

NORTHEAST VOICE

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

April 2017



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Kilkenny Neighbourhood Reconstruction

As most of you are aware, Kilkenny has been chosen for reconstruction in spring 2017. Neighbourhood reconstruction is a type of neighbourhood renewal that involves road reconstruction and repaving, as well as replacement of streetlights and reconstruction of sidewalks, curb and gutter. Alley renewal is not part of neighbourhood reconstruction. It also included the opportunity for two local improvements, sidewalk renewal and decorative streetlights. To learn more about the final proposal, please: Call: 311
Email: BuildingGreatNeighbourhoods@edmonton.ca
Website: edmonton.ca/BuildingGreatNeighbourhoods



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

Sport Explorerz - the Power to Move Kids

The north Edmonton community leagues of Kilkenny, Horse Hill, McLeod, Northmount, Evansdale, and Lago Lindo have joined forces to run the 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 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 (canadiansportforlife.ca). In short, children will learn the skill fundamentals that will help them be successful in any sport and help encourage them to start today on an active lifestyle that will last a lifetime.

Sport Explorerz is led by trained leaders in a way that will give all kids the "power to move" in sport and in life. Programs run weekly for eight weeks. Fees are \$50. Volunteer service is required (bring a blank cheque). Parent attendance is required.

Spring 2017

- May 1-June 29 (no program May 21-27)
- Mondays 6:00-7:00pm or 7:15-8:15pm (McLeod location)
- Tuesdays 6:00-7:00pm or 7:15-8:15pm (Evansdale location)
- Wednesdays 6:00-7:00pm or 7:15-8:15pm (Kilkenny location)
- Thursdays 6:00-7:00pm or 7:15-8:15pm (Lago Lindo location)

Parents will be asked to choose two preferred days/times and will be contacted prior to program start to confirm. We will make all attempts to place participants in their preferred time slot. Horse Hill and Northmount residents will access the program at the locations listed above.

Sign up with your community league:

- Lago Lindo (lagolindo.ca)
- Horse Hill (horsehillcommunity.ca)
- McLeod (mcleodcl.ca)
- Kilkenny (kilkenny.ab.ca)
- Northmount (northmount.ca)
- Evansdale (evansdale.ca)

Upcoming Events in Northeast

Apr:

- 4: Adult Yoga starts at McLeod Hall
- 5: Baby Laptime at EPL McConachie 2pm
- 7: Tech Time at EPL Londonderry 11am
- 8: Family Spring Dance at McLeod 6pm
- 11: Sign, Sign, Laugh, and Learn at EPL McConachie 630pm
- 14: Free Movie Night at McLeod 6pm
- 18: Minecraft Club at EPL Londonderry 4pm
- 21: Blood Donor Clinic at Londonderry Hall 330pm to 730pm
- 22: Family Yoga starts at McLeod Hall
- 26: Popup Makerspace at EPL McConachie 4pm
- 28: Teen Gaming at EPL Londonderry at 4pm

May:

- 6: Mother's Day Crafts at McLeod 1pm \$10
- 13: Free Movie Night at McLeod 6pm

Upcoming Events in Northeast

Location Addresses:

- CentrepoinTE Church – 5940 159 Ave
- Clareview Rec Centre – 3804 139 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 (NESA) – 7524 139 Ave
- Northmount Hall – 9208 140 Ave
- Ozerna Park – 7010 158 Ave
- Steele Heights Hall – 5825 140 Ave

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

Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires

Evansdale Community League Board & Committees

Address: 9111 - 150 Avenue, Hall Phone 457-0948

Mailing address: Box 71023 Northwood Mall Post Office, Edmonton, Alberta T5E 6J8

E-mail address: www.evansdale.ca

Jeff Muiselaar	President	780-478-1759	president@evansdale.ca
Vacant-volunteer today!	Vice President		vicepresident@evansdale.ca
Shawna Walsh	Past President	780-237-2169	pastpresident@evansdale.ca
David Dodge	Director of Sustainability	780-478-6162	sustainability@evansdale.ca
Ray Costley	Soccer Director	780-660-4230	soccer@evansdale.ca
Shawna Walsh	Treasurer		treasurer@evansdale.ca
Sue Harris	Credits	780-473-8796	credits@evansdale.ca
Vacant - volunteer today!	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.



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

Secretary Wanted

We are still looking for a secretary to take notes at our executive meetings. If anyone is interested, please contact Jeff Muiselaar at 780-478-1759.

Visit Our Website and Facebook Page

Get the latest information, our most recent newsletter, contact information and lots of other great stuff! Also get involved, join us on Facebook! Website: www.evansdale.ca Facebook Page: www.facebook.com/evansdalecommunityleague

Best of Luck in the Playoffs

Playoffs are fast approaching for everyone. On behalf of Evansdale Community League, I would like to wish all Evansdale players and coaches playing on Eagles and NEZ Teams all the best in the playoff drive.

I would also like to acknowledge the following teams for an excellent performance in the 2017 Minor Hockey Week Tournament:

Gold Winner: NE208 Atom 2 Eagles
Silver Winners: NE214 PeeWee 2, NE216 PeeWee 4

Congratulations to the players and coaches on these teams and all Eagles and NEZ teams for your excellent performance and sportsmanship in the 2017 Quickcard Minor Hockey Week Tournament.

Todd Sharkey
Hockey Director



Time for a Spring Tune Up - Yoga at Evansdale Hall

Yoga is an excellent way to energize, refresh and enliven the body and spirit. Start your journey of renewal today with yoga classes at Evansdale Hall.

Safe, supportive, caring environment. No previous experience required, all levels welcome.

9 Thursdays
April 27 - June 22
7:30-8:30pm
9111-150 Ave
\$99 or \$13/class for drop-in.

Please bring a mat, water, and a blanket or large towel.

