

# NORTHEAST VOICE

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

**October 2016**



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## Upcoming Events in Northeast

### Oct:

1: NESA Flea Market  
1: Kingsway Legion Dinner and Dance with Band  
2: Kingsway Legion Indoor Farmers Market  
6: Book Club EPL McConachie 7pm  
7: Last day for NESA Dinner/Elvis Tickets \$50  
7-8: Kingsway Legion Dinner and Dance with Band  
8 to Nov 13: A Taste of Tuscany, Muttart Conservatory  
9: Kingsway Legion Indoor Farmers Market  
12: Tech Time EPL Londonderry 730pm  
14: Movie Night at McLeod 630pm  
14: NESA Dinner and Elvis Tribute 5-9pm  
14: Kingsway Legion Forgotten Heroes Movie 7pm  
14-15: Kingsway Legion Dinner and Dance with Band  
16: Kingsway Legion Indoor Farmers Market  
21: Kingsway Legion Wrestling 7pm  
21-22: Kingsway Legion Dinner and Dance with Band  
23: Kingsway Legion Indoor Farmers Market  
23: Boo! At the Zoo, Edmonton Valley Zoo  
23: All Hallow's Eve, John Walter Museum, 1-4pm  
27: McLeod Annual General Meeting  
27: Halloween Howl Family Fun Night, John Janzen Nature Centre 630-8pm  
27: Board Game Night EPL McConachie 7pm  
28: Kingsway Legion Forgotten Heroes Gala call for tickets  
28-29: Kingsway Legion Dinner and Dance with Band  
29: Kids Halloween Party at McLeod 1230-3pm  
29 to Nov 10: Legion Poppy campaign at Londonderry and Northgate Mall  
30: Kingsway Legion Indoor Farmers Market

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

## Upcoming Events in Northeast

### Nov:

1: Last Day for NESA Remembrance Day tix \$5  
5: Lego at the EPL Londonderry Library 11am  
6: Lest We Forget Concert Winspear Theatre  
7: No Stone Left Alone ceremony at Little Mountain Cemetery 16025 54 Street at 1030am  
8: NESA Remembrance Day Tea and Tribute  
9: Baby Laptime at EPL McConachie 2pm  
10: Decorative Street Light EO's return for Kilkenny  
18: McLeod LaserQuest outing  
19: NESA Arts, Crafts, and Bake Sale  
19 to Jan 8: The Holiday Express, Muttart Conservatory  
20: Kingsway Legion Craft Sale 10-3pm  
22: Minecraft Club at EPL Londonderry

### Dec:

5: NESA Program Reg Starts  
6-7 Seniors Candy Cane Tea, Edmonton Valley Zoo 1-3pm  
8-18: Festival of Light, Edmonton Valley Zoo  
13: NESA Christmas Concert 1:30pm

### Location Addresses:

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

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

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

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

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

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

Programs start the week of October 2, 2016 and will run weekly for eight weeks (no program the week of October 30). Fees are \$50 for the Fall session. Volunteer service is required.

Contact your community league to register. Registrations are still being accepted.

- Lago Lindo ([lagolindo.ca](http://lagolindo.ca))
- McLeod ([mcleodcl.ca](http://mcleodcl.ca))
- Kilkenny ([kilkenny.ab.ca](http://kilkenny.ab.ca))
- Northmount ([northmount.ca](http://northmount.ca))
- Evansdale ([evansdale.ca](http://evansdale.ca))



## **Edmonton 311 App**

Report your concerns on the go!

With the free Edmonton 311 app, you can use your smartphone to easily notify the city of:

- Potholes • Damaged sidewalks • Damaged trees
- Litter • Graffiti

Help keep Edmonton great! Be the eyes and ears on the streets!

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

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

Download 311 App

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

For more information:

Online Contact 311 Online



# Evansdale 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](http://www.evansdale.ca)

Jeff Muiselaar	President	780-478-1759	<a href="mailto:president@evansdale.ca">president@evansdale.ca</a>
Vacant-volunteer today!	Vice President		<a href="mailto:vicepresident@evansdale.ca">vicepresident@evansdale.ca</a>
Shawna Walsh	Past President	780-237-2169	<a href="mailto:pastpresident@evansdale.ca">pastpresident@evansdale.ca</a>
David Dodge	Director of Sustainability	780-478-6162	<a href="mailto:sustainability@evansdale.ca">sustainability@evansdale.ca</a>
Ray Costley	Soccer Director	780-660-4230	<a href="mailto:soccer@evansdale.ca">soccer@evansdale.ca</a>
Angele Boake	Treasurer		<a href="mailto:treasurer@evansdale.ca">treasurer@evansdale.ca</a>
Sue Harris	Credits	780-473-8796	<a href="mailto:credits@evansdale.ca">credits@evansdale.ca</a>
Cindy Hoekstra	Secretary	780-472-6559	<a href="mailto:secretary@evansdale.ca">secretary@evansdale.ca</a>
Elaine Sarac	Membership Director	780-476-7442	<a href="mailto:membership@evansdale.ca">membership@evansdale.ca</a>
Todd Sharkey	Hockey Director	780-238-3910	<a href="mailto:hockey@evansdale.ca">hockey@evansdale.ca</a>
Rhesa Palapay	Bingo Director		<a href="mailto:bingomanager@evansdale.ca">bingomanager@evansdale.ca</a>
Hanna Tarrabin	Program Director	780-905-4554	<a href="mailto:programs@evansdale.ca">programs@evansdale.ca</a>
Jim Ragsdale	Director at large		
Mai-Linh Huynh	Newsletter & Social Media	780-680-9408	<a href="mailto:newsletter@evansdale.ca">newsletter@evansdale.ca</a>
Jeff Muiselaar	Area 17 Representative	780-478-1759	<a href="mailto:pastpresident@evansdale.ca">pastpresident@evansdale.ca</a>
Nicole & Chris	Belle Rive Sign Volunteers		<a href="mailto:signs@evansdale.ca">signs@evansdale.ca</a>
Jim Young	Evansdale Sign Volunteer		<a href="mailto:signs@evansdale.ca">signs@evansdale.ca</a>
Sherri Besette	Eaux Claires Playground	780-641-6171	<a href="mailto:ecbr@evansdale.ca">ecbr@evansdale.ca</a>
Terri	Hall Rentals	780-478-4444	<a href="mailto:hallrentals@evansdale.ca">hallrentals@evansdale.ca</a>
	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](http://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](mailto: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](mailto: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](http://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

## New fall community league programs and the facts behind the recently announced, City-approved school project

### President's Column

I hope everyone enjoyed a long hot summer! September is here that means community league programs are beginning in earnest! Soccer, Tao Kwon Do, Yoga and Sports Explorerz are all getting set to start!

