

# NORTHEAST VOICE

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

June 2017



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

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

## FAMILY SOLAR FUN-DAY

SATURDAY 03, JUNE 2017 12pm-4pm  
 COME SEE EVANSDALES NET ZERO SOLAR SYSTEM 26.3 KW

**EVERYONE IS WELCOME!!!**

LEARN ABOUT COMMUNITY SOLAR WITH DAVID DODGE

BBQ HOTDOGS DRINKS AND MORE... KIDS EAT FREE!

Kids will receive 2 FREE tickets for food concession and a chance to win a NEW BIKE and other fun prizes by entering our colouring contest @ [www.evansdale.ca](http://www.evansdale.ca)

MEET SOLAR EXPERT GORDON HOWELL

CHECK OUT E CARSI TESLA LEAF

FREE GIVAWAYS FROM MLA CHRIS NIELSEN

EVANSDALE COMMUNITY LEAGUE  
 9111-150 AVENUE

# NORTHEAST COMMUNITY Summer Festival

Join us for **2 exciting days!**

**June 24-25 2017**  
 12-4 pm

Londonderry Junior High School  
 in the field

**Fun for the whole family.**

**FREE!**

**Want to Volunteer?**  
 Email Rebekah at [rebekah@thecrosspointchurch.ca](mailto:rebekah@thecrosspointchurch.ca)

**Questions?**  
 Contact Rebekah at 780-466-3532

**Festival Skills Training Night**  
 Tuesday, June 6 | 6:00 pm

For a full list of sponsors and for more details about the festival check out [NortheastCommunityFestival.ca](http://NortheastCommunityFestival.ca)

**Fusion CANADA**  
 "Together with Hope"  
[www.fusioncanada.ca](http://www.fusioncanada.ca)

**Edmonton COMMUNITY SERVICES**

### Upcoming Events in Northeast

- May:**  
 31: Book Club at EPL Londonderry 730pm
- Jun:**  
 1: Book Club at EPL McConachie 7pm  
 3: Evansdale Solar Fun Day noon-4pm  
 3: Father's Day Crafts at McLeod; 1pm; \$10  
 5: North Edm Seniors Asscn Seniors Week Kick-off luncheon; noon; \$17 per person; tix in advance  
 6: North Edm Seniors Asscn Health and Wellness Fair; 1pm-4pm  
 7-8: North Edm Seniors Asscn Art Show and Sale  
 9: Teen Gaming at EPL Londonderry 4pm  
 9-10: Northmount Hosts Mike Komarynsky Ball Tournament (teams wanted!)  
 14: Baby Laptime at EPL McConachie 2pm  
 23: Free Movie Night at McLeod 6pm  
 23: Dinner Theatre at NESAs; 5pm; \$50/person; Entertainment by 6 feet up; tix from NESAs by 16 Jun  
 24: Summer Starts at EPL! Storytime by MLA Chris Nielsen; Scavenger Hunt; Digital Storytelling; 1230pm; All EPL Locations  
 24-25: Summer Festival at Londonderry Sports Fields  
 27: Scribble Me at EPL Londonderry at 11am

### 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  
 Heritage Hall – 7406 139 Ave  
 Kilkenny Hall – 14910 72 Street  
 Kingsway Legion – 14339 50 Street  
 Lago Lindo Hall – 17123 95 Street  
 Little Mountain Cemetery – 16025 54 Street

### Upcoming Events in Northeast

- Jul:**  
 4: Super Hero Day at Northmount with MLA Chris Nielsen; noon to 3pm  
 4: Blood Donor Clinic at NESAs – change from usual schedule  
 7-8: Kilkenny Garage Sale  
 8: McLeod Soccer Wind Up Party  
 8: Beats'n'Eats North Edmonton Music Festival hosted by Dave Loken; 10505 172 Ave  
 14: Steele Heights 50th Anniversary  
 24: World Adventure Yoga Camp starts at McLeod; \$120  
 27: McLeod KDays Pancake Breakfast  
 28: NESAs KDays Pancake Breakfast with 1986 Klondike Kate Sue Whalen; \$5; tix by 22 Jul

- Aug:**  
 14: NESAs fall registration opens at 830am

**Note from Editor:** My sincerest apologies for forgetting to include this section in the last issue of the NE Voice.

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)

### Location Addresses:

- Londonderry Hall – 14224 74 Street  
 Londonderry EPL – in Londonderry Mall  
 McConachie EPL – 16607 50 Street  
 McLeod Hall – 14715 59 Street  
 North Edm Seniors Asscn (NESAs) – 7524 139 Ave  
 Northmount Hall – 9208 140 Ave  
 Ozerna Park – 7010 158 Ave  
 Steele Heights Hall – 5825 140 Ave



## Kilkenny Community League Garage Sale

Do you find Garage Sales irresistible? Found a few extra items that need a new home during your spring cleaning? Kilkenny will hold a garage sale on Friday July 7th 12-8 and Saturday July 8th 10-6. Set up will be the Thursday night prior.

Call Anna (780-478-3269) or email President@Kilkenny.ab.ca to book your table (\$15).

# 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: <a href="http://www.evansdale.ca">www.evansdale.ca</a>           |                            |              |  |
| Jeff Muiselaar   | President                  | 780-478-1759 | <a href="mailto:president@evansdale.ca">president@evansdale.ca</a>           |
| <i>Vacant-volunteer today!</i>   | 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>                 |
| Shawna Walsh   | 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>               |
| <i>Vacant - volunteer today!</i>   | 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 Bessette  | 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.



### 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

## 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/evansdalecommunityleague](http://www.facebook.com/evansdalecommunityleague)

## Spring Yoga Classes at Evansdale Hall

Yoga at Evansdale runs until June 22, so there is still time to get in and get started on your path to health and well-being.

Thursdays  
7:30-8:30pm  
Evansdale Hall  
9111-150 Ave  
\$13/class for drop-in  
Please bring a mat, towel and water

For more information, please email [evansdaleyoga@gmail.com](mailto:evansdaleyoga@gmail.com).

## Evansdale Volunteer of the Year

From L to R : Gordon Harris, Todd Sharkey (Evansdale Hockey Director), Rob Engles (Volunteer of the Year), Jeff Muiselaar (Evansdale President), Terry Kitching, Dave Loken (Ward 3 Councillor).



Volunteers play an important role within today's society for non-profit groups and community organizations from which youth sports and other activities are a key part of the community. The Evansdale Community League would like to recognize Rob Engles as one of our own members who has gone above and beyond as a hockey coach. He's been there for his own children but has also become an important role model and coach for other children within the hockey community. This community member was an Assistant Coach with the Eagles NE201 Novice team for his daughter and was Head Coach with the Eagles NE211 Atom team for his son. We thank him for his dedication and passion as a coach and hockey Dad for stepping on the ice to lead our citizens of the future in a game we all love.

Todd Sharkey  
Evansdale Hockey Director

## City of Edmonton Programs

A great tool for finding programs with the City of Edmonton is a Build Your Custom Program Guide with City of Edmonton programs, check it out here: <http://www.myrecguide.ca/guide/program-guide.php>

Don't want to commit to 8-12 weeks of a program? Why not find out more about Community Drop-In Programs check out: [http://www.edmonton.ca/activities\\_parks\\_recreation/drop-in-community-programs.aspx](http://www.edmonton.ca/activities_parks_recreation/drop-in-community-programs.aspx)

There are also many summer camps available through the City of Edmonton including camps at various recreation centres, the zoo, arts centre, museums, Fort Edmonton, river valley, Muttart Conservatory and more!

Please see the City of Edmonton Summer Day Camp Guide for information.

[http://www.edmonton.ca/activities\\_parks\\_recreation/documents/PDF/SummerDaycampsGuide.pdf](http://www.edmonton.ca/activities_parks_recreation/documents/PDF/SummerDaycampsGuide.pdf)

## Evansdale Family Solar Fun Day

On June 3, Evansdale will officially unveil its second solar project at our annual Evansdale Family Solar Fun Day. It's all part of the Eco-Solar Home tour 2017.