To register or for more information, please email evansdaleyoga@gmail.com.

Mei's Professional Bookkeeping and Tax Services

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- Provide files pickup and delivery

Come Celebrate Spring at Our Easter Eggstravaganza Event, April 17

President's Column

It seems like every time I write my report, the weather has changed drastically. Last month, it warmed all the way up to +14°C which melted most of our ice in the hockey rink, completely destroying the family skating area. With a little bit of TLC, we have managed to bring the rink back again because of the exceptional cold weather this week. We will keep the rink open for as long as we can so keep phoning the rink shack at 780 478-2577 to find out if we're still operating.

Registration for Sports EXPLORERZ and outdoor soccer are in full swing, with March 15 still to go (late registration date). I think everybody is looking forward to the outdoor sports and for spring and some warmer weather to come.

We're celebrating the spring season by hosting an Easter Eggstravaganza at our main hall. Mark your calendars for Monday, April 17 (Easter Monday) for kids day at Evansdale!

On March 20, we will be starting the kitchen and bathroom renovations at the hall. On June 3, the Eco-Solar Home Tour of 18 Homes, which includes Evansdale Hall, will run from noon to 4pm.

That's all I have for this Report. If you have any questions, please contact me at President@Evansdale.ca.

Jeff Muiselaar
Evansdale President
president@evansdale.ca



Giving people a voice in mental health research

Written by Caitlin Crawshaw

The Mental Health Commission of Canada reports that in a given year, one in five people in Canada experiences a mental health problem or illness. In Alberta, that's more than 675,000 people.

Researchers and clinicians in the province recognize the need to learn more about mental health, but realize most research topics are chosen by the researcher, not the people living with mental illness. A new study partly funded by Alberta Innovates (previously Alberta Innovates – Health Solutions) is changing that. This fall, the Alberta Depression Research Priority Setting Project surveyed people who have experienced depression, as well as their clinicians and caregivers, to pinpoint gaps in current research.

“Someone with lived experience will likely have a different perspective than someone doing the research,” explains Robbie Babins-Wagner, PhD, a professor at the University of Calgary Faculty of Social Work and a member of the project's advisory group.

Researchers are analyzing the survey answers to better understand the needs of people who experience depression. And what they find will shape research to help meet their needs. “This will allow the voice of people living with and caring for mental illness to influence research projects,” adds Babins-Wagner.

4 Surprising Benefits of Volunteering: Feel Healthier and Happier!

1. Volunteering connects you to others, meeting interesting people and making new friends!
2. Volunteering is good for your mind and body, as helping your community and others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel!
3. Volunteering can advance your career, as you learn and develop new skills!
4. Volunteering brings fun and fulfillment to your life; it can provide a renewed sense of achievement and purpose!

Volunteering as a family

Children watch everything you do. By giving back to the community, you show them first-hand how volunteering makes a difference and how good it feels to help other people and animals and enact change. It's also a valuable way for you to get to know organizations in the community and find resources and activities for your children and family.

Your Voice in Ward 4



Ward 4 Councillor
Ed Gibbons • 780-496-8138
ed.gibbons@edmonton.ca



Kilkenny Community League News

Hall Rental

Rates (Subject to change without notice, please email for more information.)
Rental deposit is also required which is equal to rental amount.

Times	Auditorium	Meeting Room
Both		
Weekdays/Weeknights	\$150	
\$75	\$225	
Fridays (after 5 pm)	\$400	
\$100	\$500	
Saturdays	\$550	
\$100	\$650	
Sundays	\$400	
\$100	\$500	
Two Day Wedding/Gift Opening	\$750	
\$100	\$850	
Full Weekend		
(Fri @ 5pm – Sun @ 6pm)	N/A	
N/A	\$1000	
Hourly Rate (3 hours or less)	\$35	
\$20	N/A	

Discounts available for those who hold a consecutive membership for a minimum two years with Kilkenny Community League.

For all Auditorium & Meeting Room rentals, please check our sidebar Calendar for availability and email President@Kilkenny.ab.ca

Kilkenny Community League Is Now On Facebook And Twitter

Please follow us on Facebook and Twitter to get up to date information on what's happening in our Community.

Facebook – Kilkenny Community Hall
Twitter - @KilkennyComLeag

Cookie Dough Still Available!!!

Love Baking, but don't have the 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 muffin mix, 3lbs tubs of dough, and pre-portioned (48) pucks in a variety of yummy flavors!! All for \$15 each or 2 for \$25. One more thing checked off your list all while supporting a neighborhood school. Please call the school 780-476-0775 or email schoolcouncilfife@gmail.com for more information or pick up at the school at 15004 – 76 Street.

Congratulations!!!!!!

Kilkenny would like to congratulate all teams that played for Kilkenny this Indoor Season. Even if the teams didn't make it further on than regular season, all the kids had a blast and learned many new skills. A big shout out goes out to the U12 – Boys coached by Rick Gustke. They went to Calgary to play in Inter Cites and took home bronze. We are very proud that they represented Kilkenny in Calgary.

Good day Everyone

I would like to thank all the volunteers with their assistance with the Stan Gantar Outdoor hockey Tournament. If it was not for them we would not be able to run this tournaments. A big thank to Anthony, Donna, Terry, Vitor, Andrew and Tessa for all their help with the tournament. We hosted 32 teams from all over the city and surrounding areas. We had 496 children ranging from 6- 15 years participating in the 4 game round robin tournament. Including family members coming in to enjoy viewing the games. The weather held out for most of the tournament and everyone enjoyed themselves.

Thank you
Anna

Kilkenny Playschool Ready, Set, Grow!

