

NORTHEAST VOICE

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

November 2016



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

Upcoming Events in Northeast

Nov:

- 1: Last Day for NESAs Remembrance Day tix \$5
- 3: Chronic Pain workshop (registration req'd) at EPL Londonderry
- 4: Public flu shot clinic at McLeod Hall
- 5: Lego at the EPL Londonderry Library 11am
- 6: Let's We Forget Concert Winspear Theatre
- 7: Sing, Sign, Laugh and Learn at EPL McConachie
- 7: No Stone Left Alone ceremony at Little Mountain Cemetery 16025 54 Street at 1030am
- 8: NESAs Remembrance Day Tea and Tribute
- 9: Baby Laptime at EPL McConachie 2pm
- 10: Family Storytime at EPL McConachie 6pm
- 10: Decorative Street Light EO's return for Kilkenny
- 18: McLeod LaserQuest outing
- 19: NESAs Arts, Crafts, and Bake Sale
- 19: Lego at the Library EPL Londonderry 11am
- 19 to Jan 8: The Holiday Express, Muttart Conservatory
- 20: Kingsway Legion Craft Sale 10-3pm
- 22: Minecraft Club at EPL Londonderry
- 24: Board Game Night at EPL McConachie 7pm
- 26: St Michael's Craft and Gift Market at Heritage Hall (7406 139 Ave)
- 26: Movie Night at McLeod Hall
- 30: Pop-Up Makerspace at EPL McConachie 4pm

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

Upcoming Events in Northeast

Dec:

- 3: Centrepointe Church Christmas Craft Sale
- 3: Arabic Family Storytime at EPL Londonderry 4pm
- 3: McLeod Kids' Christmas party at 1230pm
- 5: NESAs Program Registration Starts
- 6-7 Seniors Candy Cane Tea, Edmonton Valley Zoo 1-3pm
- 8-18: Festival of Light, Edmonton Valley Zoo
- 16: Book Club at EPL Londonderry 10:30am
- 13: NESAs Christmas Concert 1:30pm

Location Addresses:

Centrepointe Church – 5940 159 Ave
Evansdale Hall – 14811 95A Street
G Edmund Kelly Spray Park – 15005 79 Street
Kilkenny Hall – 14910 72 Street
Kingsway Legion – 14339 50 Street
Lago Lindo Hall – 17123 95 Street
Little Mountain Cemetery – 16025 54 Street
Londonderry Hall – 14224 74 Street
Londonderry EPL – in Londonderry Mall
McConachie EPL – 16607 50 Street
McLeod Hall – 14715 59 Street
North Edm'n Seniors Asscn (NESAs) – 7524 139 Ave
Northmount Hall – 9208 140 Ave
Ozerna Park – 7010 158 Ave
Steele Heights Hall – 5825 140 Ave

Sport Explorerz Taking Registration for Second Half of Fall Program

There are still spots open for the second half of this fun program for 3-5-year-old children to acquire and practice basic movement and sports. Sport Explorerz is led by a trained leader in a way that will give all kids the "power to move" in sport and in life. Parent attendance is required. Indoor program.

The second half takes place the weeks of November 6-27: Sundays 2:15-3:15pm (McLeod), Tuesdays 6:00-7:00pm (Evansdale), Wednesdays 6:00-7:00pm (Kilkenny). Fees are \$25 for the four sessions. Volunteer service is not required (one-time only).

Contact your community league to register.

- Lago Lindo: Val at vomasta@shaw.ca
- McLeod: Devin at hollickenyon@mcleodcommunityleague.ca
- Kilkenny: Amanda at bbytnt@yahoo.ca
- Northmount: Terry at lkitch@telus.net
- Evansdale: Jeff at jeffmuiselaar@gmail.com

Next newsletter will have a half program available (but still requiring a full commitment).



Kilkenny Community League Annual General Meeting Thursday, November, 3rd at 7:00 p.m.

at the Kilkenny Hall, 14910-72 street

Come and meet the executive, share your stories and ideas! We are hoping to increase our 'members at large'! These are people who are interested in getting involved but are not wanting to commit to a whole position. Maybe you would like to sit in on the meetings and find out what is going on? Maybe you would be able to phone volunteers from your home once a month? Maybe you and a few friends would like to plan the social event next ladies night? What about a men's night?

Everyone is welcome to the AGM or any executive meeting! For details or the regular meeting schedule, feel free to call the hall at 780-478-1271.

Edmonton Police Alarm Green Stickers

We've noticed that a number of people have alarm company stickers by their front door, but no green Edmonton Police Permit Number sticker.

Police will NOT respond to non-permitted, non monitored alarms unless a indication of criminal activity is present. Make sure you register your alarm with the Police.

For more information go to <http://www.edmontonpolice.ca/alarm-permits>

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.

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		
Mai-Linh Huynh	Newsletter & Social Media	780-680-9408	newsletter@evansdale.ca
Jeff Muiselaar	Area 17 Representative	780-478-1759	pastpresident@evansdale.ca
Nicole & Chris	Belle Rive Sign Volunteers		signs@evansdale.ca
Jim Young	Evansdale Sign Volunteer		signs@evansdale.ca
Sherri Bessette	Eaux Claires Playground	780-641-6171	ecbr@evansdale.ca
Terri	Hall Rentals	780-478-4444	hallrentals@evansdale.ca
	Skating Rink	780-478-2577	

Hall Rental Information

Evansdale Hall 9111 150 Ave.