It's a day of fun for the whole family. We're having a solar/renewable energy coloring contest with some great prizes. Children are invited to draw or create a picture showing a form of renewable energy and bring the drawing to our Family Solar Fun Day. They could win a bike or prizes being donated by MLA Chris Nielsen.

Free Fun Event for All Ages:

- Free hot dogs and drinks for kids
- Renewable Energy Coloring Contest with great prizes!
- Bouncy arena for the kids

Solar Fun Day Features

- 26.3 kilowatt solar system – provides all of our electricity
- Electric Car Show and Shine – Tesla S and Nissan Leaf and more
- Meet solar expert Gordon Howell
- Learn about community solar with David Dodge
- MLA Chris Nielsen will be on hand

*Details*

**Date:** Saturday, June 3, 2017

**Time:** noon – 4 pm

**Location:** Evansdale Hall, 9111 150 Avenue

Evansdale is one of nine locations on the 2017 Eco-Solar Home tour and the only Community League!

Evansdale secured grants from Eco-City Edmonton and the Alberta MCCAC Solar Program which enabled the league to double the size of its solar system that now consists of 100 solar modules – 26.3 kilowatts of solar capacity. This makes the league net-zero on its electricity use – solar provides all of the electricity required by the league on a net annual basis.

Evansdale has also added LED lights to its rink which saves about 65 percent on the cost of lighting the rink. Also planned this year is lighting retrofit in the main hall where nearly all of our lights will be replaced with LEDs, further reducing our energy use and emissions from league operations.

If you're curious about electric vehicles, we already have a Tesla S and a Nissan Leaf lined up for our Electric Vehicle Show and Shine. Join us for a fun day of activities and learn about electric cars and solar energy at the same time!

# SUMMER

## Safaris

JULY & AUGUST

Here is a sample of some of the day trips this summer:

**Jurassic Forest, Discovery Wildlife Park and Ukrainian Village**

Registration now accepted  
**Monday - Friday**  
**8:30 am - 4:30 pm**

Payment is due at time of registration.

Visit [www.nesa1.ca](http://www.nesa1.ca) or pick-up a brochure for details

**Main Office**  
**Northgate Lions Recreation Centre**  
**7524 - 139 Avenue**

## Celebrating Seniors Week at Northgate Lions Recreation Centre 7524 - 139 Avenue



### 2017 Events & Workshop Choices

FEATURING MUSICAL THEATRE, PERFORMING & VISUAL ARTS

JUNE 5 - SENIORS WEEK LAUNCH - LUNCH & ENTERTAINMENT

JUNE 6 - HEALTH & WELLNESS FAIR

JUNE 7 & 8 - ART SHOW & SALE

JUNE 7 & 8 - WORKSHOPS (PERFORMING & VISUAL ARTS)

**MUSICAL THEATRE WORKSHOPS:**

- DRUMMING
- PERFORMANCE STORY TELLING
- IMPROV, COMEDY & LAUGHS

**VISUAL ARTS WORKSHOPS:**

- ARABIC CALLIGRAPHY
- CRAFTING with SHARLENE "FAIRY GARDENS"
- CRAFTING with SHARLENE "FLOATING TEACUP"
- SCULPTING with POLYMER CLAY (2 DAYS)

**MUSIC & DANCE WORKSHOPS:**

- ABORIGINAL ROUND DANCE
- DRUMMING - MUSIC MEDICINE JOURNEY
- INTRODUCTION TO SQUARE DANCING

**Register early to avoid disappointment!**  
[www.nesa1.ca](http://www.nesa1.ca) for more information

North  
Edmonton  
Seniors  
Association



Alberta  
Foundation  
for the Arts

## From broccoli to strawberries – growing nutritious food in your backyard or neighbourhood

It's surprising how many types of produce are grown in Alberta. We all know that vegetables and fruit are good for us; but have you thought to try to grow some yourself? Diets rich in vegetables and fruit have been associated with obesity and chronic disease prevention and improved overall health. Here are just a few examples of nutrient-packed vegetables and fruit that can be grown in your own backyard.

- **Strawberries:** These delicious bright red berries beat out other berries when it comes to vitamin C needed for immunity, healthy skin and gums.
- **Broccoli:** A type of cruciferous vegetable, this green vegetable can protect against certain cancers. They also are an excellent source of Vitamin C.

- **Spinach:** Leafy green with a mild taste that can be used in smoothies, omelettes or salad. Spinach has fibre and is a good source of vitamin A, C and K and folate. They also have plant chemicals like beta carotene, lutein and zeaxanthin which are important for eye health.

- **Carrots:** One medium-sized carrot supplies enough Vitamin A for an entire day. Carrots provide fibre and potassium and are a good source of vitamin C.

- **Tomatoes:** Red and round, tomatoes have many nutrients like potassium folate and vitamin B6. They also have an anti-oxidant called lycopene which is high in cooked tomatoes and has been linked to reduced risk of prostate cancer.

Do these health benefits inspire you to get growing?

You can start your own backyard or balcony garden and it's not too late to sign up for a community garden.

For information on how to start or join one, visit [albertahealthservices.ca](http://albertahealthservices.ca) and search Community Gardens Handbook.




## Colour Me Green!

Are you ready for Evansdale's Family Solar Fun Day? Join in the fun by entering our coloring contest. Print and color the picture and bring it to our event on June 3 from noon-4 pm.


It's all part of this Eco-Solar Home Tour event at Evansdale!

Come and see electric cars, fun and games for the kids and learn about Evansdale's solar system. And kids, you could win a bike or other prizes by coloring the picture and bringing it before 3pm on June 3 to our Family Solar Fun day event. You must be there to win. See you there!




# Kid's Colouring Contest

Enter our coloring contest for a chance to win 1 of 3 grand prizes including a NEW BIKE!! Value over \$100



**Prizes donated by**  
**Mr. Chris Nielsen**  
**MLA for Edmonton-Decore**



**REGISTRATION FORM**

Participant's Name: \_\_\_\_\_

Gender (Circle one):  Boy  Girl      Age: \_\_\_\_\_

Telephone: (    ) \_\_\_\_\_

Address: \_\_\_\_\_

**Drop Off Locations**

**Mr. Chris Nielsen Office**  
#5, 9228-144 Avenue  
**Evansdale School**  
9303-150 Avenue  
**Evansdale Hall**  
9111-150 Avenue

**Contest Ends**  
**June.3/2017**

**Join us on June.3rd for FAMILY SOLAR FUN DAY 12-4pm**  
Learn about solar and enjoy an exciting day complete with food, games, an inflatable obstacle course, face painting, fire truck visit and much more! Enter in our coloring contest for a chance to win 1 of 3 fabulous prizes.  
\*one entry per child and children must be in attendance to qualify for prizes.

## Green Leagues Launches at Evansdale

The launch of the EFCL Green Leagues program at Evansdale Community



After running a successful series of workshops for community leagues on energy efficiency and renewable energy, the Edmonton Federation of Community Leagues (EFCL) partnered with the City of Edmonton's Energy Transition project and launched Green Leagues.

The new initiative is designed to help community leagues get involved with energy efficiency and solar projects.

Charlotte Grandy is the new Energy Transition Officer at the EFCL.

Environment, Parks and Climate Change Minister Shannon Phillips was on hand at the launch held at Evansdale Community League as was Councillor Michael Walters who leads the energy transition file for council.

Leagues that participated in the first round of workshops were entered into a draw for \$15,000 prize from ENMAX.

Evansdale participated in the workshops, but it was Burnewood Community League that won the \$15,000 Energizing Communities Award.

What better place than Evansdale Community League to announced the launch of the Green Leagues program.

Evansdale just completed phase II of their 26.3 kilowatt solar system which provides 100 per cent of its electricity.