Open House April 19, 2017
6:30pm – 8:30pm

Kilkenny Playschool has made some exciting new changes to our program! Parent involvement

is still required but there will be no parent roster days. Have your child learn kindergarten readiness skills while having fun and making friends all under the care of a well experienced teacher!

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

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

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

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

Classes are subject to enrolment.

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

Kilkenny Ladies Night is On!!

Saturday May 13th, doors open at 7:00 p.m.

I am very excited to announce this year's Ladies Night. We have already secured a lot of great vendors. This year we focused on making this evening more interactive than before. \$10 (advance purchase, \$15 at the door) gets you in to the event and eligible for many door prizes from our vendors. There will be complimentary snacks and beverages for sale. This will be an adult only event.

Sign up for a Paint session with Painting by Nadine (for an extra charge). Take in the session at 7:00 p.m. or shop and browse first and take in the second session at 9:00 p.m. Take your 12x12 creation home that evening. Check out "Painting by Nadine" on Facebook.

We have nail vendors; get a complimentary polish with Mirielle or sign up to get a set of gel nails with Gwen.

Come and get ready for summer with a new purse or scarf- and learn the 10 ways to wear it thanks to Princess Florence.

Enhance your cooking skills with tips from Epicure with Wendy and Tupperware with Treva.

We will also have jewelry; "Side by Side design" on Facebook, Nature's Elixir by Nicole, Younique make-up with Diana, Avon also with Gwen, Norwex with Nathalie, Gold Canyon candles and pod warmers with Cali-Ann, and '31 gifts' with Jennifer. We will also have Young Living Essential Oils, come and find out how to enrich your life in a natural way. We have Sweet Infusion Honey- it's infused honey-need I say more! ;) You can find Barbara's page on face book as well under Sweet Infusion Honey.

Email Anjoli at secretary@kilkenny.ab.ca and please check our website often for ticket information and the most up to date information about vendors and activities.

Talents to Share

Are you interested in starting a bridge club, a fitness group, a new parents group? Do you have an idea for a social event? Are you willing to organize a block party or special event?

We are open to your ideas, your passions, and your skills and would love for you to join us and bring more ideas, activities and events to our community. Please contact us to share!

Last Chance To Register For Kilkenny Soccer

Did you miss out on the Kilkenny Soccer Registration, we will have one last registration before teams are made. Please keep an eye on the Kilkenny Website for more information. Below are the general guidelines for registering for community soccer.

- 1) Register online in the EMSA Soccer Portal.
- 2) Print two copies of the player summary Confirmation. If you can't print the player Summary, then ensure the player summary Confirmation email is in your inbox on your Mobile device.
- 3) attend your home community's registration Session to purchase a community Membership (if necessary), sign up for a Volunteer commitment, and pay your soccer Registration fees.
- 4) Be prepared to show government id to Verify the player's date of birth.
- 5) A signed but undated cheque may be Required to secure volunteer commitments Such as, casinos, community events, ENZSA events.
- 6) Determine your community's valid payment Methods. Kilkenny's valid payment Methods are cash, credit and debit. Other Communities may accept cheques. Please contact me at soccer@kilkenny.ab.ca if you have any questions or concerns.

Kilkenny Soccer Season

Outdoor soccer season is almost here. Well, once the snow goes away. Many Kilkenny residents are looking forward to getting out in the fresh air and cheering their kids on during outdoor soccer season.

We want this to be a positive experience for all and that includes the referees. We urge you to keep in mind that they are doing their best. Treat them with respect.

Abuse by on lookers is the leading cause for budding referees to decide that it's just not worth it and quitting. It's simple: a referee shortage may result in there being no community soccer.



McLeod News

McLeod President's Message

I am pleased to report the addition of new Board members as follows:

- Baseball Director – Ron Locke (baseball@mcleodcommunityleague.ca)
- Softball Director – Richard Arnold (softball@mcleodcommunityleague.ca)
- McLeod Community Director – Joe Tovey (mcleod@mcleodcommunityleague.ca)

We continue to look for a Sports Director and a Casselman Community Director. If you are interested in joining a very active Board, please contact me at president@mcleodcommunityleague.ca for more information.

We also would appreciate assistance in the form of volunteers who can help us out with bingos on short notice. This is particularly important when people have signed up as part of their required community service and do not show up. Please contact bingo@mcleodcommunityleague.ca to be added to our backup list.

The warm weather has caused havoc with outdoor ice rinks in community leagues across the city. With Joe's skilled attention, our rinks remain OPEN and we welcome skaters and hockey players from communities whose rinks have closed for the season.

When the weather permits, our rinks are open Monday to Friday, 4:00-9:00pm and Saturdays and Sundays, 12:00-5:00pm. Major snowfalls and temperature extremes (cold: -20 C including wind chill, warm: ice melting) will result in temporary rink closures. Fee: \$2.00 per visit or free with ANY community league membership card. Lastly, National Volunteer Week takes place from April 23-29, 2017 and McLeod will be celebrating individuals who go above and beyond their required community service and especially those who volunteer freely. Information about these special people will be provided in a future newsletter.

From Volunteer Canada (www.volunteer.ca/nvw2017): In 2017, volunteering comes in many forms and is as diverse as Canada itself. Someone who shovels their neighbour's laneway or who brings a lost pet to the animal shelter is helping to build a stronger community. Sometimes we miss recognizing these people as volunteers, because they do not occupy a formal role within an organization or group. To celebrate all volunteers and to get you thinking more deeply about volunteering, during NVW Volunteer Canada will release a series of crossword puzzles that reveal the impacts, benefits and diverse ways Canadians are involved in communities. Some answers may be obvious, while others may cause you to stop and say: "Volunteering, Eh?" However you recognize volunteering in 2017, one thing remains timeless...and that is volunteer efforts create positive impact in communities across Canada.

