Produce

Locked In Pricing for the Month. While quantities last

DATES
1 kg
\$5.99

Maple Lodge
Halal
Hot Dogs
\$2.49/Doz

Fresh loaf
bread
99¢ each
White/Brown/
Whole Wheat

Emma
Extra Virgin
Olive Oil
1lt
\$6.99

Fresh
Baked
Baklava
Wide
Variety

Reggie
Pasta
99¢
/Pkg

20Lb
New Red or
White
Potatoes
\$6.99

Compliments
Canola Oil
\$6.99
3L bottle

Lebanese fresh
baked meat pies.
Spinach &
cheese 3 cheese
family pack **\$9.99**



Elsafadi Bros. Supermarket

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

www.communityleagueneews.com

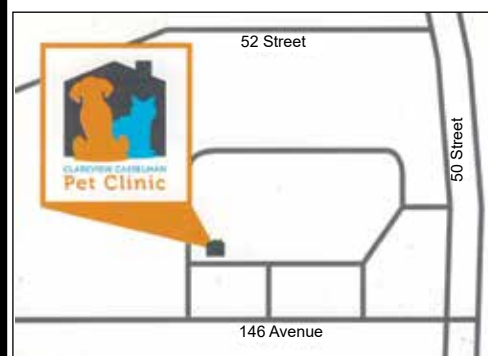
Professional, Affordable, Compassionate & Ethical



- Wellness Exams
- Vaccines
- Dental
- Spay
- Neuter

14604 – 50 Street
780-757-8387

ccpetclinic@gmail.com
Website: clareviewvet.com



Book Now for Your Spring/Summer Lawn Care



Call Dave 780-456-6404
Your Lawn Service
Yard Maintenance
100% Guarantee

Starting at
\$25.00*

*** 3 price packages available**

Yard pricing done by 1000 sq ft; 0 to 1000, 1000 to 2000 etc.

L1. Lawn Cut & Trim; once a week cut to seasonal heights following best practices. For Package L1 1000 square foot lawn starting at \$25.00.

L2. Lawn Cut & Trim; once per week cut to seasonal heights, including 1 fertilizer and weed intervention per month.

L3. Lawn Cut & Trim; once per week cut to seasonal heights, including 1 fertilizer and weed intervention per month plus 30 minutes per week minor gardening

Tell Your Friends, recommend 3 customers plus yourself and your first cut is FREE.

All months to be prepaid by the 1st of the month for the entire month, or **pay for the full year and receive a 5% savings.**

Seniors receive 5% off.

All yearly pricing based on 27 weeks, further charges may incur if season varies.



SHORT TERM PROGRAMS!

Six weeks of fun and dance commencing in April

HIP HOP

Classes for 4-6 years, 7-10 years and 11 years + up.

ANGELINA BALLERINA

3-4 years
 5-6 years

EVERYBODY DANCE!

A program that explores the world of music and dance. Our talented teachers introduce your child to various styles of dance in a friendly environment!
 3-4 years, 5-6 years, 7-10 years

572 Hermitage Road • Edmonton, AB • T5A 4N2
 780-475-5930 • www.dancetheme.com

Fun Summer Camp information and registration coming soon!

Visit dancetheme.com for more information or to register online!