We had our first executive meeting on Tuesday September 13 to begin work on our fall, winter, and spring, sessions. This summer we got our approval for the second phase of the solar project on our hall, which means we will fill up the maximum amount of solar arrays that we are able to put on our south facing roof. These additional solar panels will enable us to be net-zero on electrical use, which means over the course of a year we will produce as much electricity as we consume once the project is complete.

Don't miss our Community League Day Event from 1 -4pm on September 25 at Evansdale Hall, 9111 150 Avenue! There will be bouncy castles, face painting and food!

We had yet another successful green shack program that ran all summer. This fall, we have a special green shack program running in Poplar Park (see poster in the newsletter).

We also hosted a temporary skate board park in summer but unfortunately it was not a success as the equipment was not suitable for beginner skateboarders. We also had to remove the ball hockey nets from our open asphalt recreation area because they were being used as ladders to climb up on the roof! Unfortunately, removing these nets meant that kids did not get to use them as they were intended. We're working on solutions. Our next challenge will be the surplus school site in Evansdale. The City's executive committee endorsed a private school project unanimously, based on a report to council that said the community league was consulted. We were not. I learned about this project from an Edmonton Journal reporter. We met with school proponents, city administrators and Councillor Dave Loken. (see article on private school planned for Evansdale). We will research the project, meet with the city, and share the information we receive to the community. There will be a public meeting in mid November, watch our website for details.

With the colder weather soon approaching, we aim to get the hockey rink prepared for the season. Since the rink is now grass, we will start as early as the cold weather will allow.

Jeff Muiselaar  
Evansdale president  
[president@evansdale.ca](mailto:president@evansdale.ca)

## Poplar Park News – Green Shack open this fall, Spray Park project progressing

The Poplar Park Playground committee is busy preparing final applications for phase III of the Poplar Park playground project. In phase I and II we built the basketball courts and the playground. We are now in the final stages of fundraising to complete our phase III project, a spray pad for Poplar Park. Big news, we have secured \$125,000 in support of Area 17 council, the group of seven community leagues surrounding Poplar Park. Can we build the spray park next year? That is the question, work continues. We now need some design work from the City and some support from the province. Things are looking great!

Looking for some playground fun in the fall? The City is running a fall Green Shack program in Poplar Park (84 Street and 164 Ave) this September and October (see poster).

A First Choice Home Buyers project is planned for Poplar Park in Belle Rive. There have been many meetings on this project and drainage work has already started adjacent to the Poplar Park parking lot that is due to be paved as soon as the drainage work for the housing project is completed.

David Dodge  
Poplar Park Playground Committee  
[sustainability@evansdale.ca](mailto:sustainability@evansdale.ca)



Enjoying the new Poplar Park Playground that officially opened in June. Photo by David Dodge, Evansdale Community League.

## City Council executive committee approves private school in Evansdale park

In January 2016, the Muslim Association of Canada submitted a proposal to the City of Edmonton to develop a private school on a surplus school site in Evansdale in the park at the corner of 150 Avenue and 87 Street. The City's executive committee unanimously approved the project in concept on September 13. It will now be forwarded to public hearing at City council sometime in the next six months.

Evansdale Community League was aware that the city was pursuing a senior's housing or a First-Time Buyers project for the site. However news about the school project surfaced when Evansdale President Jeff Muiselaar received a phone call from a reporter at the Edmonton Journal on September 13, the same day executive committee approved the project in concept.

In a letter dated January 5, 2016, Sharaf Sharafeidin of the Muslim Association of Canada provided the City an expression of interest in building a private school on the site.

The school will be a private Muslim school designed to serve the existing 400 Kindergarten to Grade 9 students already in a temporary school facility in St. Andrew Catholic School on 113 Avenue and 127 Street. The report says the community will have access to the facilities and that "The number of bookable hours made available to the community will be similar to the hours made available by other schools under the local school boards."

"Evansdale site is almost a 3-acre site attached to a park field and will be a great location to construct a school with a gym and hall that the larger community will benefit from," says Sharafeidin in the letter.

The report to city council from administration indicated: "The Muslim Association of Canada has approached the community league to inform them of their plans and seek input from the league."

The school proposal was approved by the Executive Committee of City Council the same day that the community league president learned about the project from an

Edmonton Journal reporter.

Evansdale Community League has had numerous meetings with city officials about the school site and were told the city was pursuing seniors housing or affordable housing. Evansdale Community League was certainly caught off guard when it heard of the city's approval of the school project from a reporter requesting for comment.

In response to the

executive committee's approval of the private school project, Evansdale Community League contacted the City and requested a meeting. We had a meeting with the City, Councillor Dave Loken and Issam Saleh and Bassam Fares of the Muslim Association of Canada.

We learned that the City will host a public meeting in Evansdale in mid November and that the meeting will be advertised to the entire Evansdale Neighbourhood.

We will share more information about the project as we learn it. Check the [www.evansdale.ca](http://www.evansdale.ca) website for updated information and links to documents.

*David Dodge & Jeff Muiselaar  
Evansdale Community League*

*If you have thoughts on this project please send an email to [president@evansdale.ca](mailto:president@evansdale.ca)*



## 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](http://www.evansdale.ca)

Facebook Page:  
[www.facebook.com/evansdalecommunity-league](http://www.facebook.com/evansdalecommunity-league)

## Evansdale hockey season begins

I hope everyone had a great summer! Hockey is in full swing with tryouts taking centre stage. I would like to wish all our Evansdale players and coaches good luck for the upcoming 2016-2017 season.

Please feel free to contact me anytime during the season with any questions or concerns that may arise. Enjoy watching your children play as these moments are priceless and will be cherished forever.

*Good Luck,  
Todd Sharkey  
Hockey Director  
Evansdale Community League*



## Yoga at Evansdale Hall

Take some time to relax, renew and inspire yourself. The ancient practice of yoga can help strengthen the entire body, improve posture, flexibility and balance and reduce stress. All levels welcome, no experience required. Welcoming, non-competitive, non-judgemental class environment. All participants are encouraged to work at their own level. Please bring mat, large towel or blanket and water.

- 12 Thursdays
- 7:30-8:30pm
- September 15 - December 1
- Evansdale Hall 9111-150 ave
- \$130 for 12 weeks or \$13/class for drop-in

Cash or cheque only, payable to the Evansdale Community League.  
E-mail [evansdaleyoga@gmail.com](mailto:evansdaleyoga@gmail.com) to register or for more information.

Show your membership and save \$5! Bring proof of community league membership to your first class and save \$5 on your full session fee. Late registrations will be prorated. Does not apply to drop-ins. Not a member? Sign up today!