Regards,
Leanne Rosinski

www.communityleagueneews.com

McLeod Community Service Policy Reminder

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

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

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

1. **BUY-OUT OPTION**
Purchase WEM tickets (10 for \$150) or other tangible item (if available). Payment for these can be made with your sports registration. If you are registering two or more children, you can choose a buy-out option and a work option.
2. **WORK OPTION**
Sign up to work a bingo, casino (if available) or event. You will need to provide an undated but signed cheque addressed to 'McLeod Community League' for each option.
 1. The date and time of your bingo(s)/casino/event is written on your registration form. You are responsible for noting the date and time and ensuring you attend. Reminders may be sent as a courtesy but it is your responsibility to know when and where your work option is taking place. You cannot make up missed work options.
 2. It is your responsibility to attend your work option. Your cheque is returned to you at the bingo/casino/event. If you fail to show up, your cheque will be cashed, no exceptions.
 3. If a bingo/casino/event is cancelled, you will be given options to fulfill your community service – another bingo/casino/event or buy-out option.
 4. Any bounced cheques will result in a \$50 fee assessed. If you do not pay out your missed work option (plus any NSF fee), your child will be withdrawn from the sports program and you will not be able to purchase a membership or register in any McLeod sports programs until the amount is paid in full.

McLeod's Public Engagement

Since 2014, members of the McLeod CL board have been actively participating in the Council's Initiative for Public Engagement, from attending open houses to working groups. Since Council and community leagues like ours are already on board, we are looking forward to the implementation period after May, 2017 when city employees receive training in the concept so that the public can advise, refine, create and decide, participating fully along the spectrum of public engagement activities.

As an individual, your voice needs to be heard by City administration and City Council. This can be done by participating in the Insight Community. Our area, Ward 4, is under-represented compared to other parts of the city. Our north-east area concerns with parks, recreation buildings, and road construction may not be getting priority because our input is not getting to the decision makers.

Please sign up at www.edmontoninsightcommunity.ca. Your responses are kept confidential, and you are anonymous. You will be e-mailed an online survey about once every two weeks on a variety of city topics. They take about 10 minutes to complete on-line and the aggregated information is valued by the decision makers.

McLeod is encouraging everyone from all northeast communities to participate. You do not have to be a community league member to join.

McLeod Cheers Yellowhead Improvements

We're happy to hear that Council has approved a \$1 billion project to turn a 25 km stretch of the Yellowhead into a free-flowing freeway.

The Yellowhead will be widened to six lanes from 50th Street east to the North Saskatchewan River crossing.

Also, Fort Road will be widened to 6 lanes from the Yellowhead to 66 Street.

With the rapidly growing population in the northeast, roadway improvements are always a priority with residents.

Construction to begin in 2021 and take six years.

You are invited to attend the first annual *A Taste of Decore.* April 29, 12-3 p.m.

Northgate Lions Seniors Recreation Centre,
7524-139 Ave NW

Showcasing the community organizations, schools and businesses that call Edmonton-Decore home. Admission to the event is free of charge. All are welcome.

Chris Nielsen  MLA, Edmonton-Decore

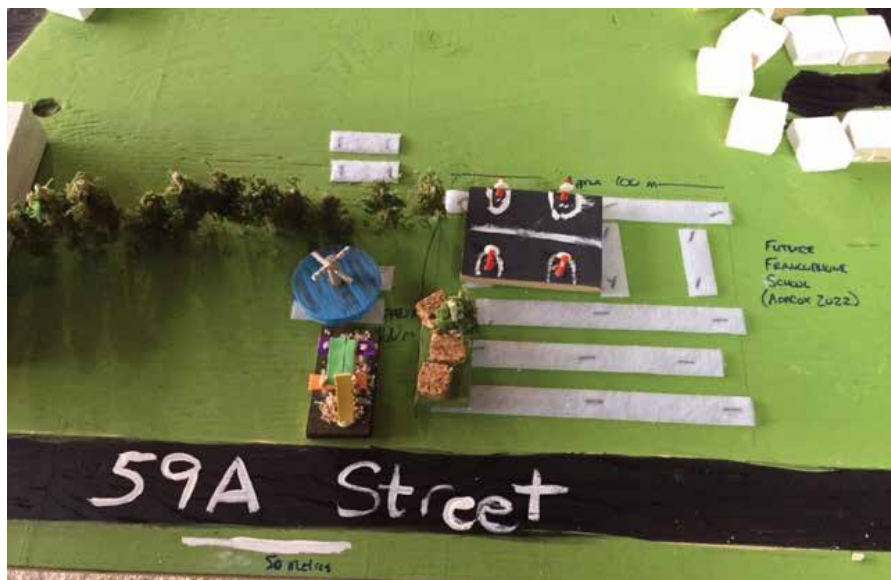
780-414-1328 edmonton.decore@assembly.ab.ca



Matt Berry Facility Building in McLeod

The residents of Matt Berry and Hollick-Kenyon provided a great turnout of 75 people, who came out on February 21, to learn about a new community facility proposed at 59A St and 161 Avenue. The community committee working on this project included residents of Matt Berry and Hollick-Kenyon, and some board members of the McLeod Community League.

The committee began its work in the fall of 2015, originally planning to build a small indoor soccer centre at the Hollick-Kenyon Park site, at approximately 54 St and 159 Avenue. This project was not able to proceed for two reasons. First, the site, despite having a parcel of Community League licensed land, is not suitable for development because a private land owner operates a junk yard in the immediate vicinity. Second, the City of Edmonton indicated that a soccer centre would be considered a destination, and not suitable for a neighbourhood park. Neighbourhood parks are intended to only be used by residents in the immediate vicinity (accessing approximately 4500 residents within a 10 minute walk.)