Learn more about Green Leagues at the EFCL website: <http://efcl.org/events--projects/green-leagues/>

*David Dodge*  
Evansdale Director of Sustainability



Michael Walters, City Councillor and council lead on energy transition



Shannon Phillips, Alberta Minister of Environment and Parks

# 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](mailto: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

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

You or someone you know celebrating an anniversary, birthday big or small, engagement, special achievement?? Team achievements, staff challenges, we would like to hear from you!! Feel free to send in a picture and the appropriate information and we will include it in the next newsletter!! Please send it to Sean, Kilkenny Publicity Director at [publicity@kilkenny.ab.ca](mailto:publicity@kilkenny.ab.ca). Next month's deadline is June 15th.

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

## Drop-in Bike Safety Program

Sunday, June 4, 2017 from 10:00am-1:00pm @Kilkenny Community Hall  
This program is targeted to children aged 6-12, but all children accompanied by an adult are welcome to attend. Families are encouraged to participate.  
Fun and basic bike safety skills are the focus of this program. Participants will enhance their bike safety skills while participating in stations and games. Participants can make a personalized bike plate.  
Participants must have their own bike, as well as a CSA approved helmet in order to participate.

The program may be cancelled due to inclement weather. Citizens can call 311 to find out if there is a cancellation.

## President's Message:

Hi, everyone! Summer is coming; we can feel it in the air! I hope everyone will have many fun and safe times outside as the weather gets warmer.

Our hall will still be available for rental during the summer please check our website for availability or leave us a message; 780-478-2481

Please join us for the North East Summer Fest on June 9-11. It is sponsored by a marvelous team dedicated to our community and seeing its success. Come with the family and enjoy free hotdogs and craft and fun for everyone!

We will be having a garage sale July 7 and 8. If interested in renting a table please call Anna 780-478-3269. Local crafters and artisans are welcome as well.

A final reminder to give our kids a break! Please slow down and drive with caution around ALL parks and playgrounds there are many excited kids out and about!

*Thank you,  
Anna  
Kilkenny President*

## 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!

## Green Shack is Back!!!!

Drop-in Green Shack programs are provided free of charge by the City of Edmonton for children aged 6-12. This summer, our programs begin on July 4 and end on August 25. During this time, our programs run Tuesday-Friday, 12:30pm - 8pm, and Mondays from 2:30pm - 8pm. Sites are also closed from 4:30-5pm each day for staff lunch break and on all civic holidays (July 1 and August 1).

Kilkenny Park: 147 Avenue & 72 Street NW  
Opening: July 4th  
Monday – Friday: 10-6

Mayliewan: 75 Street & 161A Avenue NW  
Opening: July 4th  
Monday – Friday: 2:30-6:30

Ozerna Park: Ozerna Road & 158 Avenue NW  
Opening: July 4th  
Monday – Friday: 10:00-1:30

The Flying Eagles program in Kilkenny is being run July 31- Aug 4, 2016 at Green Shack locations. Flying Eagle visits various Green Shack playground program sites each week of the summer. This program uses the medicine wheel as a guiding principle and teaches children and families about the first peoples of this land and Treaty 6. Activities may include storytelling, bead crafts, dream catchers, double ball, lacrosse, bannock making, smudging and talking circles. Incorporating Indigenous teachings into community recreation helps to build a relationship of understanding and respect among the program participants. It also encourages discussions about the history of the land and celebrates the relationship among all Edmontonians today. The program leader helps create a safe space for these conversations and teachings to be shared.

## Spray Park Fun is Back!!

The Waterpark at G. Edmund Kelly Park is now open and runs through to September 17th. It will be operating 9 am to 9 pm on Saturdays and Sundays and 3 pm to 9 pm during school hours, then 9 am to 9 pm July and August every day.

Don't forget your sunscreen and smiles (Both to be re-applied frequently!)

## Kilkenny Playschool

Ready, Set, Grow!

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

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

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

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

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

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

## Summer Daycamps

### Girls on the Go \$151

Monday – Friday, July 24-28, 2017 @ 9:00am-4:00pm @ Kilkenny Community League

It is exciting, active, fun and only for girls. Come out to enjoy a variety of activities including games, sports, arts and crafts, drama and much more. Get on the go with an awesome field trip.

[https://www.edmonton.ca/activities\\_parks\\_recreation/girls-on-the-go.aspx](https://www.edmonton.ca/activities_parks_recreation/girls-on-the-go.aspx)

### Cooking Up a Story \$68

Tuesday – Friday, August 8-11, 2017 @ 9:00-11:30am @ Kilkenny Community League

Find yourself in the delicious world of storytelling! Our daily recipes will be inspired by the stories we read. In addition to cooking, participants will enjoy a cup of games, a tablespoon of songs and a sprinkle of crafts. It's a recipe for fun. Every day is a new adventure!

[https://www.edmonton.ca/activities\\_parks\\_recreation/cooking-up-a-story.aspx](https://www.edmonton.ca/activities_parks_recreation/cooking-up-a-story.aspx)  
To register please do so via <https://eReg.Edmonton.ca>.

## ATVs: Be as Safe as Possible

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

There are significant risks associated with the use of ATVs. Children less than 16 years of age have not yet developed to the point of having the strength, skills or judgment needed to operate an ATV, and this includes ATVs marketed as 'child-sized'.

Parents of children less than 16 years of age are advised to ensure they do not drive or ride in an ATV.

Albertans 16 years of age and older are urged to take the following precautions to ensure their ATV excursions are as safe as possible:

- **Get Trained**  
Before you hit the trails, get formal hands-on training from a recognized/trained ATV instructor. Don't be shy about refreshing your training seasonally.
- **Wear the Gear**  
A helmet can save your life: from 2002 – 2013, 41 per cent of ATV-rider deaths in Alberta were due to head injuries. In 77 per cent of these head injury deaths, the ATV riders were not wearing a helmet. In addition to a helmet, always wear a jacket, long pants, goggles, boots and gloves.
- **Look First**  
Be sure you're aware of the weather forecast, fire outlook/potential, and any hazards (geographical, animal or human) that the trail(s) you're on could pose.
- **Buckle Up**  
Be sure that you're fastened in properly, and that all gear and equipment (including your ATV restraints) are in proper working condition before you hit the trails.
- **Drive Sober**  
Don't drink or do drugs before or while operating an ATV. 55 per cent of those who died in ATV crashes between 2002 and 2013 tested positive for alcohol.
- **Seek Help**  
Before you head out on the trail, let others know where you're going and when they should expect you back. This helps your loved ones know when to call for help if you've been gone too long. Take a cell phone or working radio with you, as well as a first aid kit. Never hesitate to call for help if you're stuck, have damaged your ATV, or are injured.



## 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/](http://www.earlychildhoodedmonton.ca/northcentral/) <https://www.facebook.com/ncearlyyears/>  
[ncearlyyears@gmail.com](mailto:ncearlyyears@gmail.com) 780-478-5022 ext. 903



## SERVING THE PEOPLE OF EDMONTON MANNING

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

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- \* Guaranteed Income Supplement \* Citizenship Inquiries
- \* Immigration Matters \* Canadian Passport/Consular Affairs
- \* Business Opportunities/Grants & Funding
- \* Student Loans \* Taxation

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WWW.ZIADABOULTAIF.CA

**ABOULTAIF MP**  
EDMONTON MANNING

## You're invited to Super Hero Day!

Sunday June 4th, 12 p.m. - 3 p.m.

Northmount Community League Park  
9208 140 Ave

Everyone is welcome to come dressed as your favourite super hero! Games, food, and tons of prizes.  
*Admission is free.*

Event sponsored by: MLA Chris Nielsen, Dickinsfield Amity House, and Northmount Community League.