## Moving forward with indoor soccer

While we would certainly love it if everyone stayed and played in Evansdale (as we do our best to make it a great place to play!), you are allowed to play in ANY community that you want.

Hello all soccer fans:

As we embark on the beginning of the indoor soccer season, I would like to take a moment to reflect on the outdoor season. As I was new to the program, I faced many challenges in getting the program running smoothly and effectively. Many thanks to my assistants Darcy and Sophal for all their help and support.

A huge shout out to Chris, the soccer director at Lago Lindo, without whom I would never have been able to navigate the complexities that encompass community soccer. I hope that everyone's season went well as some played in Evansdale and some were forced to play in other communities. We struggled to find coaches for the teams we had. We had some teams that didn't win a game and some that were quite successful. But win or lose, it seemed like the kids were having a good time, even my son's team when they lost 19-2! Congratulations to Amery's U12 boys team who made it to city finals and to a group of 9 boys who transferred to Baturyn and showed well in the finals.

By the time this article is printed, we should have completed our registrations for the indoor season. My apologies for some of the confusion created from this registration, hopefully we have learned from our mistakes.

Registration dates need to be aligned with the dates posted on website, outdoor signs, and the registration forms. We hope that the Evansdale web portal will rectify this issue by the time summer soccer registration begins as registration dates will be posted through this system.

There was also confusion over the fee structure for registration. The \$35 community fee, which is different from the community membership fee, covers costs for trophies, pictures, socks, uniform rental, and equipment. This community fee is separate from the soccer fees from Enza/Emsa which include field rental, gym time and referee's etc. The two fees listed on the registration together are the total cost. I apologise for the confusion and if you have any further questions about this please don't hesitate to contact me at 780-660-4230.



The process that has to be followed is:

1) Register at your home community on-line. You can buy a membership online or at the hall when you register but you MUST buy a membership from the community that you live in.

2) When registering, the first section under season information is for notes on coaches, players you want to play with etc. and doesn't initiate a trade request. In the second section (age/community information) you can change the community from Evansdale to the community you would like to play for.

3) Print 2 copies of the registration, one for the community and one for yourself.

4) Bring the following items to the community that you live in to do your in-person registration. These are all printed on the top of the form as well as the registration dates in your community.

- 1-2 copies of the registration form
- Copy of your valid community membership
- Proof of players age - Alberta Health care card, passport, birth certificate - no school ID
- Proof of address - mail, driver license, etc.
- Registration fees - if not paid on-line: deposits for your volunteer commitments, either blank cheque or cash; or you can pay on-line with your fees.

Going forward we will not transfer players if they are not registered in their own community.

Good luck to all players this year, whether you are playing in the community or not. For those that chose not to play indoors, we hope to see you in the spring for outdoor soccer.

If payment is holding you back from registering, please contact me about funding from the Jumpstart or Kidsport programs.

Thanks,  
Ray Costley  
Soccer Director  
Evansdale Community League

## Arm your child against HPV now; protect from cancer in the future

As your kids head back to school, they're sure to bring lots of papers home, for your signature.

If your child is in Grade 5, one set of these papers will be immunization consent forms, including consent for your child to receive the Human Papillomavirus (HPV) vaccine.

The HPV vaccine - one of Alberta's routine childhood immunizations - is recommended for all boys and girls in Grade 5, so as to safely and effectively protect them against developing human papillomavirus infection in the future.

Human papillomavirus is very common, and will affect more than seven out of 10 people in their lifetime. As the cause of almost 100 per cent of cervical cancer cases, 90 per cent of anal cancer cases, 50 per cent of penile cancer cases, and 35 per cent of oral cavity cancer cases, the consequences of HPV can be very serious.

We understand that decisions about immunizing your children can be complex. This is why Alberta Health Services has developed the HPV Decision Aid Tool: to help you, as a parent, understand how the HPV Vaccine can support your child's future wellness, and decide whether you feel it is right for your child, today.

To learn more, and access the tool, visit [www.albertapreventscancer.ca/hpv](http://www.albertapreventscancer.ca/hpv).

For more information on all routine childhood immunizations, including HPV, visit [www.immunizealberta.ca](http://www.immunizealberta.ca)

## Poison Prevention

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

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

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

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

For more information and to access the services of PADIS call 1-800-332-1414 or visit [www.padis.ca](http://www.padis.ca).

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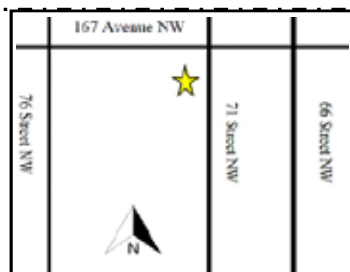
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Tel: 780 496 8128  
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dave.loken@edmonton.ca



@daveloken



www.daveloken.com

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

## Baseball News

Kilkenny had a great baseball year, we hosted 9 teams, with a total of 87 players. This could not have succeeded without the dedication and commitment of all our coaches and parent helpers who volunteered their time.

Kilkenny Midget Baseball team received Silver, Kilkenny Mosquito received gold (and there were a few players that went on and participated in the NEZ Padres Provincial A Mosquito baseball team). The Bantam team, all first year players, put up a great battle (WAIT TILL NEXT YEAR!), and a few players also participated in the NEZ Padres Provincial A Bantam baseball team and received Silver this year. The Pee Wees had a winning year and Sr. Rookie Team2 also won gold. Blastball, Rally Cap & Sr. Rookie 1 also had a stellar year!

Baseball is ALIVE in the Kilkenny Community!

*Charlene Deckert*  
*Kilkenny Baseball Director*

## 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](mailto:kilkennyplayschool@hotmail.com)

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

## Kilkenny Soccer Program

Soccer is almost all year around these days. So before it's time to announce the beginning of the 2016 - 2017 Indoor soccer season for Kilkenny Cougars Team, I would like to look back at the great Outdoor Season the Kilkenny Cougars Team had.

Kilkenny had over 200 kids play this outdoor season. With 18 Teams wearing the Kilkenny Colors. Many of the teams played in the Summer Sizzler, even though the weather was not the greatest, the kids still went out and rock this tournament.

A big shout out goes to all the teams that received medals:

U10 Boys Elbekai – Gold,  
U10 Boys Wood-Viscara – Silver,  
U12 Boys Cutulle – Silver, U12 Boys Turner – Bronze,  
U14 Girls Albury – Bronze, U14 Girls Kresic – Gold,  
and the U16 Boys Jenne – Bronze.

Also that weekend the U6 teams played in the Tim Hortons Jamboree wearing their rain boots and coats. We also had many teams make it to City Finals, U10 Boys Elbekai, U12 Boys Cutulle – Silver, U14 Girls Albury – Silver, U14 Girls Kresic –Silver, and the U18 Girls Morrison – Silver. To end the season we had two teams make it to Inter Cites – U12 Boys Cutulle took home Silver and U14 Girls Albury took home Bronze. However, I know all the kids had a blast this season in rain or shine.