Based on early consultation with City of Edmonton, the committee determined to shift, and decided on using the Matt Berry parcel of land. This parcel is approximately a 1 ha site located immediately north of the existing Matt Berry Playground. Over the past two years, the committee has raised the issue in the community newspaper, surveyed residents twice and held the open house. They have also look at similar buildings, and navigated the City process. Public consultation to this point has produced three mandates for the committee:

- A spray park, likely to be located off Licensed Land, and on City Land
- A skating surface, likely to be located on Licensed Land

- An indoor gym suitable for activities such as pickle ball, basketball, floor hockey, yoga and martial arts; as well as community meetings, programs and events like a parent & tot group

The McLeod community league has committed to fund a portion of the project management budget. They are putting out a Request for Proposal to hire a project manager to help guide the process from planning through construction, with a completed project by 2020.

If you are a resident who would like to be on a mailing list to keep informed of this project, please send your email address to mattberryrep@gmail.com. Your contact information would solely be used for this one specific purpose. Also, keep reading the community newspaper and follow us on Facebook. New committee members are always welcome.

Mark Your Calendars for Upcoming McLeod Events

NOTE: Subject to change, please check current details on our website www.mcleodcl.ca or Facebook page: McLeod Community League.

Saturday, April 8 – Family Spring Dance

Doors open at 5:30pm, dance is 6:00-11:00pm

There will be a concession, cash bar & a 50/50 draw

Tickets: \$7.00 per person for community league members, \$9.00 for non-members

Please contact social@mcleodcommunityleague.ca to purchase tickets IN ADVANCE.

Come out, have a few refreshments and a bite to eat, and dance the evening away with your family!

Friday, April 14 – Free Movie Night

Doors open at 5:30pm, movie starts at 6:00pm

Concession available

Movie TBC

Saturday, May 6 – Mother's Day Craft

Drop off your child (5-13 years old) from 1:00-3:00pm

Tickets: \$10.00 per child

Each child will be making a personalized card for their mom as well as a special craft.

The kids will also enjoy a healthy snack & refreshments.

Please contact social@mcleodcommunityleague.ca to purchase tickets IN ADVANCE.


A maximum of 30 tickets will be sold for this activity.

Saturday, May 13 – Free Movie night

Doors open at 5:30pm, movie starts at 6:00pm

Concession available

Movie TBC



SERVING THE PEOPLE OF EDMONTON MANNING

Canada 150

If I can be of assistance to you on any federal matter, please do not hesitate to contact my office.

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

SUITE 204A 8119 - 160 AVENUE
EDMONTON, ALBERTA T5Z 0G3
ZIAD.ABOULTAIF.C1@PARL.GC.CA • 780-822-1540
WWW.ZIADABOULTAIF.CA



ZIAD

ABOULTAIF MP

EDMONTON MANNING

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

Speed, Aggressive Drivers and Motorcycles are the Month of April Focuses for Law enforcement agencies across the province for the 2017 Government of Alberta Traffic Safety Calendar. Police agencies including EPS and RCMP, Alberta Sheriffs, and Community Peace Officers will be out trying to keep our roads safe.

Please watch for posted speed limit signs on the roads you are traveling. The posted speed is not a suggestion but the maximum allowed by law with good weather, traffic and road conditions.

Did you know- You are not permitted to exceed the speed limit to pass another vehicle

Motorcycles-Spring will be upon us and Motorcycles will be coming out of their storage locations.

Motorcycle operators as a reminder need to be cautious on road conditions with some roads having sand and gravel not removed from the winter season.

Motorcycle operators also need to be aware that other drivers may not be aware that motorcycles are back on the road and may need to be more alert to this.

As with other motor vehicles motorcycle operators need to ensure the vehicle they operate has current valid registration and insurance.

We, as drivers, can help ensure motorcycle operators stay safe. I ask that you take an extra moment when changing lanes or turning at intersections to look for motorcycles that may be approaching. Secondly I ask you to allow more distance when following a motorcycle.

Aggressive Drivers-We can all make roads safer by being courteous drivers.

Here are some tips to follow.

- Control your anger. Don't take traffic issues personally
- Don't make obscene gestures
- Use your horn sparingly — even a polite honk can be misinterpreted
- Don't tailgate
- Don't flash or put your high beams on
- Don't block the passing lane
- If you encounter an aggressive driver try and ignore the person and if you feel your safety is at risk drive to the nearest police station or call 911

Home Safety

Your address should be clearly visible on the front and, if you have an alley, the rear of your property to ensure that if there is a medical, fire or police emergency, they can quickly find the location.

Ensure your address and phone number that is attached to your vehicle's registration is valid as this may be a helpful tool for police to try and contact you if you have left a vehicle parked at your location or if there is a vehicle that does not belong there.

As always report any suspicious activity to police at 780-423-4567.

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.

Increased Discount for McLeod Members at Rec Centres

The Edmonton Federation of Community Leagues and the City have negotiated a 20% discount for community league members who purchase an annual or monthly pass for any City of Edmonton recreation facility.

The discount for a multi-use pass (minimum 5 admissions purchase) is now 15%.

Show your membership card when purchasing access from the cashier.



North Central Early Years Coalition


Did you know?

A child's brain is hard wired for back and forth, serve and return interactions... Interactions which encourage further brain development, including language, social skills, emotional regulation and compassion.

Encourage this skill by being sensitive to your child's interactions and signals by responding to their signals and providing meaningful interactions!

To learn more about the Coalition or to get involved please contact us at:

www.earlychildhoodedmonton.ca/northcentral/
 <https://www.facebook.com/ncearlyyears/>
ncearlyyears@gmail.com 780-478-5022 ext. 903



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.