**Chris Nielsen** MLA, Edmonton-Decore

780-414-1328 [edmonton.decure@assembly.ab.ca](mailto:edmonton.decure@assembly.ab.ca)



## Chris Nielsen MLA Edmonton-Decore

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

Constituency Office  
#5, 9228 - 144 Avenue  
780.414.1328  
[edmonton.decure@assembly.ab.ca](mailto:edmonton.decure@assembly.ab.ca)





McLeodCL  
 @McLeodCommunity

14715 59 Street  
 www.mcleodcommunityleague.ca

# McLeod News

## McLeod CL & Area 17

Congratulations to all the board members elected to represent Area 17 at the recent AGM held on April 4. We also attended a volunteer appreciation banquet on May 6, where Devin McIntosh was McLeod's honored volunteer.

Area 17 is comprised of NE community leagues, schools and non-profit organizations. As part of Area 17, we have donated \$125,000 to the Poplar Park District Park, and will be receiving \$25,000 for McLeod Hall improvements.



Member organizations include Amity House, a family resource centre providing social, recreational and educational programming. They offer a collective kitchen, free community lunch, drop-in cooking club, preschool, ESL, garden club, job search help, support groups, swap shop and food bank. [www.amityhouse.ca](http://www.amityhouse.ca)

The North Edmonton Seniors Association [www.nesal.ca](http://www.nesal.ca) is booming with activities for our 55+! St Michael's supports elderly residents and day program participants. [www.smhg.ca](http://www.smhg.ca) Check out these local non-profits for free and low cost opportunities for yourself or your family.

## McLeod U12 Girls Triumphant at Duggan

Congratulations to the McLeod U12 girls soccer team for their gold medal victory in the Duggan Mother's Day tournament. The girls braved the inclement weather, played hard, and had a lot of fun playing 4 games to win the tournament.



| www.mcleodcl.ca   780-475-5712   Rink: 780-473-8993 |   |
|---|---|
| President   | president@mcleodcommunityleague.ca      |
| Vice President                                      | vp@mcleodcommunityleague.ca             |
| Communications Director                             | communications@mcleodcommunityleague.ca |
| Membership Director                                 | memberships@mcleodcommunityleague.ca    |
| Treasurer   | treasurer@mcleodcommunityleague.ca      |
| Secretary   | secretary@mcleodcommunityleague.ca      |
| Sports Director                                     | VACANT                                  |
| Past President                                      | pastpresident@mcleodcommunityleague.ca  |
| Grants Director                                     | grants@mcleodcommunityleague.ca         |
| Facilities Director                                 | president@mcleodcommunityleague.ca      |
| Casino Director                                     | vp@mcleodcommunityleague.ca             |
| Soccer Director                                     | soccer@mcleodcommunityleague.ca         |
| Baseball Director                                   | baseball@mcleodcommunityleague.ca       |
| Softball Director                                   | softball@mcleodcommunityleague.ca       |
| Hockey Director                                     | hockey@mcleodcommunityleague.ca         |
| Area 17 Representative                              | area17@mcleodcommunityleague.ca         |
| Social Director                                     | social@mcleodcommunityleague.ca         |
| Programs Director                                   | programs@mcleodcommunityleague.ca       |
| Community Safety Director                           | safety@mcleodcommunityleague.ca         |
| Volunteer Director                                  | volunteer@mcleodcommunityleague.ca      |
| Youth Director                                      | youth@mcleodcommunityleague.ca          |
| Civics Director                                     | mattberryrep@gmail.com                  |
| Miller Community Director                           | miller@mcleodcommunityleague.ca         |
| Casselman Community Director                        | VACANT                                  |
| Matt Berry Community Director                       | mattberryrep@gmail.com                  |
| Hollick-Kenyon Community Director                   | hkchair@gmail.com                       |
| McLeod Community Director                           | mcleod@mcleodcommunityleague.ca         |
| Bingo Coordinator                                   | bingo@mcleodcommunityleague.ca          |
| Hall Rental Coordinator                             | hallrental@mcleodcommunityleague.ca     |
| Rink Volunteer                                      | rink@mcleodcommunityleague.ca           |

## President's Message

April 23-29 marked National Volunteer Week across Canada and the theme this year is "Volunteering Eh?" – a distinctly Canadian way to celebrate how we recognize volunteers during Canada's 150th birthday year. According to Volunteer Canada, 12.7 million Canadians volunteer in non-profit organizations. Volunteers are a huge unpaid workforce that society is indebted to.

Did you know that the McLeod Board has 27 volunteer director positions covered by 20 people? These individuals tirelessly serve your community so that our children can play sports, watch movies, and enjoy family events and community recreation centers, all at a low or no cost.

McLeod is one of the largest community leagues in the City geographically but I think we have the biggest and best Board hands down. Thank you to all the Board members for their support of the community!

Please see this edition to read about the eight recipients of the 2017 McLeod Angel Awards who either volunteer above and beyond their community service or volunteer freely without expecting anything in return.

Thank you volunteers!  
Leanne Rosinski

**the Gutter Doctor**

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# 2017 McLeod Angel Awards

There are eight recipients of the 2017 McLeod Angel Awards and MLA Heather Sweet and Councillor Ed Gibbons were on hand to present the awards. The McLeod Angel Award recognizes those who volunteer above and beyond their community service, and those who volunteer freely without expecting anything in return. These individuals have shown an outstanding commitment to their community and deserve special recognition.

Gerard O'Quinn happens to be Liz's sidekick and ever since Liz became Social Director, poor Gerard has been running errands, picking up slack at home when she's at the hall, helping in the hall kitchen during events, decorating, and many other things that contribute to the family functions McLeod holds to bring joy to our community. Gerard does not hesitate when he's asked during the middle of a pancake breakfast "We're out of sausages, syrup and coffee cream! Can you run out to buy more right away?" He has a heart of gold and is always willing to help someone in need.

Julie Vandermeer is relatively new to McLeod, arriving at Matt Berry in the winter of 2016. Since her arrival, she has quickly engaged in the community league and several other volunteer and community groups. Julie has been a key player in the Matt Berry Facilities Steering Committee, overseeing the relationship with the Centre Pointe Church. Julie stepped forward in a very short time, filling a board position as Volunteer Director. She patiently worked with me to learn the position and jumped right into contributing to very efficient sports registrations. We look forward to seeing what Julie has in store for the future, because her inquisitive mind combined with her exuberance mean great things for McLeod.

Two years ago, Martin Pater reached out to the McLeod Board to volunteer to sit on the Matt Berry Facilities Steering Committee. This committee is looking at building a new McLeod facility in the Matt Berry area. He was the first volunteer who wasn't already on the McLeod Board, so his commitment provided a valuable impetus for the project. Since putting his name in the hat, he also brought his wife, Cathy on. Martin and Cathy have been steadfast in their commitment to the Board by attending meetings, managing surveys and assisting the committee.

Todd Chmilar, McLeod's Soccer Director, sent along a message when he was informed of his nomination as he could not attend the ceremony. "I'm honored to be nominated for a McLeod Angel Award. My journey to Soccer Director started in 2009 when I started volunteering at registrations at the volunteer commitment table. I became the Associate Soccer Coordinator in 2009 and Soccer Director in January 2013. The soccer program wouldn't be the success it is without the huge commitment from all those involved, from the McLeod Board, to the Soccer Committee that I work closely with, to the soccer coaches who freely give their time to teach and mentor our players. You've enabled me in countless ways to promote and grow the soccer program. The Soccer Committee members are incredibly generous with their time, assisting in all aspects of the soccer program, including registration, program administration, and equipment management. McLeod is blessed with many great volunteers. Some of these volunteers/coaches don't even have children involved in McLeod sports programs. Our soccer volunteers come out in great numbers when we have our registration and equipment organization sessions making them huge successes.