There are too many people to thank that makes this program work as well as it does. All the parents that drive the kids to the games, the managers that keep the teams running smoothly, the coaches who gave up so much of their time to teach these kids a great game, and of course the kids that just love the game. So Kilkenny wants to say *Thank You* because we could not run this program without all of you.

With Indoor Soccer Season starting October 15, 2016, Kilkenny will have 10 teams playing this season. Many of the outdoor coaches are returning to coach the Indoor Season.

So grab a coffee and come cheer on these boys and girls as they have fun playing soccer with their friends and team mates.

The players always make the experience something to remember for the parents and coaches. So come out and cheer on the boys and girls as they have fun playing soccer with their friends and team mates. Hope to see you all at the soccer centers this winter.

It isn't too late to register for Indoor Soccer, so please send an email to Amber at [soccer@kilkenny.ab.ca](mailto:soccer@kilkenny.ab.ca). for more information.

Go Cougars Go !!!!!!!



## Welcome Back Everyone!

I hope everyone has had an enjoyable summer. It has been busy around the hall. Community Day went well, even though there was a bit of rain.

A big thank you to Terry for all his hard work in maintaining the grass and rinks during the summer.

I need to send out a warning: all vehicles parked in our side of the parking lot overnight, when they are not part of event at the hall, will be towed at the owners expense. The parking lot is private property.

I would like to thank all the volunteers that helped us with our Sport Registration, Casino, and all of our events. If it wasn't for you we would not be able to do these activities.

November 5th will be our AGM in the meeting room. Come and join us. We are always looking for Members at large and your opinions and ideas matter to us.

Please keep an eye out for any suspicious activity, call the police line 780-423-4567 with any concerns. This is your neighborhood, let's work together to keep it safe.

Need to rent the hall or the meeting room? Please check our website at [www.kilkenny.ab.ca](http://www.kilkenny.ab.ca)

Thank you to everyone.

Anna

## 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](http://www.edmonton.ca/lap)
- 780-496-4918

### 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.decore@assembly.ab.ca](mailto:edmonton.decore@assembly.ab.ca)



## Wishing you a wonderful 2016-17 school year!

Your Edmonton Public  
School Board Trustee  
**Michelle Draper, Ward B**  
[michelle.draper@epsb.ca](mailto:michelle.draper@epsb.ca)  
780-429-8135



## Your Voice in Ward 4



Ward 4 Councillor  
**Ed Gibbons • 780-496-8138**  
[ed.gibbons@edmonton.ca](mailto:ed.gibbons@edmonton.ca)



## McLeod Daycare

- We accept children 0-6 years old.
- Breakfast, hot lunch and afternoon snacks provided
- Outdoor playground
- Qualified staff

Hours: 7 am to 6 pm Mon-Fri

**5914 153 Avenue 780-722-8660**



**Dr. Derek Fika**  
**Family Dentistry**  
*Creating Beautiful Smiles*



**Experienced Dental Care**

**587-760-3454**

# New Patients Welcome!

Now Offering Cosmetic and Therapeutic Botox!

# Trampolines: bounce, bounce, ouch!

As the summer winds down, sales on backyard toys may have you considering a trampoline for your home.

Though you may think of trampolines as a means of getting your kids outdoors and exercising, they aren't without potentially significant risks.

In 2015, Albertan children visited emergency departments (EDs) more than 1,620 times for injuries they got using trampolines. On average, that's more than four kids, every day, who ended up in Alberta's EDs, due to trampoline use.


And unfortunately, we're not just talking a wee scratch or two:

- Almost 20 per cent of these kids had dislocated ankles or feet, 18 per cent had fractures in their legs, 21 per cent had fractures in their shoulders, elbow or arms, and 140 sustained injuries to the head or neck.
- In fact, from April to September 2015 alone, every second day, an Albertan child was injured so severely on a trampoline as to require admission to a hospital. That's a lot of ouch for the bounce.

If you're thinking that safety nets, most often sold with trampolines to prevent people from falling off, will reduce this risk, consider this: fewer than 30 per cent of trampoline injuries are caused by falling off the tramp. Simply, the risk of the trampoline is the use of the trampoline at all.

Alberta Health Services wants you and your kids to stay safe. Keep the trampolines out of your backyard, and keep your family out of the hospital.

For more information on injury prevention at play and at home, visit [www.ahs.ca/injuryprevention.asp](http://www.ahs.ca/injuryprevention.asp)




**Ziad Aboultaif, MP**  
 Edmonton Manning

Phone: 780-822-1540  
 Fax: 780-822-1544  
 Email: [ziad.aboultaif.c1@parl.gc.ca](mailto:ziad.aboultaif.c1@parl.gc.ca)

Suite 204A, 8119-160 Ave.  
 Edmonton, AB  
 T5Z 0G8

[www.ziadaboultaif.ca](http://www.ziadaboultaif.ca)



**WORKING FOR YOU IN EDMONTON AND OTTAWA**

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

<input checked="" type="checkbox"/> The Canada Pension Plan / Old Age Security	<input checked="" type="checkbox"/> Citizenship Inquiries
<input checked="" type="checkbox"/> Guaranteed Income Supplement	<input checked="" type="checkbox"/> Canadian Passport / Consular Affairs
<input checked="" type="checkbox"/> Immigration Matters	<input checked="" type="checkbox"/> Business Opportunities / Grants & Funding
<input checked="" type="checkbox"/> Student Loans	<input checked="" type="checkbox"/> Taxation Issues



# Join the Air Cadets



**504 Blatchford Field**  
Royal Canadian Air Cadet Squadron

**Youth ages 12 -18  
FREE!**

- Have fun • Make friends
- Camping • Flying • Sports
- Music • Trips
- Summer programs

**Wednesday Evenings  
6:30 to 9:30 p.m.  
Kingsway Hangar  
504rcacs.ca**



## 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

**Fresh  
Baked  
Baklava  
Wide  
Variety**

**Reggie  
Pasta  
99¢  
/Pkg**

**20Lb  
New Red or  
White  
Potatoes  
\$5.99**

**Compliments  
Canola Oil  
\$6.99  
3L bottle**

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

**Emma  
Extra Virgin  
Olive Oil  
1lt  
\$6.99**



## Elsafadi Bros. Supermarket

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

## Healthy After School Snacking

Whether your kids spend their after school time at home or on the way to an extra-curricular activity, they may be hungry for a snack. Planned healthy snacks will help children get the extra energy they need to grow and be active.