If you do not live within our boundaries, we cannot sell you a membership. If you want your community league to look into purchasing access, please contact them.

McLeod 社区取得了Clareview 健身中心使用权 (many thanks to Rosemary Wong for the translation!)

我们非常高兴的宣布McLeod取得了Clareview 健身中心社区活动的使用权。我们和Bannerman, Evergreen, Fraser, Hairsine, Homesteader, Horse Hill, and South Clareview 这七个社区合作组成的Clareview 区域委员会共同降低了我们使用健身中心的费用。

2016年9月10号到2017年9月2号
每个周六 晚上6点到8点

这包括免费使用下面任何设施：游泳池，体操房，室内场馆，哑铃，健身器，跑步机，室内跑道，小孩室内游乐场。

进入健身中心你必须出示McLeod 社区会员卡。只有居住在包括 McLeod, Matt Berry, Hollick-Kenyon, Miller, Casselman这些社区界限内的才可以购买会员卡。请到以下地址购买会员卡：<http://efcl.org/membership>。
您如果不居住在我们这个社区界限内，我们不能出售给你会员卡。您如果希望您的社区有权使用健身中心，请联系您的社区委员会。

McLeod Shares Crimemapping

On an easy to use website, the Edmonton Police Service shares the last 60 day stats of crime by neighbourhood. The crimes are identified as assault, break and enter, homicide, robbery, sexual assault, theft from vehicle, and theft of vehicle.

Here in the northeast, the most common preventable crimes are theft of/from your vehicle.

Make sure you leave your vehicle cabin empty, lock the doors, don't leave it running, and use an anti-theft locking bar across the steering wheel. Park inside your garage.

Never leave children, seniors or people with disabilities alone in a running vehicle.

<http://crimemapping.edmontonpolice.ca/>

McLeod's Multicultural Neighbours

McLeod Community League has partnered with the Edmonton Multicultural Coalition to unite neighbors from any and all backgrounds.

We are looking for engaged residents in the neighborhood to help plan and run activities that will introduce and connect neighbors.

We aim at making everyone feel more welcome in their neighborhood and champion the diversity of our community.

If you are interested in participating please contact the Program Coordinator Melanie at melanie@emcoalition.ca or phone 780.760.1973.

Yoga in McLeod

Adult yoga- Hatha Balance: Tuesdays
April 4- June 6. 7:00-8:30 pm. \$140 for 10 classes. (Can split payments into 2)

Family yoga- Saturdays
April 22, 29 and May 13. 1:00-2:00pm.
\$75 for families up to 5 people. Drop in \$25 if there is space. Limited to 5 families.

Self care yoga workshop
Tuesday, June 13, 6:30-8:45 pm.
\$30 per person.

Learn about ways to de- stress, calm the mind through mindfulness, yoga postures, myofascial release, breathing techniques and the science of stress.

Registration is now open.

I am here to serve you.



**WARD 3 COUNCILLOR
Dave Loken**



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



Tel: 780 496 8128
Fax: 780 496 8113



dave.loken@edmonton.ca



@daveloken



www.daveloken.com



Northmount Community League News

Thank you to our current Board Members!

POSITION	NAME	Contact	Contact
President	Meagan Plamondon	780-270-1212	president@northmount.ca
Vice President	VACANT		
Treasurer	Angela Purves	587-336-7699	treasurer@northmount.ca
Secretary	Michele Crocker		
Grants	VACANT		
Social	VACANT		
Facilities	James Crocker	780-717-5885	webmaster@northmount.ca
Area 17	Karen Plamondon		
Communications	VACANT		
Memberships	Robin Wheatley	780-473-8634	
Adult Programs	Robin Wheatley		
Senior's Programs	VACANT		
Children's Programs	VACANT		
Hockey	Jeff Bernard		hockey@northmount.ca
Soccer	Joanne Cheetham		soccer@northmount.ca
Softball/Baseball	VACANT		
Sports	VACANT		
Bingo	Angela Purves		
Casino	Sid Plamondon		
Past-President	Terry Kitching		

Thank you to our current Board Members! Stay tuned to the next issue of the Northeast Voice for an updated list from our AGM!

President's Message

I want to extend my many thanks for all of the volunteer hours our residents have put in this past year.

Without our volunteers, our doors would not be open and our various programs and events would not be the success they are today.

On February 19th we held a free Family Fun Day. We had live music, arts and crafts.

We had fun winter games planned including roasting marshmallows on an open fire!

We also had a photographer available taking family portraits.

On March 17, 2017, we hosted another free board game night. We had games for all ages and it was a ton of fun.

I am looking forward to seeing everyone around the neighbourhood, and at our next event!



Community League Garage Sale!

Come join us at our Annual Spring Garage Sale from April 20-22!

Thursday and Friday
6-9 PM,
Saturday
9 AM to 4 PM.

Table rental is \$10 dollars.
Phone Robin for more information. 780-473-8634

We are considering offering self-defence classes as well as cupcake decorating classes.

If either of these programs interest you, please contact Robin at 780-473-8634.

Join Northmount's Walking Group! (Starting in the Spring)

· Meet every Monday night at 7 PM at the Community Hall (excluding Statutory Holidays)

· Walk at your own pace, meet someone new, and explore your neighbourhood!

· Friendly dogs are welcome!

· Call Robin if you have any questions at 780-473-8634.



Memberships

Become a Community League Member!!

Community League Memberships are now on sale.

Purchasing a membership helps supports the programs that you see being run in your neighborhood.

Community Leagues are special to Edmonton.

It is a place where community members are understood and valued, and where we can build a great neighborhood together and advocate for the city we want.