Chad Urschel has planned the Del Golinowski 3-on-3 hockey tournament for the 2 years, since its inception. The tournament is named in honour of Del Golinowski, McLeod's longest serving volunteer. Chad heard about the tournament from a Board member and volunteered to help with planning and promotion. In the first year, he planned around five teams and in the second year, 10 teams participated. We heard nothing but positive feedback from all the players about how much fun they had. Chad's commitment ensured that the tournament ran efficiently which only added to its success. Despite being the organizer, Chad also participated with his own team, winning the second year tournament.

Cindy Maione is described by Liz as her "great super shopper" friend. Cindy is the "unofficial social director assistant and unofficial one-person social committee" who volunteers countless hours to assist Liz in preparing fun family events for the community. Cindy uses her finely honed skills in discount shopping to ensure that our events come under budget but are of extremely high quality. From activities to decorations, no shopping challenge is impossible for her. Thank you Cindy for the hours of your time in making our community a more fun place to be!

Our last award recipient is also McLeod's Volunteer of the Year for Area Council 17, Devin McIntosh.

Devin joined the Hollick-Kenyon Park Society in the summer of 2009 and became chair in March 2010. He lead the society in fundraising activities and the small but dedicated group did a full door to door fundraising drive to every home in Hollick-Kenyon not just once, but tried every house twice to get as much community support as possible. For anyone who has done door-to-door canvassing, you know that it is a huge task.

Devin also appeared before City Council in 2011 to present over 400 letters from elementary students to convince the City not to cut playground funding from its budget. This was successful and construction started in 2013 with eventual completion by Spring 2015. The playground is now enjoyed by hundreds of kids at Dr Donald Massey School and everyone in the community.

Devin has also taken a lead role with Sports Explorerz, the 3-5 year-old physical literacy program run by McLeod and five other community leagues. He started on the committee in 2014 and is the supervisor for the staff and McLeod's contact for the program. Devin diligently registers McLeod participants and coordinates all community leagues' registrations.

If you are interested in becoming a McLeod Angel, please contact [volunteer@mcleod-communityleague.ca](mailto:volunteer@mcleod-communityleague.ca).



Gerard O'Quinn



Martin & Cathy Pater



Cindy Maione



Devin McIntosh



Julie Vandermeer

McLeod's Angels receive their awards from MLA Heather Sweet and Councillor Ed Gibbons



Leanne President McLeod CL



ENJOY THE REST OF THE SCHOOL YEAR  
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## Summer Daycamp

“Want to learn fun and exciting ways to keep active? Come join us for a week of meeting new friends, playing team sports and trying new activities. We will go rock climbing, swimming at a local pool and play some active games.” Participants will also have the opportunity to take a fitness class lead by a special guest instructor.

Register by calling 311 or online at [ereg.edmonton.ca](http://ereg.edmonton.ca) or in person at any city rec centre.

“Get Active!”  
August 14-18  
9 am – 4 pm  
age 9-12 years  
course code 596963  
cost \$193



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## Fitness Kickboxing

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.

## Matt Berry Facility

The committee members continue to meet regularly. Colliers has been chosen to be the project planner, and we are entering negotiations to retain their services to guide the project from design to completed construction.

The City planning department is meeting to update the map of the entire Matt Berry green space by confirming locations for Francophone School Board school and community league building space.

Our next public consultation will update residents on the project, and we continue to seek input, ideas and new volunteers. Children welcome at the consultation, activities provided. Further information or ideas to [mattberryrep@gmail.com](mailto:mattberryrep@gmail.com)

Matt Berry Facility  
Public Consultation  
September 26  
7 pm – 9 pm  
Centrepointe Church  
5940-159 Ave

Of particular interest to residents is that we will be conducting a door-to-door campaign in June and July. If you live adjacent to the Matt Berry Park (facing 162 ave; in the cul-de-sacs on 162 ave; on 62 street or 63 street backing on to the park; on 159 ave backing on to or across the street from the park; or on 59a street backing onto the park) then watch for our team of door-knockers! They will want to hear your opinions about the facility. Make sure to have your voice heard!

## McLeod in Bloom

We are again celebrating our neighbours who put extra effort in beautifying their front yards.

Volunteer canvassers will be walking through Miller, Hollick-Kenyon, Matt Berry, McLeod and Casselman to nominate people for the award.

Everyone nominated will be invited to our Community League Day celebrations on September 16.

Communities in Bloom is a volunteer group “committed to fostering civic pride, environmental responsibility, beautification and to improving quality of life through community participation.” ([www.communitiesinbloom.ca](http://www.communitiesinbloom.ca))

If you’d like to nominate your neighbour, please submit their address to [www.edmonton.ca](http://www.edmonton.ca), searching “Front Yards in Bloom”. Nominations open on Saturday, May 20.

## Parent & Tot at McLeod Hall?

Some members of the McLeod CL and Horse Hill CL are testing the waters to see if there is interest in a parent & tot program.

It would be a gym-like space for indoor play, and time to meet other parents in the neighbourhood.

If you live anywhere north of 144 Ave to the Henday, between 66 St & Manning Freeway, please fill in the survey. <https://www.surveymonkey.com/r/WFZC-ZDP>

## McConachie Library

Still looking for “books on tape”?

You can download audio books and digital copies of books and magazines to read on your device.

It is all free, using your Edmonton Public Library card. Pick your card up at McConachie Library (16607-50 Street).

Bring photo id. The librarians can even show you how to do the first download, if they’re not too busy. [www.epl.ca](http://www.epl.ca)

## Parks Planning

The City of Edmonton established a parks department in 1908, and local leaders of the time were inspired by Frederick Olmstead who designed some brilliant parks in Chicago and New York.

His ideas back then are considered “modern” ideas now by some city planners! For example, Olmstead placed seating in a circle within a forested part of the park. The Matt Berry Facility committee recently consulted with an indigenous elder, and he made the same recommendation last week!

When new neighbourhoods are created, the City negotiates with the developer to set aside 10% as greenspace. These lands can be of greater or lesser quality/usefulness, and ecological considerations were only given weight since 2000. 2% of the 10% is set aside for natural areas.

On April 12, two McLeod CL reps attended an EFCL city-wide meeting to meet with others who are working through the process of improving the playgrounds and parks in their neighbourhoods.

McLeod is fortunate to have Jason, who serves on our board, also serve as the District B EFCL Planning Representative, to keep us informed of the city-wide picture and add our input at a higher level.

## Mark Your Calendars for Upcoming McLeod Events

NOTE: Subject to change, please check current details on our website [www.mcleodcl.ca](http://www.mcleodcl.ca) or Facebook page: McLeod Community League.

Saturday, June 3 – Father’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 dad as well as a special craft. The kids will also enjoy a healthy snack & refreshments.

Please contact [social@mcleodcommunity-league.ca](mailto:social@mcleodcommunity-league.ca) to purchase tickets IN ADVANCE.

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

Friday, June 23 – Free Movie night  
Doors open at 5:30pm, movie starts at 6:00pm  
Concession available  
Movie TBC

Thursday, July 27 – KDays Pancake Breakfast  
Free at McLeod Hall  
7am to 9am

## Election Forum at McLeod

Councillor Ed Gibbons announced on April 26 that he won’t be seeking re-election as the Ward 4 representative.

His major projects were the 118 Avenue and Fort Road revitalizations. Thank you for serving our community for the past 16 years.

Announced candidates at time of publishing are below. You can follow them on facebook or twitter to see their bios, activities and platform ideas.

Rocco Caterina  
Justin Draper  
Beatrice Ghettuba  
Sam Hachem  
Hassan Haymour  
Aaron Paquette  
Alison Poste  
Tricia Velthuizen

McLeod is hosting a Ward 4 Candidates forum on October 11 at the McLeod Hall. (6 pm doors open, 7 pm start).

Municipal Election Day (for city councilors and school board officials) is Monday, October 16. Please vote, every voice counts!