- Try to offer snacks at least 2 hours before a meal to prevent your child from being too full at meal time.
- Aim to choose foods from 2 of the 4 food groups from Canada's Food Guide at snack time.
- Wash and slice vegetables and fruits; store them in a container in the fridge so they are easy to grab on the go.
- Keep a small supply of non-perishable snacks such as un-salted nuts, pretzels, or whole grain crackers in a sports bag so your child can have a quick snack before activities or sporting events.

Plan ahead by stocking your fridge and cupboard with items that can be used to make these quick and healthy snacks:

- Low-fat cheese to eat with whole grain crackers, mini whole grain pitas, or apple slices.
- Peanut butter spread on a whole wheat tortilla and rolled around a banana.
- Low-fat yogurt with fresh, frozen, or canned fruit.
- Pair snacks with water, milk, fortified soy beverage, or 100% fruit juice. Limit juice to ½ cup (125 mL) per day.

For more snack ideas for children, please visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-snacks-for-children.pdf>

For more information about healthy snacking, please visit:  
<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-snacking.pdf> or

For more information on Healthy Eating, visit: <http://www.albertahealthservices.ca/2914.asp>



**SELL YOUR HOME WITH US TODAY  
FOR A 1 in 20 CHANCE TO WIN \$5,000!**

**Call Guy Pelletier Today  
780.974.5800**

**Century 21**  
REWARD REALTY



## North Central Early Years Coalition

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

Parental tips for encouraging self control can be found at :

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

\* Source: [http://web.stanford.edu/group/sparklab/pdf/Tarullo,%20Bradovic,%20Gunnar%20\(2009,%20200-3\)%20Self-Control%20and%20the%20Developing%20Brain.pdf](http://web.stanford.edu/group/sparklab/pdf/Tarullo,%20Bradovic,%20Gunnar%20(2009,%20200-3)%20Self-Control%20and%20the%20Developing%20Brain.pdf)

To learn more about the Coalition or to get involved please contact us at:  
[ncearlyyears@gmail.com](mailto:ncearlyyears@gmail.com)  
or visit our website [www.earlychildhoodedmonton.ca/northcentral/](http://www.earlychildhoodedmonton.ca/northcentral/)



# McLeod News

## McLeod Board of Directors

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

### Executive Committee:

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

### Board of Directors:

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

## Hall Rentals in McLeod

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

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

## McLeod Memberships

Memberships can be purchased at the hall during our program/sports registration nights. You can also purchase them online from [www.efcl.org](http://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 President's Message

It appears that Fall is on its way and with it, comes colder weather. Some good news that may warm you up is that McLeod has purchased access to the Clareview Recreation Centre. Please see the article in this newsletter for more information.

As President of the Miller Playground Society, I bring news that the Society has finally ceased operations as the playground is built and there is no interest from Miller residents to expand it with more fundraising. The residual funds from the Society have been donated to the Sport Explorerz Program which is operated by five community leagues - Kilkenny, McLeod, Northmount, Evansdale, and Lago Lindo. Thank you to the following Society members for all their dedication and work: Troy Kalita, Tracy Bertrand, Robert Rosinski, and Jennifer Mayan.

The McLeod AGM is coming up and we are looking to fill vacant positions: Baseball Director, Softball Director, Casselman Community Director, and McLeod Community Director. All positions are for a two-year term. Please consider joining us on Thursday, October 27, 6-7pm. For more information, email [secretary@mcleod-communityleague.ca](mailto:secretary@mcleod-communityleague.ca).

I am also looking to transition my hall rental duties to a contractor. 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](mailto: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](mailto: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](mailto:melanie@emcoalition.ca)  
Phone: 780-760-1973





## Farmers' Market in McLeod a Hit!

A trip this past Sunday to the Miller Crossing Farmers' Market produced a bounty of delicious products. Garlicy Spinach Dip and Theo's Tzatziki were great toppings for Dovgan's Ukrainian multigrain bread. The Mini Kitchen's naan, curries and samosas were a hit for a quick supper and stocking up the freezer with vegan and vegetarian fare. There was beef jerky, home canning, flowers, bird houses, a seamstress, fruits and fresh vegetables also for sale. A bouncy castle and balloon artist were fun for the kids. Musicians add to the atmosphere. Why shop at a farmers' market?

The market is a great place to meet the producers of the products you are buying. Many chefs are delighted to give you a sample of their cooking, and it all tastes great.

You are able to purchase seasonal produce at its peak of freshness.

You are able to eat food that is produced here, supporting the local economy and reducing energy needed to transport the food. It is a great gathering place, bring your family and meet your neighbours.

We're fortunate to have this market in our community. Previously a summer only market, they have now expanded to all year round. Starting October 2 until May, they will be located inside the Legion building at 14339-50 Street, open from 11 am to 3 pm. In June they'll return to the outdoor setup. It is helpful to bring your own bags and cash.

## 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.

[www.communityleagueneews.com](http://www.communityleagueneews.com)

## 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](mailto: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

Monday, November 7, 2016

[www.nostoneleftalone.ca](http://www.nostoneleftalone.ca)

## McLeod Encourages Residents to Participate in City of Edmonton Engagement

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

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

## McLeod Annual General Meeting Notice

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

## Message from McLeod Community Safety Director

Cooler weather is coming upon us and here is some information to keep you and other users of the roadways safe.

Now is the time to take your vehicle into a vehicle maintenance facility and get an inspection done and/or have those repairs that you have not had addressed done as the temperature drops. Inspection should include checking all fluids, tread depth and air pressure of tires, charging system, drive belts, hoses and battery. Winter tires are highly recommended to be purchased and installed. Winter tires have a special rubber compound that is designed for cold temperatures. That is why winter tires stay pliable in cold conditions giving you better traction in wintry road conditions. For this reason we recommended to remove your winter tires in the summer because they will wear faster in warmer temperatures.

Additionally you should prepare a Safety Kit for Fall or Winter for your vehicle or vehicles.

A basic car kit should contain the following:

- Food that won't spoil, such as energy bars
  - Water—plastic bottles that won't crack or break if the water freezes (replace them every six months)
  - Blanket
  - Extra clothing including shoes or boots
  - First aid kit with seatbelt cutter
  - Small shovel, scraper and snowbrush
  - Candle in a deep can and matches
  - Flashlight
  - Whistle
  - Roadmaps
  - Pen and paper
- Items to keep in your trunk:
- Sand, salt or cat litter (non-clumping)
  - Antifreeze and windshield washer fluid
  - Tow rope or chain
  - Booster cables
  - Fire extinguisher
  - Warning light or road flares

### Traffic Safety Tips:

**Windshield and Windows are required to be clear. Under the Alberta Traffic Safety Act Section Use Of Highway And Rules Of The Road Regulation View not to be obstructed**

A person shall not drive a vehicle on a highway if (a) the view through the windshield or windows of the vehicle is so obscured by mud, frost, steam or any other thing so as to make the driving of the vehicle hazardous or dangerous, or

(b) an ornament, device or thing is placed in or on the vehicle so that it may obstruct that person's view.