We are inviting you to explore and become involved in your community!

Why?

· Discover what community can offer to you and your family

· Create supportive networks and friendships with people who live in your neighborhood

· Ensure that everyone living in Northmount feels welcome and a chance to feel that they belong to a community

· Increase safety and security in our neighborhood

· Belonging to a community can improve your health

· Discover a place to socialize

To purchase a membership please contact Robin at 780-473-8634 or purchase online at <http://efcl.org/membership>

Volunteers Needed!!



Northmount Community League is looking for dedicated and enthusiastic volunteers to fill various board, committee and volunteer positions. If you or someone you know is interested please attend our monthly meetings or contact Meagan by text at 780-270-1212 or email president@northmount.ca for more details!

We must fill 7 new positions this year or we risk having to shut our doors, or reduce the amount of events and programs that we can put on.

Northmount Community League can only keep the doors open by relying on dedicated volunteers. That is why we need your help!

A new board was elected on March 21, 2017 at the AGM. Please check back in the next issue of the North East Voice to see the open board positions.

• Board Members meet every third Tuesday of the month, except for July and August

• Each position will require a different level of commitment depending on tasks required

• If you want to get involved but do not want to hold a board position, we also have various Chair and Committee positions available and can be created as needed to run specific programs

• Don't see a position or role you are interested in? Contact Meagan to discuss what you want to see at Northmount

Get Fit with Hapkido

Northmount is hosting a low-cost martial arts class for anyone over the age of 16 with a community league membership.

Your first month is free!

If you trained before in Karate, Boxing, Judo, Wrestling or Taekwondo you will enjoy this class.

Advance at your own pace
No experience is necessary.

Come learn kicks, hand-to-hand techniques, throws, cane, and knife defense skills.

Classes run every Monday and Wednesday evenings from 8 pm until 9:30 pm.

For more information, please contact: sidplamondon@outlook.com



Know Your Neighbourhood

Information taken from the City of Edmonton based on the last census data collected, https://www.edmonton.ca/residential_neighbourhoods/Neighbourhoods/NorthmountDemographicProfile.pdf

The Northmount neighbourhood is located in north-central Edmonton, and is surrounded by residential neighbourhoods. Our borders are 144th Avenue to the north, 82nd Street to the east, 137th Avenue to the south and 97th Street to the west. Connections with these major arterial roadways, particularly 137th Avenue and 97th Street, provide access to amenities and employment areas throughout the northern and central parts of the city.

The neighbourhood design is based on a modified grid pattern and features a distinct separation of land uses. Three large land use groups dominate Northmount. Residential land accounts for the majority of Northmount's property area, and most of these properties were developed during the late 1960s and early 1970s. The main residential structure type is the single-detached home. Three schools, a large park, community league facilities and the Dickensfield Extended Care Hospital account for the institutional land within the neighbourhood, which is the second largest land use group in Northmount. Commercial land use makes up the remainder, with North Town Centre located in the southwest corner of the neighbourhood, and provides residents with local access to shopping and services.

Age and Gender Distribution

Age	Female	Male	Other	Total
0-4	35	45	0	80
5-9	47	47	0	94
10-14	38	47	0	85
15-19	46	54	0	100
20-24	44	42	0	86
25-29	44	45	0	89
30-34	45	55	0	100
35-39	43	43	0	86
40-44	47	43	0	89
45-49	59	48	0	107
50-54	60	53	0	113
55-59	70	47	0	117
60-64	63	48	0	111
65-69	77	57	0	134
70-74	61	59	0	120
75-79	184	114	0	298
80-84	91	53	0	144
85+	112	44	0	156
No response	532	550	0	1082
Total	1698	1494	0	3192

Cool facts about Northmount

- o We have 132 children in our neighbourhood who attend elementary school
 - o We have 519 residents who are retired
 - o 1157 people have lived in Northmount for over 5 years
 - o We have 160 people living in Northmount who have lived here for under 1 year, including people who moved here from another country, different Provinces, or other neighbourhoods in the City.
 - o We are a diverse neighbourhood with many languages spoken; including Arabic, Cantonese, French, German, Mandarin, North American Indigenous, Punjabi, Spanish, Tagalog, Ukrainian and many many more!
- For the complete Census report please visit: https://www.edmonton.ca/city_government/documents/census/Summary%20Report%20of%20All%20Questions_NORTHMOUNT_2016.pdf

Northmount Community is a diverse neighbourhood with many different people choosing to call Northmount home. We all have experiences and talents that we can share with each other to help our neighbourhood become the best neighbourhood in Edmonton! I am welcoming everyone to come out to any of our events being held at our hall. I am also asking that if you want to see something special at our community hall to please contact Meagan at president@northmount.ca to discuss how we can work together to put on a special event or activity, and offer it to all of our residents.



Heather Sweet, MLA
(Edmonton – Manning)

Constituency Address
14904 50th Street
Edmonton, Alberta
T5A 5H7
780-414-0714

When I talk to families in our community, one thing that keeps coming up is the high cost of mandatory school fees. I know that every September it can be a real scramble for a family to cobble together the funds to get their kids out the door and into their schools. For families, this can cost hundreds if not more than a thousand dollars. That's why I campaigned on reducing school fees, and I am proud today to give you an update on fulfilling this promise.

In the Throne Speech, the government announced the first piece of legislation will significantly reduce school fees for families. Across the province, this will save families hundreds of dollars. This legislation will be implemented this spring, so that when your kids go back to school in September, your fees will be reduced. The fees will be reduced by an average of 25% across Alberta, with more work to do in the future.