## Fit for Life!

The following free access times are available if you show your McLeod CL membership card:

Clareview Recreation Centre  
Saturdays, 6pm-8pm  
Full facility access  
Pool, fitness centre, open gym, ballpit

### Londonderry Pool

Sunday  
4:15 pm – 5:45 pm

### O'Leary Pool

Saturday  
3:45 pm – 5:45 pm

### Grand Trunk

Sunday 4:15pm-5:45pm  
Friday 7pm-9pm

### Fred Broadstock Outdoor Pool

15720-105 Avenue  
May 20-Sept 5  
Sun, Mon, Tue, Wed  
5pm-7pm

### Oliver Outdoor Pool

10315-119 Street  
June 10 – Sept 8  
Sun, Mon, Tue, Wed  
6pm – 8 pm

### Queen Elizabeth Outdoor Pool & Kinsmen Spray Park

9170 Walterdale Hill  
June 1 – Sept 1  
Sun & Tue 5pm-7pm  
Mon & Wed 6pm-8pm

### Millcreek Outdoor Pool

9555-84 Avenue  
May 20 – Sept 5  
Su/M/T/W/Th/Fr/Sa  
7pm-9pm

For the outdoor pools: May 22, July 1, Aug 7 and Sept 4 are EXCLUDED from the free access program.

We have purchased the free access for the outdoor pools for the past few years, but very few people are attending. If McLeod's free admissions are not up this year, we will probably not purchase access next summer.

## McLeod Congratulates Horse Hill CL

On April 5, the Horse Hill community league held a successful AGM, doubling the size of its board, and recruiting a bunch of new, enthusiastic volunteers. A member of the McLeod board attend, fostering increased communication and cooperation between leagues in NE Edmonton. If you live in Brintnell, McConachie, Quarry Ridge, Cy Becker, Gorman or rural NE, this is your community league. We expect great things to come!

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

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

## McLeod's Green Shacks

Green shack programs at local playgrounds offer games, crafts, sports, outdoor cooking and more. The program is targeted for children aged 6-12 years, but younger children accompanied by an adult are welcome to attend. Monday thru Friday from July 4 – August 24. [edmonton.ca/dropincommunitiprograms](http://edmonton.ca/dropincommunitiprograms) or call 311.

Although community volunteers raise money and build playgrounds, the city looks after maintenance. Inspections occur once every 14 days from April through October, including emptying trash cans. If equipment is broken, or the playground is dirty, please call 311 or use the Edmonton 311 app.

### Hollick-Kenyon

5315- 159 Ave  
2:30 pm-6 pm

### Brintnell (in Horse Hill CL)

210 Brintnell Blvd  
10:00 am – 1:30 pm

### Matt Berry

15950-59A St  
2:30 pm-6 pm

### McLeod

14715-59 St  
10 am-1:30 pm

### Miller

14903-50 St  
2:30 pm-6pm

## Spray Sites Near McLeod

The best way to stay cool on a hot summer day is to head to a free, drop-in water play site. Bring snacks, towels, hats, sunscreen and wear your bathing suit. Babies must wear water play diapers while using City water play features.

These district water play sites are usually staffed from 11 am – 6 pm. The city employees provide general supervision and offer games and activities on quieter days.

### Castle Downs Spray Park

153 Ave & 117 Street

### G. Edmund Kelly Spray Park

150 Avenue & 79 Street

### Glengarry Spray Deck

113 Avenue & 89 Street

### Edmonton City Hall

1 Sir Winston Churchill Square  
Wading pool

## Community Gardens

Volunteers are busy constructing two community gardens this summer. New gardeners, of any ability, culture or faith, are always welcome.

Community gardens are a great way to meet your neighbours, make new friends, and grow your own food!

The community league only owns the hall and ice rinks, so, unfortunately, we don't have land to donate. The ice rinks are used for skating in the winter and soccer in the summer.

Also, it is very difficult for a community group to get access to city parkland to make a garden, so we appreciate these faith-based organizations for donating the use of their land for gardens.

Casselman Garden  
5108 McLeod Road  
[akfwong@hotmail.com](mailto:akfwong@hotmail.com)

All Saints Garden (For more details on this garden, there is another article in this newsletter)  
5003-146 Avenue  
[stmichaelanglican@gmail.com](mailto:stmichaelanglican@gmail.com)

## McLeod Supports NE Agriculture

McLeod CL participated the development process of the NE River Crossing Roadway and Bridge Planning, by attending the public consultation on April 20.

We met with the Visser family who want to establish a conservation easement to be placed (in perpetuity) on 236 acres of rich agricultural land and old growth forest in north east Edmonton (Horse Hill CL area).

A board representative will be attending a benefit concert on June 10 to visit the site in person.

More information at  
[www.ladyflowergardens.com](http://www.ladyflowergardens.com)

# Relax, leave the cleaning to us!



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# 780.452.5730

[shasta-roehr@mollymaid.ca](mailto:shasta-roehr@mollymaid.ca)

## McLeod Community Safety Director

The nice warm weather is finally here. And, saying that, children will be out and about on their bicycles. Parents/Guardians are responsible to ensure their child is properly wearing an approved bicycle helmet. Parents/Guardians can be issued a Violation Ticket if their child is not wearing a bicycle helmet, or not wearing it properly.

Under the Alberta Traffic Safety Act, Part 6 Division 5 Section 111 & 112 :

- Cyclists younger than 18 are required by law to wear an approved bicycle helmet.
  - Children in trailers and on trail-a-bikes are required by law to wear an approved bicycle helmet.
  - Adults, while not required by law, are encouraged to wear a helmet.
  - Helmets must meet ANSI, Snell or CSA standards to provide enough protection
- Here are some tips to ensure your child is wearing the helmet properly:
- helmet should be snug but not too tight.
  - helmet must have no more than the width of one finger of space between the chin-strap and the chin;
  - helmet must not move in any direction;
  - helmet can be fitted properly by using the sizing pads;
  - helmet should fit properly by adjusting the straps to form a 'Y' just below and in front of the ears so it fits snugly and comfortably;
  - very important : helmets must be replaced if it has been involved in a crash, even if it doesn't look damaged; that includes being dropped

Required Bicycle Equipment installed on the bicycle by law under the Alberta Traffic Safety Act Part 6 Division 5 Section 113 :

- Horn or Bell
  - Functioning Brake
  - When riding at night bicycles must have a front headlight, a red tail light and a red rear reflector. Reflective clothing or vests and other lightly colored clothes are highly recommended for extra visibility.
  - Well not required by law, it is recommended children wear wrist guards, elbow pads and knee pads to help protect them if or when they do fall off their bicycle.
- Rules of the Road/Pathways in Edmonton traffic bylaw 5590 state:
- Only bicycles with wheels less than 50 centimeters in diameter (children's bikes) are permitted on sidewalks.
  - Standard size bicycles are only allowed on signed, shared-use sidewalks that are 2.5 meters wide or greater.

For more information go to City of Edmonton or Alberta Transportation websites. Alberta Off-Highway Vehicle (OHV) Helmet Law Update:

As of May 15, 2017, CSA-compliant helmets must now be worn by OHV users when riding on public land in Alberta. Public land means Crown land, including areas that have been designated for public OHV use, public roadway and highway rights-of-way public land which includes land that is

leased, land that is designated as a provincial park, provincial recreation area, wild land, natural area or any other protected designation where off highway vehicle use is allowed.

Helmets are required for anyone driving, operating, riding in or on, or being towed by, an OHV. An OHV is any motorized vehicle built for cross-country travel, including:

- dirt bikes, motorcycles, mini-bikes and related 2-wheel vehicles
- all-terrain vehicles (ATVs)
- utility terrain vehicles
- miniature motor vehicles
- amphibious vehicles
- snow vehicles, including snowmobiles and snow bikes

Helmets are not required when using an OHV:

- on your own property
  - on private property with permission of the owner
  - on First Nations Reserve or Metis Settlement lands, unless they have a law requiring it
  - when performing farm and/or ranch work
  - if you wear a turban as a member of the Sikh faith, or have received an exemption from Alberta Transportation
- Helmets are not required in vehicles that:
- have manufacturer installed rollover protective structures and seat belts, which have not been modified and are being properly worn
  - meet standards for motor vehicles designed for use on a roadway and has seat belts. (e.g., unmodified 4x4 trucks, SUVs and jeeps)

Penalties for not wearing a helmet/non-CSA-compliant helmet:

The fine for not wearing a helmet is \$155. The fine for wearing a helmet that is not CSA-compliant is \$93.