Please for your own safety and other users of the roadways not operate a motor vehicle unless your windshield and windows are clear. Fine amount is \$155.00

Lastly I find a lot of folks aren't aware of this information.

Under the Traffic Safety Act Operator Licensing and Vehicle Control Regulation states:

Change in particular

(1) If the name, physical address or postal address of a person who holds a subsisting operator's licence changes, the person shall apply to the Registrar for the operator's licence to be reissued with the new name or address.

(2) An application under subsection (1) must be made in the form and manner approved by the Registrar not more than 14 days after the new name or address is effective.

(3) Section 10(4) applies to a new name.

Fine Amount of \$155.00 can be issued.

I remind everyone to give yourself extra time to get to your destinations when poor weather conditions exist affecting visibility and road conditions. This includes increasing distance when following vehicles and slowing down further back when approaching intersections. We all want to get to our destinations and or home safely.

If you have any safety concerns please email me at [safety@mcleodcommunityleague.ca](mailto:safety@mcleodcommunityleague.ca)  
*Thanks*

## McLeod Needs a Baseball Director

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



### MCLEOD NECESITA UN DIRECTOR DE BEISBOL

(many thanks to Lina McBryan for the translation!)

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

### McLEOD POTRZEBUJE KIEROWNIKA DRUŻYNY BASEBOLLOWEJ

(many thanks to Magdalena Kowalewska for the translation!)

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

## Upcoming Kids' Parties in McLeod

McLeod Kid's Halloween Party  
Saturday, October 29  
12:30pm to 3:00pm  
At the McLeod Community Hall  
Kids Tickets are \$2.00 for members  
\$4.00 for non-members  
Please see the McLeod website to get your  
tickets for the party!!

All kids are welcome to come dressed in  
their spookiest or funniest costumes and en-  
joy showing them in a Halloween Parade.  
They will also have fun making some crafts  
and playing games!!

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

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 Congratulates Legion

McLeod CL appreciates the contributions  
of the Kingsway Legion Branch #175 at  
14339-50 Street (in Miller) to our com-  
munity. We hope you had a chance to  
attend their open house on Sept 18, which  
included a facility tour, cadet program  
information, children's games and refresh-  
ments. We join them in celebrating the  
Royal Canadian Legion's 90th anniversary.  
Thank you for your service.

Veterans and cadets will be manning poppy  
stations at Northgate Mall and Londonderry  
Mall from October 29 to November 10, so  
please purchase a poppy and make a dona-  
tion to assist veterans and their dependants  
with "dental and eye care, medical equip-  
ment, prescriptions, shelter and clothing".

Remembrance Day is November 11  
"Lest We Forget"

[www.kingswaylegion.com](http://www.kingswaylegion.com)  
[www.poppyfund.ca](http://www.poppyfund.ca)

## Mark Your Calendars for Upcoming McLeod Events

NOTE: Subject to change, please check  
current details on [www.mcleodcl.ca](http://www.mcleodcl.ca).

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

**Thursday, October 27, 6:00-7:00pm** – We  
have a number of positions that are either  
vacant or being covered by a Board mem-  
ber. If you are interested in more informa-  
tion, please contact Jason at [secretary@mcleodcommunityleague.ca](mailto:secretary@mcleodcommunityleague.ca).

**Saturday, October 29, 12:30-3:00pm** –  
Children's Halloween Party  
Members \$2.00, non-members \$4.00.  
Please email Liz to purchase tickets: [social@mcleodcommunityleague.ca](mailto:social@mcleodcommunityleague.ca).

## Renovated Goodwill in McLeod

New clothing racks, fresh paint, and a  
newly organized donation area were wel-  
comed renovations to the Goodwill store  
located at 600 Manning Crossing NW. On  
August 19th they held in-store specials,  
contests and draws to celebrate their grand  
re-opening in our neighbourhood.

This thrift store is a "social enterprise  
providing individuals with disabilities the  
opportunity to enhance their lives through  
meaningful employment."

Please consider dropping off your donated  
items at this location, and be sure to swing  
through the store at the same time to see  
if there is an eye-catching bargain just for  
you!

[www.goodwill.ab.ca](http://www.goodwill.ab.ca)

## Unsecured Dogs in McLeod

On August 25, residents were concerned  
about an incident involving two dogs and  
a person(s) at 162 Avenue & 59A Street in  
Hollick-Kenyon. The dogs were eventually  
secured by fire fighters and animal control  
officers and an investigation will proceed.

This is a good opportunity to review pet  
owner responsibilities. "Responsible pet  
owners not only look after their pet's health  
and wellness, they also make sure their pet  
is a positive addition to the community."

"Dogs are not allowed to be loose, unless  
they are on your property or in a designated  
off-lease area. We also recommend that you  
keep your cat indoors or supervise them if  
they go outside.

Dogs must always be on a lease when on  
public property and should be contained  
in a secure yard or building when on your  
property.

Dogs are not allowed on school grounds,  
sports fields, play grounds.

Cats are best kept inside a secure yard on  
your property. Allowing your cat to freely  
roam is dangerous for them and can lead  
to conflict with your neighbours. A cat  
roaming on private property can be trapped  
and taken to the Animal Care and Control  
Centre. They are safest at home."

Further bylaw information by calling 311 or  
email [311@edmonton.ca](mailto:311@edmonton.ca)

## 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 com-  
munity leagues of Clareview Area Council  
– Bannerman, Evergreen, Fraser, Hairsine,  
Homesteader, Horse Hill, and South Clare-  
view – 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 Commu-  
nity League membership card to enter the  
facility. To purchase a membership, you  
MUST reside within the leagues boundar-  
ies (communities of McLeod, Matt Berry,  
Hollick-Kenyon, Miller, Casselman). Please  
go here to purchase your membership:  
[http://mcleodcommunityleague.ca/index.php/membership\\_manager](http://mcleodcommunityleague.ca/index.php/membership_manager).

[www.communityleagueneews.com](http://www.communityleagueneews.com)



## 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](mailto: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](mailto: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](mailto:president@mcleodcommunityleague.ca) y poder concretar una hora para dejarlos.

## McLeod CL Access-Indoor Pools

Purchased by Area Council 17

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

## 2 Edmonton Public Library Locations in McLeod

McLeod CL is fortunate to have two library locations in our neighbourhood – Londonderry and McConachie.

A public library offers free access to audiobooks, books, eBooks, movies, TV shows, magazines and music. It is available in-branch or downloaded free to your phone, tablet or computer. All you need is a library card – and that is free, just bring along your ID.