In Edmonton, for instance, parents with three kids will save an average of \$765. I know that the downturn in the economy has taken its toll on many families. That's exactly why we support reducing school fees, starting with the instructional supply and material fees that school boards have charged. These will be eliminated. As well, we support eliminating busing fees for the children that are travelling to their designated school. I've heard from many of you how expensive these fees are. I am happy to share that the government is taking action to reduce them.

As the economy recovers, Albertans expect their government to help them through the downturn to make things better for them. Reducing school fees will mean one less thing that families have to worry about to make ends meet. I am proud to stand up for quality education and to make sure it's affordable for all families.

A lot of people have talked to me about their ideas for practical things that will make life better, and I am so happy that one of those that was at the top of many of their lists was tackling high school fees. Please send me your personal stories on what reducing school fees will mean to your family. I will share them in the Legislature so that all Albertans know this is the right thing to do for our province.

Paying attention to fatigue

Many of us feel fatigued at one time or another, but fatigue can sometimes mean more is happening with your body.

Fatigue can often be the result of overwork, poor sleep, worry, boredom, or a lack of exercise. People who have anxiety or depression may also experience fatigue. It can also be a symptom caused by illness, medication, or medical treatment such as chemotherapy.

Fatigue brought on by over work or illnesses such as colds or flus often resolves itself on its own without having to see a doctor. However, if you are experiencing fatigue that lasts longer than two weeks, it may be a symptom of a more serious health problem and a trip to the doctor may be required:

- Anemia – a decrease in the amount of hemoglobin (oxygen-carrying substance) found in the red blood cells
- Heart problems, including coronary artery disease or heart failure, that limit the supply of oxygen-rich blood to the heart or the rest of the body
- Metabolic disorders, including diabetes
- Thyroid issues – both hypothyroidism (low thyroid level) and hyperthyroidism (high thyroid level) can cause fatigue
- Kidney or liver disease

Check your symptoms to help determine if and when your fatigue may require a visit to your doctor. Learn more about fatigue on MyHealthAlberta.

Steele Heights News

Steele Heights Community League

www.steeleheightscommunity.com

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

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

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

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

Heather – Past President & Spray Park Committee Chair

Jon - Vice President

Dinah - Secretary

Cecil G - Treasurer & Civics Director

Denise - Membership Director & Neighbourhood Watch

Gwenna – Facilities Director

Marcus – Communication Director

Tyler – Program & Event Director

Trish – Social Director & Newsletter Editor

Robin - Director at Large

Cecil P – Director at Large

Jennifer – Director at Large

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

• **Monthly Meeting at the Hall** – Third Monday at 6:30pm (except Holiday Mondays where it is held the week before)

• **Hall Address**

5825 140 Avenue NW
Edmonton, AB

• **Mailing Address**

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

• **Membership & Associate Membership Information**

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

Senior (65 years+) - \$15

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

Visit our website for details on benefits.

Hall Rentals

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

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

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

Main Hall Rental Fees :

Sunday thru Thursday a full day rental will be \$300 per day
- starting at 10am and ending at 5pm

Friday and or Saturday a full rental day will be \$400 per day
- starting at 4pm until 9am the next day

Friday and Saturday rental together will be \$500 for both days
- starting at 4pm Friday and ending Sunday at 9am

Friday and Saturday and Sunday rental together will be \$650 for all three days
- starting at 2pm Friday and ending Sunday at 5pm

Media or Boardroom Rental fees :

Monday thru Thursday rental per hour of \$40 per hour up to 5 Hours .
- other days of the week and length of rental are available

Multi-Purpose Room and Outside Rink Area Rental Fee :

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

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

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

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

Special Savings on Quality Produce

Locked In Pricing for the Month. While quantities last

DATES
1 kg
\$5.99

20Lb New Red or White Potatoes
\$5.99

Maple Lodge Halal Hot Dogs
\$2.49/Doz

Fresh Baked Baklava Wide Variety

Compliments Canola Oil
\$6.99
3L bottle

Fresh loaf bread
\$1.29 ea.
White/Brown/Whole Wheat

Reggie Pasta
99¢
/Pkg

Lebanese fresh baked meat pies. Spinach & cheese 3 cheese family pack \$9⁹⁹

Emma Extra Virgin Olive Oil
1lt
\$7.99



Elsafadi Bros. Supermarket

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

Denture Specialist - Over 35 Years Experience

Londonderry Denture Clinic



FREE CONSULTATION

M. Lucyshyn DD

R. Lucyshyn DD

780-476-2529

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

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

*Some conditions and restrictions apply.

www.londonderrydentureclinic.com 13594 Fort Rd. Northeast Edmonton

North Edmonton Seniors Association

It's not old age. It's a new stage!

Fun & Fitness!

Arts, Learning:

All of it Affordable!

Classes for all fitness levels
Fitness Centre • Personal Trainers • Weekly Dances
Daytrips • Painting
Drawing • Music
Computers & Gadgets
Languages • Dance
Art • Cards • Sports Clubs
And more!

Flea Market

40+ tables of fabulous treasures!

Friday, April 7, 1-7pm
Saturday, April 8, 9-3pm

Book Sale

April 4 - April 8. 9-3pm
Open late to 7pm on April 7!
Free parking & admission!
Visit Cherrydale Café!

Home Supports

Find vetted service provider referrals & other resources to help you or a loved one stay in their home safely.

Housekeeping

Snow Removal

Lawn Care

Minor Home Repair

No membership required.
780-944-7470



MEMBERSHIP

\$30/year for seniors 55+!
Call 780-496-6969

REGISTER

Find all the Club, Class, and Event details in our online Program Guide!
nesa1.ca

OUTREACH

Health & Home Help:
Advocacy, information, and referrals!
780-414-8790

Northgate Lions Recreation Centre • 7524 139 Ave, Edmonton

780-496-6969 • nesa1.ca