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

Weekend rates:

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

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

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

Use of dishes: \$100

Meetings: \$35/hour

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

Memberships

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

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

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

Benefits of Community League Membership

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

Heart-felt Adieu to Two Outstanding Community Volunteers

President's Column

It is with great sadness that our Evansdale secretary, Cindy Hoekstra, has resigned. Her family responsibilities are growing in demand, particularly with her two active boys who are in Team Alberta and MLCA Bantam AAA.

Cindy has been with us since 2009 - first as bingo director and then as secretary. She will be greatly missed and we thank her tremendously for the nine years of dedicated volunteer work! We hope that she enjoys her family time.

Another person that will be greatly missed is Angele Boake, our treasurer. Angele spent many hours getting our files into shape when we moved to the new office in "The Shack"; she also helped set-up a new financial system on the computer. Angele, we cannot thank-you enough for your hard work and dedication!

Evidently, we now have 2 volunteer positions - secretary and treasurer - available to serve on our executive board. If anyone has aspirations to volunteer for either of these positions, please contact me.

The installation of additional solar panels is scheduled to begin October 24, that is of course if it stops snowing! Cold weather should not hamper the installation but snow could. Let's hope for some decent weather.

Respect in Hockey

I hope all is going well for players and parents as the regular season is now underway.

I would like to remind players and parents that the way we conduct ourselves at the arenas is a direct representation of our community and the organization your son or daughter plays for.

It is of utmost importance that we strictly adhere to the Hockey Alberta "Respect in Sport" program (<http://www.hockeyalberta.ca/members/respect-sport/>) that holds parents and coaches to a certain level of professionalism, conduct and ethical behaviour.

Remember to utilize the 24 hour rule to cool down before contacting parent liaison, manager, coaches, or whatever chain of command your team follows.

I would also like to ask that parents, coaches, and players respect the on ice officials as they are an imperative part of our game. There is a proper protocol that is in place to report referees

We started our fall session of Sport Explorers (3 to 5 year olds) and have 6 participants enrolled for every Tuesday, starting at 6 pm at the main hall. We are still accepting registrations! The program runs until November 29. If you are undecided, come and check it out yourself!

On September 25, Evansdale had our COMMUNITY LEAGUE day, with free hot dogs, drinks and chips for all that attended. We had about 150 to 175 kids and adults that enjoyed the bouncy castles, face painting, henna tattoos, and caricature artists - the weather was fantastic and everybody had a great time.

We plan to give our hall a fresh new look! We are in process of obtaining quotes to renovate the kitchen, bathrooms, and electrical wiring. We may be eligible for a City of Edmonton grant that would provide a dollar-for-dollar match. We will keep you updated as to when we will start these renovations.

As for the proposed new school site, not much news from the City or on when the public information session and hearing will be held. A draft timeline from the City indicated that these meeting could occur in the first and second quarter of 2017 but nothing has been confirmed yet.

Our Annual General Meeting is scheduled for NOVEMBER 22, 2016 at the Main Hall at 7:30 pm. This is the time where discussions and decisions are made on community activities and programs - we welcome you to attend and meet the community board!

Winter is not far off, let's get ready for it!

Jeff Muiselaar
president@evansdale.ca

if necessary. Abuse of officials, coaches, players and other parents will not be tolerated by any of the governing bodies. I hope players, coaches, and parents have a great 2016/2017 season.

Todd Sharkey
Evansdale Hockey Director



Evansdale Annual General Meeting

Tuesday,
November 22,
2016

730pm start

Evansdale AGM
Community Hall
9111 - 150 Avenue, Edmonton, Alberta
www.evansdale.ca



Strengthen, Relax and Rejuvenate!

Just a reminder that Gentle Yoga classes are offered Thursday evenings 7:30-8:30pm at Evansdale Hall, 9111-150Ave. Drop-in fee is \$13/class. No previous experience is required, all levels are welcome. Please bring a mat, large towel or blanket and water. For more information please email evansdaleyoga@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/evansdalecommunity-league

Look out for each other



[edmonton.ca/
visionzero](http://edmonton.ca/visionzero)

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VISION ZERO: zero traffic fatalities and serious injuries

Stay on your feet and stay active

Let's face it; falls can happen to anyone at any time but the reality is that as we get older our risks of falling are greater. The statistics paint an alarming picture; one in three Alberta seniors will fall every year. Not only are falls the leading cause of serious injuries in older adults they also result in reduced mobility as fears can increase over getting up and moving around. While staying in one place may reduce the risk of falling, it also negatively affects your quality of life. That's why the theme for this year's Senior's Fall Prevention month is Keep Balance – Increase Your Strength and Balance.

“We're asking seniors to help reduce their risk of falls by participating in the “Seniors' Keep Active Challenge”, says Jodie Breadner, Clinical Coordinator, Falls Risk Management Program, Calgary. “People can participate by themselves, with friends or through fitness classes. It's as simple as signing up through UWalk on the Finding Balance website, then counting and recording steps or minutes of physical activity from November 1 – 30.”

While Fall Prevention Month is geared to seniors, it's a good opportunity to remind all Albertans about the risk of falling. As temperatures drop, the risk of snow and ice increases. Every year, thousands of Albertans are hurt falling on icy roads and walkways.

Injury prevention experts say the best way to avoid falls on ice and snow is to waddle like a penguin.

-Stay low

-Feet pointed out

-Walk flat footed

-Use your arms for balance

It's not the fastest or most graceful way to walk, but it will help keep you on your feet. Learn more about walking on slippery sidewalks at <http://www.albertahealthservices.ca/10958.asp>.