Fall programming includes: Lego, Pop-up Makerspace, family storytime, Sing/Sign/Laugh/Learn, Baby Laptime, ESL, English Conversation Circle, Evil Genius Club, Tech Time, Reading Buddies, Book Club, Teen Gaming, board game night. Stop by any branch to ask a friendly librarian about these programs.

Miranda, the community librarian can be seen at many events in our neighbourhood, bringing the library out to us. Thanks!

[www.epl.ca](http://www.epl.ca)

## McLeod Supports the Matt Berry Facility Project

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


This will lead to a second round of public consultation, so that we can refine the initial information that we were able to collect.

We hope to collect survey results over the fall of 2016 and then have a better defined project scope early in 2017.

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

**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](http://www.londonderrydentureclinic.com) 13594 Fort Rd. Northeast Edmonton

## What Rec Centres Serve McLeod Community League?

Take the family for a swim, your partner for a hot tub soak, or yourself for a fitness centre workout! Physical activity is great for a person of any age and ability.

You are able to attend any City recreation facility, but the ones closest to us in the northeast are:

Clareview Community Recreation Centre, 3804-139 Avenue (leisure pool, 8 lane pool, fitness centre, walking/jogging track, child-minding, indoor playground, sport fields, ball diamonds, spray park & outdoor playground) [edmonton.ca/clareviewrec](http://edmonton.ca/clareviewrec)  
 Eastglen Leisure Centre, 11410-68 Street (salt water pool, whirlpool, stem room, slide, sundeck) [edmonton.ca/eastglen](http://edmonton.ca/eastglen)  
 Londonderry Fitness & Leisure Centre & Arena, 14528-66 Street (pool, teach pool, whirlpool, steam room, sauna, slides, fitness centre, training studio, indoor ice arena) [edmonton.ca/londonderry](http://edmonton.ca/londonderry)  
 O’Leary Fitness & Leisure Centre, 8804-132 Avenue (pool, teach pool, dive tank, whirlpool, stem room, waterslide, swing rope, indoor play space, fitness centre) [edmonton.ca/oleary](http://edmonton.ca/oleary)

Some discounted admission opportunities are available with your McLeod Community League membership or the City’s Leisure Access pass for eligible low-income people. [edmonton.ca/lap](http://edmonton.ca/lap).

## Community Garden in McLeod

Congratulations to the Casselman Community Garden group for partnering with the North Edmonton Alliance Church to establish a community garden within the area. Located at 5108 McLeod Road, beside the church, they have a sunny spot to locate a flower bed, garden plots and a compost bin.

On August 27, the group started off with a composting session lead by Andy. He is a trained master composter, eager to share his ideas about building an outdoor compost bin and worm composting. The group got right to work covering an area with cardboard and wood mulch.

They’ve started with one raised bed, as a demonstration plot, with the goal of growing food to donate to the food bank. As the organization grows with more volunteers, additional beds can be built for people to grow their own food. One person, previously of South Sudan, was eager to get access to a plot of land so he could grow vegetables and peppers not easily available here. A nearby resident was happy to have a place to contribute her fruit and vegetable trimmings instead of throwing them in the garbage.

Thanks to Pastor Andrew for hosting a lunch afterward, so everyone could discuss local food production and community building ideas.

The next session will be on October 8 from 9am-Noon, to continue sheet mulching, and build a cold frame and planter boxes using reclaimed lumber.

If you’re interested in this ongoing, community garden project, please contact the group leader at [akfwong@hotmail.com](mailto:akfwong@hotmail.com) or text 780-298-2523. Anyone in the area is welcome to join.

# Steele Heights News

## Steele Heights Community League

[www.steeleheightscommunity.com](http://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](mailto:steeleheightscommunity@gmail.com)  
Twitter: Follow @SteeleHeightsCL  
Facebook:  
[www.facebook.com/steeleheightscommunity](http://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](mailto: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](mailto:steeleheightscommunity@gmail.com) or call (780) 475-3553 with any questions for any of the members of the Steele Heights Community League executive board.

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

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

• **Hall Address**

5825 140 Avenue NW  
Edmonton, AB

• **Mailing Address**

Steele Heights Community League  
PO Box 70005 RPO Londonderry  
Edmonton, AB T5C 3R6

• **Membership & Associate Membership Information**

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

Senior (65 years+) - \$15

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

Visit our website for details on benefits.

## Hall Rentals

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

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

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

Main Hall Rental Fees :

Sunday thru Thursday a full day rental will be \$300 per day

- starting at 10am and ending at 5pm

Friday and or Saturday a full rental day will be \$400 per day

- starting at 4pm until 9am the next day

Friday and Saturday rental together will be \$500 for both days

- starting at 4pm Friday and ending Sunday at 9am

Friday and Saturday and Sunday rental together will be \$650 for all three days

- starting at 2pm Friday and ending Sunday at 5pm

Media or Boardroom Rental fees :

Monday thru Thursday rental per hour of \$40 per hour up to 5 Hours .

- other days of the week and length of rental are available

Multi-Purpose Room and Outside Rink Area Rental Fee :

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

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

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

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

## chocolate Chip Cookie Recipe

Servings

5 Dozen

Cook Time

10 Minutes

Ingredients

- 2 1/4 cups all purpose flour
- 1/3 cup HERSHEY'S Cocoa
- 1/2 tsp baking soda
- 1/2 tsp Salt
- 1 Cup butter or margarine, softened
- 3/4 cup granulated Sugar
- 3/4 cup packed light brown sugar
- 1 tsp Vanilla Extract
- 2 Eggs
- 1 cup chopped nuts Optional
- 2 cups CHIPITS Dark Chocolate Chips or CHIPITS Semi-Sweet Chocolate Chips

Servings: Dozen

Directions

1. Heat oven to 375°F (190°C).
  2. Stir together flour, cocoa, baking soda and salt. Beat butter, granulated sugar, brown sugar and vanilla in large bowl on medium speed of mixer until creamy. Add eggs; beat well. Gradually add flour mixture, beating well. Stir in chocolate chips. Add nuts, if desired. Drop by rounded teaspoons onto ungreased cookie sheet.
  3. Bake 8 to 10 minutes or until set. Cool slightly; remove from cookie sheet to wire rack.
- Makes about 5 dozen cookies.

For more recipes go to [Santaswhitechristmas.ca](http://Santaswhitechristmas.ca)

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

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

Alberta Health Services is sharing this message with all Albertans of reproductive age, through a new website: [www.readyornotalberta.ca](http://www.readyornotalberta.ca).