CSA-compliant helmets  
OHV safety helmets must comply with the same standards that exist for motorcycle helmets. The standards are:

- CSA Standard CAN3-D230-M85, Protective Headgear in Motor Vehicle Applications;
- Standard No. 218; Motorcycle helmets under Part 571.218 of the Code of Federal Regulations (United States), Title 49;
- British Standards Institution Standard BS 6658: 1985, Specification for protective helmets for vehicle users;
- Snell Memorial Foundation 2000 or 2005 or 2010 Standard for Protective Headgear, for use with Motorcycles and Other Motorized Vehicles; and
- United Nations Economic Commission for Europe Regulation 22-05, Uniform provisions concerning the approval of protective helmets and their visors for drivers and passengers of motorcycles and mopeds.

## World Adventure Yoga Camp

Join Nicole from Blue Mango Children's Yoga for a week of yoga movement, mindfulness, art experiences, cooperative games, journaling and more.

Our yoga adventures will take us to the 7 continents, where we'll explore animals, cultures and geography.

Bring your friends, because yoga is better when we do it together.

Nicole is passionate about teaching yoga to children/teens and cultivating community within her classes.

She has been working with young children in various capacities for ten years.

With her extensive knowledge in childhood development and her passion for yoga, her classes are educational, active, fun and creative.

July 24- July 28

9:00 am- 12:00 pm

Ages 6-12

Location: McLeod community league

Rain or shine- dress for the weather.

\$120.00, additional siblings are \$95.00

\* Participants must show or purchase a community league membership for \$25  
Space is limited. Register at <https://goo.gl/forms/9Ac77uBwK93FLAq1>

## St Michael's Community Garden

Have you always wanted to meet new people who enjoy gardening as much as you do and who come from the same neighborhood as you do? Have you always wanted to give your green thumb a try but don't have a garden for? Look no further and join the new community garden at St. Michael and All Angels Anglican Church in Casselman (5003 146 Ave)!

This garden will be open to everyone from the community, no matter their faith, background, or experience in gardening. For this year, we're planning to have community planters and a harvest that will be shared at the end of the season. We will build those planters in the next few weeks to get the season going! Starting next year, we're planning to have individual plots for those that are more ambitious as well as community planters for everyone to share.

You can be part of this great experience: from mentally supporting us with good advice and warm words, over pulling some weeds from our flower planters, to actually building the garden and planting some veggies – everyone is welcome! We're currently meeting every Wednesday from 7-9 pm at the church to plan the garden.

Please stay tuned for upcoming events on our Facebook page:  
Community Garden – Sunshine Vines  
You can also get in touch with our garden coordinator Colleen Sanderson:  
2017communitygarden@gmail.com

## Your Voice in Ward 4



Ward 4 Councillor

**Ed Gibbons • 780-496-8138**

**[ed.gibbons@edmonton.ca](mailto:ed.gibbons@edmonton.ca)**



# Northmount Community League News

| 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  |              | newsletter@northmount.ca |
| Grants              | VACANT           |              |                          |
| Social              | Suzanne Ramdass  |              | social@northmount.ca     |
| Facilities          | James Crocker    | 780-717-5885 | webmaster@northmount.ca  |
| Area 17             | Karen Plamondon  | 780-478-2010 |                          |
| Newsletter          | Michele Crocker  |              | newsletter@northmount.ca |
| Memberships         | Robin Wheatley   | 780-473-8634 |                          |
| Adult Programs      | Robin Wheatley   | 780-473-8634 |                          |
| Senior's Programs   | Suzanne Ramdass  |              | social@northmount.ca     |
| Children's Programs | VACANT           |              |                          |
| Hockey              | TBA              |              |                          |
| Soccer              | Joanne Cheetham  |              | soccer@northmount.ca     |
| Softball/Baseball   | VACANT           |              |                          |
| Sports              | VACANT           |              |                          |
| Bingo               | Angela Purves    | 587-336-7699 | treasurer@northmount.ca  |
| Casino              | Sid Plamondon    | 780-478-2010 |                          |
| Co-Sport Explorerz  | Karen Plamondon  | 780-478-2010 |                          |
| Co-Sport Explorerz  | Sid Plamondon    | 780-478-2010 |                          |

## Northmount Hall Rentals

We have a seating capacity for 250 guests.

We offer a large kitchen with industrial stove, dishwasher, double door cooler, and bar area.

Fridays & Saturdays all functions:  
\$450 for Non-members  
\$350.00 for Members  
Wedding Special \$700.00  
- Hall is yours to setup & use from Friday morning to Sunday at 5:00

Interesting in renting? Call Linda at 780-399-9022.



## Adult Programming Notes

Northmount's weekly walking group is up and running! Come join Robin and crew at the hall 9208 140 Avenue, every Monday evening at 7PM (excluding statutory holidays). There are many benefits to joining a walking group, you can lose weight, improve your mood, make friends, and get to know your neighbourhood. Joining a walking group also keeps you motivated! Well-behaved dogs are welcome on the walk, please remember to bring baggies to clean up after them! Water may be provided, but you are encouraged to bring your own water bottle.

Robin has many interesting new ideas she is considering for members to enjoy. If you are interested in participating in any of the following programs, please call Robin at (780) 473-8634 so that she can make the arrangements.

- Paint Night
- Self Defense
- Cupcake Decorating
- Making Garden Ornaments

## President's Message

Thank you to everyone who came out to check out our Table at the Taste of Decore on April 29th. It was a fun time getting together to meet with other services and programs being offered in our area of the city.

Another big thank you to everyone who attended our Town Hall Meeting with our MLA Chris Nielsen and our City Councillor Tony Caterina, we had a good turn out with many questions being asked. We also had members of our board present answering questions for community residents about what they would like to see happening in Northmount.

If anyone missed the meeting and would still like to discuss a vision for our community, I invite you to contact me by phone or email. I can be reached at president@northmount.ca or 780-270-1212.

## 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>

## Getting Social with Northmount

**Spaghetti Supper Night!!**  
– October 21, 2017 from 4 PM until 10 PM

Join us for a night of fun, dancing and SPAGHETTI!! Everyone is welcome to attend a special evening to celebrate our community. Tickets will go on sale shortly, please watch our Facebook Group for more information or check out the next issue of the Northeast Voice!

If you have any questions please email Suzanne at social@northmount.ca

## 2nd Annual Mike Komarynsky Ball Tournament

Northmount will host the 2nd Annual Mike Komarynsky Ball tournament on June 9, 10 and 11.

Get your teams ready for a fun weekend of ball and fellowship.

If you are interested in putting in a team or playing on the two Northmount teams, give Terry a call at 780 478-4147.

If you are interested in helping out that weekend with umping or a bit of BBQing call Terry as well.

Come out and cheer on the young Northmount team and the older team as well.

Last years tournament was a great success. Let's make this year's even better!!!!

## 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



## 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 meeting or contact Meagan by text at 780-270-1212 or email [president@northmount.ca](mailto:president@northmount.ca) for more details!

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

On March 21, 2017 we had our AGM and a new board has been elected but we are still need of new members to join and take on some 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

Northmount is looking for help with the following positions:

### 1. Co-Casino Director

We are looking for a dedicated member to help with our largest fundraising opportunity, Co-Casino Director. As the Co-Casino Director you will need to attend our monthly meetings as well as communicate with the Alberta Gaming and Liquor Commission. We have a Casino event every 18 months and it requires a dedicated amount of time near and during our event. As the Co-Casino Director you will be responsible for organizing and coordinating the volunteers needed to run the casino. If you take on this position you will get a mentorship opportunity with our current Casino director.

### 2. Children's Program's

We are looking for someone to take on Children's Programs, this position offers unique opportunities to provide entertainment, a sense of belonging, and community involvement to members of Northmount and its neighbour's. Enjoy dances? Themed parties? Crafts? Easter Egg Hunts? The choices are endless. The board will support any programming that you think will benefit the community. All we need are the volunteers! If you are interested in helping out, or have ideas for programs we could offer, please contact Meagan at 780-270-1212.

### 3. Co-Bingo

We are looking for a dedicated volunteer who loves working with a team and building relationships with our fellow neighbours. We are in need of a Co-Bingo Director to coordinate our Bingo volunteers. As a Co-Bingo Director, you are a key member of the team. Fundraising the finances that we need to keep our lights on, and programs running at Northmount.

The commitment varies each month, which includes:  
attending one board meeting per month,  
attending two Bingo meetings a year in May and November, attend sport registrations to sign up volunteers for their commitments, as well as chairing some of the Bingo's to support the other volunteers working the Bingo dates.

### 4. Co-Soccer

Northmount is need of a Co-Soccer Director, this position requires someone with great organizational skills and leadership. As one of the largest roles on this board, it would be easier to share this position with a co-director. Our current director has put in many hours to make soccer available in this community and if she does not get extra support soon, Northmount will need to take a break from offering this program.

If you do not want to see soccer ending in Northmount, please contact Meagan at 780-270-1212 to learn how you can lend a hand.

## Treasure Hunters Summer Daycamp!

The City of Edmonton is providing Northmount with a summer daycamp called **Treasure Hunters**. This daycamp is for ages 7-10 yrs. It will be Monday to Friday, July 10-14 from 9 am to 4 pm. The cost is \$129.

**Ahoy Shipmate!** This program brings to life the tale of explorers from long ago. Unravel the mystery of long forgotten buried treasures, just waiting to be dug up by some lucky treasure hunter. Come aboard our ship to seek adventure on the high seas. Do you think you have what it takes to be an explorer of the open seas? Shiver me timbers, I think you do!

Registration opened March 15th but there are still a few spots left!

To register please reference course code 596971.

You may register three ways, call 311, go online at [ereg.edmonton.ca](http://ereg.edmonton.ca) or register in person at any City of Edmonton Recreation and Leisure Centre.

## WHY 30 AT JUNIOR HIGH SCHOOLS?

As of September 5, 2017, school zones are in effect around **elementary** and **junior high schools** throughout Edmonton. Motorists are required to slow down to 30 km/h between 8 a.m. and 4:30 p.m. (08:00 – 16:30) on school days where school zone signs are posted.

### WHY IS IT IMPORTANT TO SLOW DOWN?

The lower speed limit protects our most vulnerable road users: our **children**.



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

**VISION ZERO EDMONTON:** zero traffic fatalities and serious injuries

# I am here to serve you.



**WARD 3 COUNCILLOR  
Dave Loken**



2<sup>nd</sup> Floor,  
1 Sir Winston Churchill Sq.  
Edmonton, Alberta,  
Canada T5J 2R7



Tel: 780 496 8128  
Fax: 780 496 8113



[dave.loken@edmonton.ca](mailto:dave.loken@edmonton.ca)



@daveloken



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

# 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**

**Vacant – Program & Event Director**

**Vacant – 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.

## Hospice, one of many options for end-of-life care

In Alberta, there are many options to get palliative and end of life care—your home, a hospital, a continuing care centre, or a hospice.

Hospices are places made to feel like home while giving specialized end of life care, 24/7. The care teams focus on comfort and quality of life, and can help patients and their family cope with feelings about serious illness.

In a hospice, palliative care is provided by health professionals, volunteers, and spiritual counsellors. Services include:

- managing pain
- helping with daily living activities (personal care)
- emotional, psychological and spiritual support.

Before accessing palliative care or a hospice, a health care team discusses with patients on what's important to them and where they would like to be at the time of their illness where they may either have: a life expectancy of less than 3 months; signed a form saying they do not want to be resuscitated or a need to be in a bed or chair most of the time. A patient's choice may change as an illness changes, and individuals can get palliative and end of life care at any time.

There's also a new program that's helping to bring emergency care to people who get palliative and end of life care in their homes. The EMS Assess, Treat, Refer program has Emergency Medical Services, home care clinicians, doctors, and families working together to help people stay in their homes if that's what they wish.

Contact Health Link at 811 for more information on hospices or programs that provide end of life care in your area, or for eligibility.

## Need Your Vehicle Inspected?

Can't get to a garage?

### Call Auto Mobile Inspections



Dennis is a Master Licensed Red Seal Technician with over 25 years experience. He travels to where your vehicle is located. If your vehicle does not pass inspection you do not pay.

*email: [DFautoinspections@gmail.com](mailto:DFautoinspections@gmail.com)  
call or text Dennis at 780 242 2243*



**DF Auto Mobile Inspections and Repair**



# CITY OF EDMONTON SUMMER DAYCAMPS

WHERE KIDS CREATE, LEARN, MOVE AND PLAY!



Register online at  
[edmonton.ca/daycamps](http://edmonton.ca/daycamps) or call 311

Edmonton

## 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<br>Halal<br>Hot Dogs<br><b>\$2.49/Doz</b>   | Fresh loaf<br>bread<br><b>\$1.29 ea.</b><br>White/Brown/<br>Whole Wheat                         |
| Fresh<br>Baked<br>Baklava<br>Wide<br>Variety            | Reggie<br>Pasta<br><b>99¢</b><br>/Pkg   |
| Compliments<br>Canola Oil<br><b>\$6.99</b><br>3L bottle | Lebanese fresh<br>baked meat pies.<br>Spinach &<br>cheese 3 cheese<br>family pack <b>\$9.99</b> |

**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

# Tots 2 Kids

Before & After School Care

Register Today! **587-523-8687**  
[www.tots2kidsedmonton.com](http://www.tots2kidsedmonton.com)



We are an accredited centre with Alberta Childcare Services,  
offering care for children Kindergarten to Grade 6.  
**Subsidy available!**



We provide DRIVING drop-offs and pick-ups to the following schools: Father Leo Green, Kildare, John Barnett, St. Philip, Dickinsfield & Northmount.

Located across the street from J A Fife Elementary School, we provide WALKING drop-offs and pick-ups to children attending that school.

We have access to a spray park, basketball courts, a playground and a huge field located right at our doorstep.



Summer is just around the corner. Sign up today for our FULL DAY Summer Program! We have a fun-filled summer planned with field trips all over Edmonton, from July 5 to August 23. The Corn Maze, Telus World of Science, Street Performers and the K-Days Parade just to name a few!

Visit our website: [www.tots2kidsedmonton.com](http://www.tots2kidsedmonton.com) & register online TODAY!  
Come visit us for a tour and book your appointment today!

**14804 78 Street 587-523-8687**

## RUN WALK RIDE FOR VISION ZERO

JOIN US THIS FATHER'S DAY FOR THE RUN WALK RIDE FOR VISION ZERO!

**When:** Sunday June 18, 2017

**What:** 5k run/walk, 10k run and 10k cycle

**Who:** This event is for all ages and abilities. You can walk, run, or bike. Dogs on leash and strollers welcome! There will be giveaways, free juice, snacks, and a hot dog lunch following the race.

**Registration:** Visit [edmonton.ca/runwalkride](http://edmonton.ca/runwalkride)

**VISION ZERO:** zero traffic fatalities and major injuries

**Race Start Time:** 10am

**Where:** Concordia University of Edmonton, 7128 Ada Blvd



Edmonton