For more information about the “Keep Active Challenge” and other programs visit www.findingbalancealberta.ca or call 1-888-492-6014.

Think before you drink

Protect against tooth erosion

It's no secret; most of your favorite beverages contain a lot of sugar. Sugar in beverages, along with bacteria in the mouth, creates acids that can decay teeth. But did you know that many popular beverages such as pop, fruit juices and sport drinks, also contain acids that can damage teeth and lead to tooth sensitivity and pain? This is known as tooth erosion – the irreversible loss of tooth enamel caused by lengthy and repeated exposure to acidic substances.

Teenagers can be particularly prone to tooth erosion because of their tooth enamel and the impact of lifestyle choices, including drinking acidic beverages and poor oral hygiene. Because tooth erosion cannot be reversed, prevention is important:

- Drink water for thirst and milk with meals
- Reduce number of acidic beverages and use a straw for drinking them
- Rinse your mouth with water to remove acids
- Wait 30 minutes to brush your teeth after drinking an acidic beverage to prevent tooth enamel damage
- Brush twice a day with toothpaste containing fluoride to strengthen teeth and floss daily
- Visit your dentist regularly for check-ups and additional preventive treatments

The Eggperiment - Calcium is a major part of tooth enamel.

Check out how acid affects calcium, the mineral that keeps an eggshell hard. Gently place a hard-boiled egg with it's shell into a container of vinegar until it is completely covered. Let the egg sit for at least 24 hrs.

Observe what happens to the shell, how is this similar to tooth erosion?

Kilkenny Community League News

Kilkenny Community League

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

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

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

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

Hall Rentals

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

INDOOR SOCCER 2016-2017 AT KILKENNY COMMUNITY

The 2016-2017 Indoor Soccer season has arrived and Kilkenny is well represented with 10 teams. The season officially began on October 15 and will continue through to February of 2017. Games will take place at various indoor facilities in Edmonton. If you've never been to an indoor soccer facility, the action is fast and furious and it is a great way to spend the day, weekend or just a couple of hours. All games for Kilkenny will take place on Saturdays and Sundays.

As usual, this season would not be possible without our volunteer coaches. It is through their vision, hard work and dedication that our children get to experience "the beautiful game"

.A special thanks to the following people for donating their time to our community.

Matt Oberle – U6 Mixed
 Stephen Tso and Loi Hua– U8 Boys
 Enzo Saad and Rose Bampoe – U8 Mixed
 Mohamed Salla, Jason Fuger, and Dominga Perucho – U10 Boys
 Rick Gustke and Helal El-Zein – U12 Boys
 Sam Elbekai, Lisa Hunter, Jen Turner, and Tina Zaffino – U12 Boys
 Domenic and Maria Cutulle, Sylvia and Mirko Sciroli, and Shane Riddell – U14 Boys
 Duncan Albury and Jim Jacques – U14 Girls
 Steve Kresic, Jeremy Nickols, and Maria Kimball – U16 Girls
 Shaun Heck and Cesar Teves – U16 Girls

There are still limited spaces available on some teams, if your child is still interested in playing please email Amber at fink0818@gmail.com

Kilkenny Kid's Halloween Party

Another 'Spooktakular' Community Event Saturday, October 29th -

There will be activities for the kids 12-3 and a party 3:30-5.

Cost to Enter: 1 Big Smile

Food, Games, Prizes, Activities and a Movie where you may, or may not, hear "BLAH, blah, BLAH"

There is less than 8 weeks until Christmas!!!

Don't have time for baking?? J.A. Fife School has you covered! In-Dey-Go frozen cookie dough is delicious, made in Alberta and has no preservatives! They have 3lbs tubs of dough, pre-portioned (48) pucks in a variety of yummy flavors! All for \$15 each! One more thing checked off your list all while supporting a neighborhood school! Please call the school at 780-476-0775 or email schoolcouncilfife@gmail.com for more information or order in person at the school at 15004-76 street.

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!

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

Kilkenny Playschool Ready, Set, Grow!

Kilkenny Playschool has made some exciting new changes to our program! Parent involvement is still required however 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!

• 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 preprinting skills, number and letter recognition and of course free play and having fun!

If you have any questions please call 587-590-6204 or email kilkennyplayschool@hotmail.com

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



President's Message

Its been busy few months. Thank you for all the volunteers that helped us with our registration and casino. Are casino funds helps out so much for our community.

We have had a lot of response to our new lights questionnaire. All this information is collected and sent to the city.

We also had a lot of input from the community with their thoughts if the new development. This group took our ideas and developed a beautiful plan. We are now waiting to hear about the funding. As you can see the old building are coming down.

This year we are having a Kids Halloween party in Saturday Oct 29 from 12-5. At Kilkenny hall.

Kilkenny Annual General Meeting will be held on Thursday Nov 3 starting at 7. please come down and support your community.
Thank you Anna Taylor

School Zone Parking

It's time to remind people to "Look beyond your bumper." Be mindful of the fact that "stopping to drop-off" means the same at "parking". We may be running late that day, maybe we got caught in some unexpected construction, perhaps there was an accident.

Whether it is a once and a while occurrence or we are usually rushed, there are a few things that we need to remember. We all need to look beyond your bumper! Some common mistakes:

□ Parking/stopping to let children out of the vehicle near, or inside, the lines of the crosswalk.

People may think this is the safest place to let their child out; they can exit the vehicle and already be inside the "safe zone" of the crosswalk. They may just be in a hurry and not want to find a space further away. Even though they are confident that they have come to a complete stop and will pull away slowly and cautiously, the other drivers and pedestrians do not know what to expect. They do not know if they should drive around, wait, let their kids out too. It becomes very frustrating.

Do pedestrians still cross when a vehicle is in the crosswalk- is it still safe? These people may be confident in what they are doing, but they need to look beyond their bumper. They need to be mindful of how their choice is perceived by others.

□ Parking beside the pylons or blocked off areas

If people want to watch their children enter the building, that does not mean they are able to park right in the front, at the crosswalk, bus lane or by the pylons. We understand that they want to ensure their child's safety- they must not choose to endanger others for their piece of mind. It would take only seconds to find a designated parking spot and walk with their child.

If they are going to wait for them anyway, they might as well get some fresh air and walk with them □

□ Parking in the bus lanes

The school bus can be a great alternative to driving your child to school. It is more environmentally friendly and can save you a lot of time and hassle in the mornings. If the bus is not for you, RESPECT THE ZONE.

It is extremely important that the school busses have their designated spots to ensure the prompt and safe delivery of all of their passengers.

□ Double parking/Stopping in the middle of the street

This should seem obvious, but people in a hurry can justify stopping almost anywhere!

Stopping in the middle of the street, or double parking beside another vehicle is never a good idea.

The other vehicles and students around them do not know how to deal with a vehicle stopping where it is not supposed to. It is confusing, frustrating and leads to unsafe situations.

Let us be direct.

Please, take a moment to check yourself; LOOK BEYOND YOUR BUMPER. You know what you are doing, but do the other motorists know?? Should they wait or go around? What about the children walking and waiting at the crosswalk- are they safe to cross??

Again, perhaps you know what you are doing, perhaps you are a good, confident driver, but the other people around you don't know what to do.

Look beyond your bumper to see how your choices and actions are affecting the safety of people around you.

Remember the lessons you are teaching your kids and that these parents and staff work with your child every day.

Choose safety over convenience. Loose a minute, not a life. Look beyond your bumper.

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 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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Councillor Dave Loken, Ward 3

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WORKING FOR YOU IN EDMONTON AND OTTAWA

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

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



McLeod News

McLeod Board of Directors

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

Executive Committee:

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

Board of Directors:

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

McLeod President's Message

Hi everyone,

The flu season will be upon us soon than we'd like so you may want to consider getting your flu shot as soon as they become available.

McLeod is partnering with the wonderful pharmacists at Royal Centre Pharmasave) to administer free flu shots at our hall on Friday, November 4, 10:00am-2:00pm and 4:00-7:00pm for anyone nine years of age or older.

Please bring your Alberta Health Care card. To help Pharmasave confirm the number of flu shots to bring, please sign up at www.mcleodcl.ca.

Don't forget that McLeod Community League members get a 10% discount on regular price front store merchandise (some restrictions apply) at the 16636-71 Street location.

To purchase your membership, please go here: http://mcleodcommunityleague.ca/index.php/membership_manager.html.

I am still looking to hire someone to take over my hall rental duties. If you have experience with doing hall rentals, have excellent organizational and great customer service skills, please send your resume to me at president@mcleodcommunityleague.ca.

The position is expected to work five hours a week via emails and at the hall office.

Leanne Rosinski

McLeod Laser Quest Outing

McLeod will host another Laser Quest event on Friday, November 18. Kids ages 8 to 13 are welcome to attend.

The cost is \$10 per person for Community League members and \$15 per person for non-members. The price includes three games, transportation, and a meal which includes a hot dog and juice box.

The meal will be served at McLeod Hall (14715 59th Street) at 5:45 p.m. with the bus departing at 6:20 p.m. sharp.

Games start at LaserQuest at 7:00 p.m. The bus will be back at the Hall for supervised pick-up at 9:30 p.m.

Participants must wear comfortable clothing and closed toed running shoes. Dark coloured clothing is preferable.

We have a limited number of spots, so please get your registrations in early! If you are interested or would like more information, please contact Laura at youth@mcleodcommunityleague.ca as soon as possible to reserve your spot.

McLeod Community League Working to Bring Neighbours Together

*By Melanie Möbius
Edmonton Multicultural Coalition*

We're very happy to be working with the McLeod Community League on a new program that will help bring neighbors together. My name is Melanie Möbius and I'm coordinating the Neighborhood Intercultural Connections (NIC) Program for the Edmonton Multicultural Coalition.

The Coalition is a non-profit organization that helps newcomers to Canada settle into their new homeland and connect with their ethno-cultural communities in order to improve their quality of life.

Through the NIC program we aim to close the gap between living in a neighborhood and being actually part of it by connecting mainstream residents and newcomers in their specific neighborhood.

The five neighborhoods that the McLeod Community League supports – McLeod, Casselman, Hollick-Kenyon, Matt Berry and Miller, will participate in this program.

The NIC program focuses on the needs and assets of each neighbourhood.

Teams of residents from each neighborhood will initiate activities and strategies to connect people within their neighborhood, with the support of the Coalition.

These activities aim at promoting intercultural connections, enhance social inclusion and improve newcomers' access to programs and services offered by mainstream organizations.

They will also help the mainstream residents get to know their newcomer neighbors and their backgrounds better and appreciate the value of diversity in their neighbourhood.

We're looking for volunteers who want to work with their neighbours in strengthening their community.

If you would like to join us, please contact me, Melanie Möbius, at the Coalition:

Email: melanie@emcoalition.ca
Phone: 780-760-1973



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.mcleodcommunityleague.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

McLeod Indoor Soccer Update

The indoor season kicked off October 15th at Edmonton's three soccer centres. McLeod has 23 teams registered this season in age groups from U6 to U18. U6 and U8 play Saturdays at the soccer centre on Victoria Trail. U10 and U12 play Saturdays at any of the three soccer centres. U14 – U18 play Sunday at any of the three soccer centres. We sincerely wish all teams playing indoor soccer good luck. The regular season wraps up January 29th with a two week break over Christmas starting December 23rd.

Thanks to all the volunteers that helped at our registration sessions, organized equipment for the indoor season and the coaches, assistant coaches and team managers that graciously volunteer their time. We couldn't do it without you.

Todd
McLeod Soccer Director
Zat 9:30 p.m. Participants must wear comfortable clothing and closed toed running shoes. Dark coloured clothing is preferable.

We have a limited number of spots, so please get your registrations in early! If you are interested or would like more information, please contact Laura at youth@mcleod-communityleague.ca as soon as possible to reserve your spot.

Fitness Kickboxing at McLeod

Tuesdays and Thursdays – throughout the year

Times: 7:00 PM-8:00 PM

10 Sessions

Cost: \$75 for non community league members. \$50 for community league Members \$10 drop-in fee

Kickboxing has its roots in martial arts and was originally limited to being a full contact sport, but in this new millennium, 98% of participants join strictly for the fitness. Like boxing classes, fitness kickboxing offers the opportunity to train like a real kickboxer, reaping all the benefits without having to get in the ring. Studies show that a 45-60 minute kickboxing class can burn off 600-800 calories!

In addition to the weight loss, you build lean muscle which raises your metabolism burning calories at rest and toning the whole body. The kicking exercises concentrate on the thighs, hips, and buttocks unlike any other workout.

Instructor We are very fortunate to have Master Harry Reid 5th DAN and 6 times Canadian Forces Tae Kwon Do Champion as our fitness instructor.

McLeod Remembers

No Stone Left Alone Memorial Foundation organizes an annual November day of remembrance for fallen military by having school children place a poppy on each veteran's headstone.

McLeod Community League joins in this effort by purchasing wreaths from the Legion Poppy Fund, to place on each veteran's headstone at the Little Mountain Cemetery located in Hollick-Kenyon.

This year the wreaths are to be placed to honour the service of Mr. Carnegie, Mr. Dwernichuk, Mr. Hutchings, Mr. McIver, Mr. Maitland, Mr. Williams, Mr. McDairmaid, Mr. McDairmaid, and Mr. McDairmaid. If you know of a veteran buried here, but not yet recognized, please email mattberry@mcleodcommunityleague.ca

Members of the public are welcome to attend this ceremony.

No Stone Left Alone
Remembrance Ceremony
Little Mountain Cemetery
16025-54 Street
10:30 am

Traffic Safety Tips

Halloween and Christmas re coming upon us, which means some of us will be attending functions where alcohol is present and I would like to remind you that you if you plan on drinking please do not drive.

Plan ahead and arrange for someone to be the designated driver or someone available to pick you up.

Other options include taking transit system, taking a cab or calling Keys Please or Operation Red Nose that picks you and your vehicle up.

Penalties for driving impaired starts at 24 Hour Licence Suspension and cost of tow and storage of your vehicle and can result in being arrested and facing criminal charges.

If convicted a first conviction nets a full year with the interlock device. A second conviction requires 3 years of interlock and a third conviction requires 5 years of interlock.

Alberta requires new drivers to maintain a blood alcohol level of zero. Now, if they are stopped with any blood alcohol level at all, they face an immediate 30 day suspension and 7 day vehicle seizure. Each 30 day suspension will require an additional 1 year in the Graduated Licence Program.

We all want to go home safe. Please don't drink and drive.

Pool Etiquette Refresher for McLeod participants

Aquatic Centres have rules and guidelines that are for everyone's health and safety. Please take a minute to remind yourself of these points before you head off to the next community league swim time.

SHOWER - It is very important that a person showers with soap provided in the pool change room before entering the water. This will remove deodorant, perfumes, bacteria, oils and dirt so that the lifeguards can more easily balance the water quality without adding so much chlorine. Whether you are just arriving at the pool, or coming from using another area of the rec centre, a shower is mandatory before entering the pool, hot tub, steam room etc.

CHILDREN - If you are bringing children, it is important for the parent to actively supervise them by always being within arms' reach (1m). Focus your attention on your child, and always be able to see and hear them. Please don't think you can delegate this responsibility to siblings or lifeguards. Children who are not toilet trained must wear waterproof diapers available from the cashier. www.lifesaving.org

VINTAGE ADULT – Adults over 25 yrs are the second largest group at risk of drowning after children under the age of 5. If you are not a strong swimmer do not go any deeper than your own chest deep or wear a lifejacket (free to borrow at the pool). Limit the use of hot amenities to 10 minutes at a time, with a cooling shower between uses. Please notify the lifeguard of any medical conditions that may affect your safety.

EVERYONE – “If you see something odd, out of place, or someone needing assistance please let the lifeguard know right away.”

McLeod Hosts the Second Annual Del Golinowski 3v3 Hockey Tournament

Del Golinowski
Annual 3 on 3 Adult Hockey Tournament
January 21, 2017
Entry fee: 100.00 per team

Guaranteed Number of games, Adult Beverages and munchies after every game.

For more details or to register email:
3on3@mcleodcommunityleague.ca or
3on3mcleod@gmail.com

Adult Education for McLeod



Just because you've finished your formal education, it doesn't mean learning is done. Now people are “life-long learners”, where opportunities to learn new things are always fantastic fun! Spend an afternoon meeting new people and learning a new skill, a great boost to your spirit.

A new opportunity for adult education (18 yrs – 99 yrs!) has opened in our area. The City of Edmonton is now offering classes in the Clareview Community Recreation Centre, 3804-139 Avenue. Some of the classes are just for a couple hours one afternoon, and others are a weekly commitment for a few months.

For this fall, the adult courses offered are: Cook & Eat West African, Christmas Cookie Collective, Survival Cooking: No Knead Bread, Learn to Knit, Sewing, Quilting, Ballet, Belly Dancing, Guitar, Ukulele, handmade soap making, painting flowers, painting landscapes, family artisan bread making, bread & pizza for teens.

For more information, pick up the 2016 Fall in the City Program Guide at any rec centre. To register by phone, please call 311; online at edmonton.ca/ereg; in person at your nearest City of Edmonton facility.

Of course the neighbouring North Edmonton Seniors Association continues to offer our community a variety of programming at Northgate Lions Seniors Recreation Centre, 7524-139 Avenue. They provide recreational, social, educational and wellness programs to adults age 55+.

With a 50 page catalog of courses, there is something for everyone.

Exceptional facilities are on site: a gym & fitness centre, and dedicated rooms for crafting, woodworking and computer learning.

Every Wednesday night they have a Dine and Dance. The food is home cooked and hot, and the band plays live! Local favorites like the Chwill Brothers, Sparkling Tones and Serenaders get everyone on the floor.

Call 780-406-0840 to make your reservation. Singles welcome.
www.nesa1.ca
info@nesa1.ca
780-496-6969

Upcoming Events in McLeod

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

Thursday, October 27, 6:00-7:00pm – We have a number of positions that are either vacant or being covered by a Board member. If you are interested in more information, please contact Jason at secretary@mcleodcommunityleague.ca.

Saturday, October 29, 12:30-3:00pm – Children's Halloween Party
Members \$2.00, non-members \$4.00. All kids are welcome to come dressed in their spookiest or funniest costumes and enjoy showing them off in a Halloween parade. They will also have fun making some crafts and playing games. Concession will be available with pizza, hotdogs, chips, pop, and more. Please email Liz to purchase tickets: social@mcleodcommunityleague.ca.

Friday, November 4 – Public Flu Clinic in Partnership with Royal Centre Pharmsave
10:00am-2:00pm and 4:00-7:00pm
Free flu shots for individuals 9 years of age and older. Please bring your Alberta Health card. Takes place at McLeod Centre 14715-59 Street. Please check the McLeod website to book an appointment. www.mcleod.ca

Saturday, November 26 – Movie Night
Doors open at 5:30pm, movie starts at 6:30pm. Concession available. Wear your PJs, bring your pillows and sleeping bags!

Saturday, December 3, 12:30-3:00pm – Children's Christmas Party
Members \$5.00, non-members \$7.00. All kids will enjoy writing a letter to Santa with their wish list, decorate a yummy gingerbread cookie, enjoy making some fun Christmas crafts, and play fun games. Concession will be available with pizza, hotdogs, chips, pop, and more. Please email Liz to purchase tickets: social@mcleodcommunityleague.ca.

McLeod's Green Shack Report

This past summer of 2016 had the community's children out in force at the green shack program. The Green Shack is a half-day program offered by the City at the community-built playgrounds. A leader encourages the children in games, arts and physical activity in a safe and supportive environment.

The Green Shack program operated at 4 playgrounds in our area: McLeod, Hollick-Kenyon, Matt Berry and Miller. They averaged a participation rate of 10-12 kids per hour, and fun was had by all.

McLeod supports this program by donating funds towards the operation of Green Shacks across the City.

www.communityleagueneews.com

McLeod's Snow Angels

Edmonton is a winter city that sees significant snowfall. The snow and ice that accumulates on sidewalks during the winter season is hazardous for everyone.

People with limited mobility, seniors, children and arents with trollers (and even those with no limitations, may be severely injured from a fall on ice or snow.

Uncleared walkways can also make it difficult for those who deliver services in our city – mail carriers, meter readers, delivery drivers, and emergency personnel – to do their jobs safely.

In fact, each year, hospitals and doctors' offices are filled with people young and old who have slopped and fallen on unmaintained sidewalks.

For these reasons, Community Standards By-law 14600 requires homeowners and tenants in a home to clear snow and ice from every walk and driveway on or beside their property, as well as from any other properties they own, including derelict and vacant buildings. Owner/tenant should use sand or ice-melting products to start the cleaning process if they can't shovel immediately after a snowfall.

The fine for failing to clear sidewalks within 48 hours of the last snowfall is \$100.

This winter, residents in McLeod, Casselman, Miller, Hollick-Kenyon, Matt Berry/McLeod Park who shovel on a regular basis and those who help neighbours in need, may receive an City of Edmonton "Snow Angels" lawn sign from their community league.

Snow Angels will also be eligible for a prize pack from Boston Pizza and 1 of 10 pairs of Oil King Tickets.

Become a Snow Angel by:

- Shovelling your walk within 48 hrs of a snowfall
- shovelling a neighbour's walk
- starting a conversation with neighbours about the importance of clear sidewalks
- making a plan with your neighbours to share the shovelling

Let's work together to keep our sidewalks clear! Proper snow management by the City and its citizens make Edmonton a more liveable and loveable winter city.

To get a Snow Angels lawn sign and package, please contact Donna at mattberry@mcleodcommunityleague.ca or post the address and photo of the cleared sidewalk to McLeod CL's facebook page.

Thank you for keeping our community sidewalks clear!

McLeod Outdoor Rinks

During the winter, McLeod Community League operates two outdoor ice rinks behind the hall. Just follow the arrows on our new mural to show you the way. All ages & abilities are welcome. Please show your McLeod community league membership card or McLeod skate tags for free entry. The ice is made and looked after by our wonderful rink attendant. A concession is available in the rink shack. Ice is usually in place from December through March each year. The rink shack phone number is 780-473-8993 so you can check ice conditions and make sure it is open before you come.

McLeod Indoor Rink Access

As a resident of McLeod, you are able to take part in free public skating times at indoor arenas across the whole city.

At www.edmonton.ca search for "Public Skating Online Schedule" to get the current week's FREE public skating time and locations. All locations and times subject to change. Always check current availability before you travel to the arena.

For example, in mid-October the free skates offered, closest to us were:
Londonderry Arena (14520-66 St) Sunday 4 pm-5 pm "Drop in Public Skating".
Clareview Arena (3804-139 Ave) Offers free public skate, and also specific free skate times for parent & tot, older adults, figure skating, adult fitness.

You can even get into the Downtown Community Arena (10245-105 Ave) for free public skate, and also specific free skate times for parent & tot, older adults, adult fitness.

McLeod Kid's Christmas Party

Saturday, December 3, 2016

12:30pm to 3:00pm

At the McLeod Community Hall

Kids Tickets are \$5.00 for members

\$7.00 for non-members

Please see the McLeod website to get your tickets for the party!!

All kids will enjoy writing a letter to Santa with their wish list, decorate a yummy gingerbread cookie, enjoy making some fun Christmas crafts and play fun games.

Open Concession will be available with Pizza, Hotdogs, Chips, Pop & More!!

McLeod Purchases Access to the Clareview Recreation Centre

We are pleased to announce that McLeod had purchased into the community league access times at Clareview Recreation Centre. We have partnered with seven community leagues of Clareview Area Council – Bannerman, Evergreen, Fraser, Hairsine, Homesteader, Horse Hill, and South Clareview – to reduce our costs for access.

**September 10, 2016 to September 2, 2017
Saturdays 6:00-8:00pm**

This includes full access to the facility: pool, gym, indoor courts, free weights, weight machines, cardio machines, running track, kids' indoor playground.

You must show your McLeod Community League membership card to enter the facility. To purchase a membership, you MUST reside within the leagues boundaries (communities of McLeod, Matt Berry, Hollick-Kenyon, Miller, Casselman). Please go here to purchase your membership: http://mcleodcommunityleague.ca/index.php/membership_manager.

Community Garden up & Running in McLeod

On October 8, the Casselman Community Garden group continued their efforts. Although a work-bee was planned to construct a cold frame and planter box, the snow thwarted the eager participants. Instead, future planning was discussed for raised beds for vegetables, and more mulching to create pathways.

The garden is located on land shared to the group by the North Edmonton Alliance Church at 5108 McLeod Road.

The group is negotiating with the City to access city-owned land in the Casselman park green space, so more plots can be constructed and then the two sites will be operated.

The leader is Andy, a Certified Master Composter. He is interested in adding members at any time during the year, so just contact him. It is never too early to start planning for spring! He is planning on meeting in November, January and March. Dress for outdoors, but if the weather is poor, the meetings are held indoors.

The next meeting is indoors on Tuesday, November 8 at 7:30 pm. If you'd like to get more information on this ongoing community garden project, to be added to the mailing list, please text 780-298-2523 or email akfwong@hotmail.com. Anyone in the area is welcome to join.

McLeod Needs Donations of Skating Equipment



McLeod continues to need donations of skates and helmets to loan to people interested in skating but have no equipment. These items will be kept on site and loaned out only for skating on the McLeod ice rinks.

If you have skates or helmets that are in good shape, please contact Leanne at president@mcleodcommunityleague.ca to arrange a time to drop them off.

McLeod potrzebuje darowizn sprzętu do jazdy na łyżwach

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

McLeod necesita donaciones de equipo de patinaje (many thanks to Lina McBryan for the translation!)

McLeod sigue necesitando donaciones de patines y cascos para prestar a las personas que no tienen equipo pero que están interesadas en patinaje. Estos elementos se mantienen en el sitio y se prestan sólo para patinar en las pistas de hielo de McLeod.

Si usted tiene patines o cascos que están en buena condición, por favor, póngase en contacto con Leanne en president@mcleodcommunityleague.ca y poder concretar una hora para dejarlos.

McLeod Supports the Matt Berry Facility Project

Over the past year, the Matt Berry Facilities Steering Committee has worked on gathering survey responses from area residents concerning the best options for a facility on the site located at 59A Street, just north of the Matt Berry Playground.

Thanks to the nearly 500 people who responded, we have been able to move on to our second round of surveys. The results of the second round of surveys will help the Committee to create a business plan for presentation to the City so that we can secure support for this valuable project.

If you wish to complete the survey, please go to <https://www.surveymonkey.com/r/XP55VYF> or find this link on the McLeod Facebook page. If you wish to volunteer, please email Jason at secretary@mcleodcommunityleague.ca

McLeod's Holiday Pumpkin Pie

McLeod is a Choosewell community, encouraging people to make healthy food choices. Reducing the fats, sugars and salt in our foods is a good goal. Although the recipe below has fats and sugars, it is a good source of fiber and there are no preservatives. Dessert is a 'sometimes' food, and make sure you share the pie with a lot of friends so you just have a small serving. Perhaps you can give one pie away to a neighbour and make a new friend!

- 1 can pure pumpkin (796 ml)
- 2 cups brown sugar
- 2 tbsp flour
- 1 tsp salt
- 4 tsp ginger
- 4 tsp cinnamon
- 1 tsp nutmeg
- 6 eggs (large size)
- 6 tbs orange juice
- 1 can of evaporated milk (354 ml)
- 2 deep dish 9" frozen pie shells

Preheat oven to 425 F degrees. Put two pie shells on a cookie sheet lined with tinfoil or parchment paper, leave on counter while you prepare the filling.

In a large bowl, stir together pumpkin, sugar, flour, salt and spices. In a separate bowl, lightly whisk 6 eggs. Add eggs to pumpkin mixture, mix just to combine. Stir in milk and orange juice.

Divide the filling between the two pie shells. Bake at 425 F for 15 minutes, and then reduce oven temperature to 325 F and bake a further 40 minutes. You may need to cook it longer, checking every 5 minutes. The filling is cooked when a knife blade inserted in the centre comes out clean. Bon appetit!

McLeod Reads at McConachie Book Club



A book club is a group of people who met to discuss a book they have all read prior to the get-together.

The readers express their ideas and opinions about the story, and listen to others' thoughts and perspectives.

Participants can join in the casual conversation or bring talking points, and the discussion can be prompted by the librarian leader with a list of prepared conversation starters.

On the first Thursday of each month, we meet at the McConachie Library from 7pm-8pm to discuss the book we read during the previous month.

Last month we read *All the Light We Cannot See* by Anthony Doerr. It is a Pulitzer Prize and Carnegie Medal winning story set in WWII, about the crossed paths of a French blind girl and a German orphan boy.

On November 3rd the discussion will be *The Graveyard Book* by Neil Gaiman, a Newberry medal winner. Appropriated for October, the Halloween month, it begins with "Rattle his bones / Over the stones".

December 1 will be the subsequent book club meeting, and the program will carry on into 2017, so you can join anytime.

To join the book club at <http://www.epl.ca/bookclubs/> or email Becky, the book club librarian at RShepherd@epl.ca or stop into the branch for more information.

The McConachie Library is located at 16607-50 Street
ph: 780-442-531.

M/W/Fri/Sat: 10am-6pm
Tue/Thur: 1pm-9pm
Sun: 1pm-5pm

Message from McLeod Community Safety Director

Halloween is upon us and I wanted to give some tips on how to keep your children safe. Children under the age of 12 years old should not be alone at night without adult supervision. Kids 12 years and older should trick or treat with another friend or as group and notify their parents of area's they will be going to. Having a cell phone for updating or in case of emergency is recommended.

Drivers

Trick or Treating is usually popular between the hours of 5:30 p.m. to 9:30 p.m. Please be more alert during these hours. Here are some tips to assist you.

- Slow down in residential neighborhoods.
- Take extra time to look for kids at intersections, on medians and on curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.

Parents

- Cross the street at corners, using traffic signals and crosswalks.
- Look left, right and left again when crossing and keep looking as you cross.
- Put cell phones down and keep heads up and walk, don't run, across the street.
- Make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
- Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars
- Do not walk up to houses that do not have any lights on
- Never go inside a strangers home
- Children should wait until they get home to eat any treat or candy so parents or guardian can inspect

Costumes

- Use face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- When selecting a costume, make sure it is the right size and have proper footwear to prevent trips and falls.
- Children should be dressed for weather conditions in addition to costume

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 barbecues 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.

Steele Heights Community League
4th Annual
Santa's Craft Extravaganza



Free Face Painting




Free Cookie Decorating

FREE Present your league membership to receive a free photo with Santa & Mrs. Claus and a candy cane

Bring a food bank donation to be entered into our draw for a great prize!

Over 20+ Vendors
Crafts, Food, and More

November 19, 2016
12:00 PM - 5:00 PM

Location
Steele Heights Community League Hall
5825 140 Ave NW
Edmonton, Alberta
T5A 1G5

For Directions Scan Our Code



Chris Nielsen
MLA Edmonton-Decore

Our constituency office team is here to help residents with provincial government departments, programs and services.

Constituency Office
#5, 9228 - 144 Avenue
780.414.1328
edmonton.decure@assembly.ab.ca



PHARMASAVE®

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Save \$5 When you fill your prescription

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DR DEJI OGUNDIYA & DR. MOURUF OLADELE OSHODI



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Accepting
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Appointments
Welcome

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/Pkg

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White
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North Central Early Years Coalition

"Resilient children become resilient adults
who together form resilient communities."

Coaches, teachers and mentors who influence the lives of children can also foster resilience through the same caring interactions needed from parents.

<http://www.urbanchildinstitute.org/articles/features/brain-awareness-night-highlights-importance-of-childhood-resilience>

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