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

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



## Hello boys and girls from of Steels Heights Community and all the surrounding families in Edmonton.

Well I must say that this is a true treat for me, since Mr. Claus has really picked up the pace since we are heading full into the holiday Christmas season, and has found him in a workshop with all the elves, making sure that all is on schedule and they are working on those special requests you asked for. So I Mrs. Claus has offered to write this letter to you.

And I am just thrilled to be able to write to all you lovely children and I have something special to share with you all. Since Mr. Claus and all the Elves, Reindeer are so much ahead of schedule which means I am ahead of schedule as well, I am going to be able to join Mr. Claus this holiday season on a few trips and one is to see YOU at Steele Height Community Hall. I am so excited to meet you all!... after all Mr. Claus talks to me about all the wonderful letter he receives and just how good you all have been throughout the year.

And we know being good would be by listening to your parents and helping out around the house, being nice to your brother or sister and always try your best in school and don't forget to listen to your teachers as well.

I do hope you have been having lots of fun in the winter season playing in snow, playing outside with your Toboggans, or maybe you're on the ice skating, playing hockey or maybe it is an indoor sport just staying active and keeping fit during these long winter months. Though we all hard work I do make sure the Elves and Reindeer due make time to play and stay active as well we sled, build snowmen, play hockey and even I have been known to throw a few snow ball in a good old snow ball fight between the elves and reindeer all friendly of course. One of my personal favorite is while checking on the Christmas tree farm we play a little game of hide and seek, which I must say those elves are very good at. After a few hours of some good play time we relax in the house for some hot coco, a cookie or carrot for snack, while sitting and relaxing by the fireplace singing or listening to Christmas carols this is one of my special times to chat with all our elves and reindeer family to let them know how proud we are of them working so very hard to get ready for that long busy night of flying around to world to deliver all the special items to all you special children. The elves and reindeer always share with me how they just love their job hard work and all, it all worth it when that special day comes around. So still having to keep everyone on task there is still lots to be done polishing the sleigh and all it bells and of course each reindeer always needs to be sized and fitted for their shiny new sled harnesses, that they are so proud to wear for that special night...they always look so handsome!. So as we are for getting all the final details ready I hope you will do something nice for others during this special season of giving, will you consider bringing a non-perishable food item with you to donate to the Edmonton Food Bank, as this could help others to have a special Christmas as well. When you visit Mr. Claus and I on Nov.19/2015 at 12 pm to 5 pm at the Steel Heights Community League Hall on 5825-140 Ave. Northwest T5A-1G3 Edmonton Alberta (780) 475-3553.

Hey moms and dads at this time pictures will be available with Mr. Claus and I, with one free picture with a valid community league membership, along with other can be purchased up to two (total of 3). Well I best get a move on as I have more cookies and the candy cane production to get baked for my elves and reindeer family in fact I am going to share one of their favorites cookies with you, so maybe you can make some with you family. We all just love these and the name is pretty special too.

From Santa's White Christmas  
© Copyright 2016  
For more Christmas Stories go to Santaswhitechristmas.ca



# Steele Heights Community League

## 4<sup>th</sup> 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!

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

Over 20+ Vendors  
Crafts, Food, and More

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

**For Directions Scan Our Code**

## 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 Eggsperiment** - 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?







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**780.758.9292**  
[www.manningmedical.com](http://www.manningmedical.com)

**220 Manning Crossing**

Corner of Manning Drive and 137 Ave  
(Same strip mall as Safeway and New Asian Village)

- ▶ Accepting new patients
- ▶ Male/ Female Physicians
- ▶ Specialists on site
- ▶ Pharmacy right next door!

**Northeast Edmonton's Family Walk-In Clinic**

Our hours of operation: M-F 9 am to 9 pm; Saturday 10 am to 6 pm; Sunday 10 am to 5 pm

**FREE \$10  
TIM HORTONS CARD**



**MANNING PHARMACY**  
**FREE \$10 GIFT CARD WITH A NEW OR  
TRANSFERRED PRESCRIPTION.**  
This card can be used towards your next purchase at any  
participating Tim Hortons locations.

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**FLU  
VACCINATION CLINIC**  
Avoid long waits this year. Flu shots available by appointment or walk-in.  
Manning Pharmacy

## Suicide prevention – Being aware of the signs of suicide can help someone at risk

Suicide affects people of all ages and genders. Each year more Albertans die by suicide than motor vehicle collisions. As a result, many Albertans have been impacted by losing someone to suicide.

Suicide is a preventable tragedy that starts with learning how to recognize the signs that someone may be suicidal. Although not all people show warning signs, most suicidal people show signs of their distress. Being aware of these signs can help someone identify and talk to a person at risk.

There are many different warning signs and being aware of them is an important step in helping to prevent suicide. Talking to someone who may be suicidal does not put the idea in their head. In fact, being able to openly discuss suicide lets the person know you care and can make a difference.

Some of the suicide warning signs include:

- Talking about suicide or a plan
- Making statements about hopelessness, helplessness or worthlessness
- Showing a loss of interest in pleasurable activities
- Personality changes
- Becoming cheerful after a period of depression, which may mean the individual has already made the decision to escape their problems through suicide.

Suicidal people are in pain and want their pain to end, but do not necessarily want to die. Talking about suicide provides a clearer picture of how the person feels so they can get the help they need.

If you or someone you know needs help, please call: Health Link at 811, or one of the following help lines:

- Addiction Help Line: 1-866-332-2322
- Child Abuse Hotline: 1-800-387-5437
- Family Violence: 310-1818
- Kids Help Phone: 1-800-668-6868
- Mental Health Help Line: 1-877-303-2642
- Suicide Prevention: 1-800-784-2433

## Taking time for yourself is important for your mental health

It sounds obvious but many of us may forget to take time for ourselves. People have all sorts of expectations for themselves and the drive to meet those can make it hard to take time.

Taking a little “me” time is an important part of managing life’s stresses.

While most of us may not enjoy feeling stressed, it’s not always a bad thing. Stress is a biological reaction to what is going on around us and it is a part of how we function. Some stress is good, but chronic stress is not. When you begin to feel overwhelmed or burnt out, one of the best things you can do is call a timeout, step back and take a moment for yourself.

When you take time for yourself, you are really making space for yourself in your life — giving your mind and body a break and time to re-energize. It’s meant to be about you. There is no reason to wait until you are feeling burnt out to make time for yourself a priority. Building breaks into your days can help keep stress from mounting.

Whether it is a busy day at the office, at home or life in general, take the time to step away from whatever you are doing and focus on yourself. Make it a part of your everyday schedule and don’t skip it — those breaks are just as important as any deadlines, homework, errands or other activities you have going on.

For more information on stress, stress management and how to identify stress, contact Health Link Alberta at 1-866-408-LINK (5465) or visit [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca).