

# NORTHEAST VOICE

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

July 2016



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## Poplar Park Playground Grand Opening

The Poplar Park Grand Opening ceremonies were held in front of some very happy students—the entire school population of Florence Hallock School, special guests and volunteers.

David Dodge, Poplar Park committee member and MC for the event acknowledged the tireless work of the current Poplar Park Playground committee: Noela Shields, Wendy Peacock, Trish Perrin, Shannon Tenney, Lena Alonissi, and Jennifer Dowling.

The committee also thanked the playground's major supporters: The City of Edmonton, Province of Alberta, Blue Cross and Alberta Tire Recycling, Area 17, Evansdale Community League, The Alonissi Family, The Edmonton Community Foundation.

The first two phases of the park developments have now been completed: the basketball courts and the playground.

The Poplar Park Playground committee received word just the other day that the Area 17 Council (a group of seven district community leagues) is making a major contribution to phase 3, the spray park development more news on this soon!

Thanks to volunteers, parents, community members and especially the students of Florence Hallock School for helping with popcorn fundraisers, bottle drives and for never giving up!

Lastly a big thank you to Dean Michalides, principal of Florence Hallock who reached out to the community before his school even opened forging a partnership with the community that is rock solid to this day.

Poplar Park Playground Committee



## 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 8th 12-8 and Saturday July 9th 10-6. Set up will be the Thursday night prior. Call Anna (780-478-3269) to book your table (\$15).



## As summer approaches, WE NEED HELP! McLeod Events

We are looking for volunteers who like getting up early to help with our Seniors' Pancake Breakfast on Monday, July 24. Volunteers need to start at 6:30am at the latest. We also need help with the planning of the second annual Del Golinowski 3-on-3 hockey tournament that will take place in January 2017. If you are interested in being on the planning committee, we can use you! If you can help us, please contact me (*Leanne*) at [president@mcleodcommunityleague.ca](mailto:president@mcleodcommunityleague.ca). Without help, McLeod cannot put on events like this for the community.





# Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires

## Evansdale Community League Board & Committees

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

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

E-mail address: [www.evansdale.ca](http://www.evansdale.ca)

Jeff Muiselaar	President	780-478-1759	<a href="mailto:president@evansdale.ca">president@evansdale.ca</a>
<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>
Angele Boake	Treasurer		<a href="mailto:treasurer@evansdale.ca">treasurer@evansdale.ca</a>
Sue Harris	Credits	780-473-8796	<a href="mailto:credits@evansdale.ca">credits@evansdale.ca</a>
Cindy Hoekstra	Secretary	780-472-6559	<a href="mailto:secretary@evansdale.ca">secretary@evansdale.ca</a>
Elaine Sarac	Membership Director	780-476-7442	<a href="mailto:membership@evansdale.ca">membership@evansdale.ca</a>
Todd Sharkey	Hockey Director	780-238-3910	<a href="mailto:hockey@evansdale.ca">hockey@evansdale.ca</a>
Rhesa Palapay	Bingo Director		<a href="mailto:bingomanager@evansdale.ca">bingomanager@evansdale.ca</a>
Hanna Tarrabin	Program Director	780-905-4554	<a href="mailto:programs@evansdale.ca">programs@evansdale.ca</a>
Jim Ragsdale	Director at large		
<i>Vacant-volunteer today!</i>	Newsletter & Social Media	<i>volunteer today</i>	<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.



Evansdale Hall is a beautiful facility at 9111 150 Avenue. For more information visit our Hall Rentals page at [www.evansdale.ca](http://www.evansdale.ca)

Weekend rates:

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

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

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

Use of dishes: \$100

Meetings: \$35/hour

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

## Memberships

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

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

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

### Benefits of Community League Membership

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

## Summer Day Camps and more!

### President's Column

As the summer will be in full swing by the time you get this newsletter the Evansdale community league will be for all purposes shut down until September. We will have our last meeting this Tuesday at 7 PM until we start again in September.

City of Edmonton Summer Day Camps **Summer Survivor** for 8 to 12 years olds from July 11 to July 15. This is a full day program 9 am to 4 pm.

**Sizzling Summer Chefs** for 6 to 9 years old August 6 to August 12. This is a half-day program 1:30 to 4 pm

Both day camps are being offer in the main hall at Evansdale Community League, 9111 150 Avenue.

### Skateboard park coming this summer

As a reminder, this summer Evansdale will have a temporarily skateboard system set up by the city on our nice new asphalt, either in July or August. Also this summer we will have a full day Green Shack program in the Evansdale playground, which will be great for all the kids in that neighbourhood.

Have a great summer and will all see you again in September.

*Jeff Muiselaar*

*Evansdale president*

*[president@evansdale.ca](mailto:president@evansdale.ca)*

## Evansdale Hockey News

Hello everyone, my name is Todd Sharkey. I'm the new Hockey Director for Evansdale Community League. I've played hockey myself for several years, all the way up to midget and now for the past seven years I've been involved in minor hockey with my own two boys. I've also had the pleasure of coaching Initiation and Novice teams in the past. If you have any questions, any issues or there is something you would like addressed regarding the upcoming hockey season, please feel free to email me. I will do my best to address your concerns.



Registrations are done every year online via the Hockey Canada website; there's a link on the Eagles website (<http://ne-zeagles.ca/>). Keep an eye on the Eagles website for early Registrations starting in the summer. The final registration process occurs in August usually at Londonderry Hall where memberships, volunteer commitments are signed up for and Ice times for tryouts are handed out. For players registering in Bantam please refer to the NEZ website and MLAC site for AAA and AA tryouts.

*Todd Sharkey*

*Evansdale Hockey Director*

*[hockey@evansdale.ca](mailto:hockey@evansdale.ca)*

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## Sport Explorerz wraps up in June – Send us your comments

Our first session of Sport Explorerz is almost done, we would like to hear your comments of how we did, or how we can make it better. We are thinking of having another session this fall, in the hall or in the sports building, please let us know what you think.

The T-shirts have been ordered and should be ready as of this week of June 12.

We have a Sport Explorerz meeting of the 5 community leagues this June 29, to rap up and discuss the results.

We would like to continue this program as it is very beneficial to the young children in the community.

Thank you for your participation

Jeff Muiselaar:

president@evansdale.ca



## Evansdale.ca Visit Our Website and Facebook Page

Get the latest information, our most recent newsletter, contact information and lots of other great stuff! Also get involved, join us on Facebook!

Website: [www.evansdale.ca](http://www.evansdale.ca)

Facebook Page: [www.facebook.com/evansdalecommunityleague](https://www.facebook.com/evansdalecommunityleague)

Poplar Park Playground: [www.facebook.com/poplarparkplayground](https://www.facebook.com/poplarparkplayground)



## Nissan Leaf Electric Car a big hit at Evansdale EcoSolar Tour

Almost 70 people came to Evansdale's EcoSolar Home Tour event. The three electric cars were a big hit. We had a Cadillac, a Nissan Leaf and a Chevy Spark on hand. Both of our presentations, one by solar expert Gordon Howell and the other on Evansdale's Solar System by David Dodge were well attended.

Just before the event Evansdale received word that it is receiving an EcoCity grant that will allow us to double the size of our solar system which means we will be producing as much electricity as we consume at Evansdale, the first community league to go net-zero on electricity.

Numerous community league representatives attended the event so don't be surprised if you see solar being installed at other community leagues around town.

David Dodge,

Evansdale Director of Sustainability

sustainability@evansdale.ca



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

# Summer Celebration

**FREE ENTRY**

**Saturday 25 Th June 2016 12pm-3pm**

**FUN FOR THE WHOLE FAMILY**

**EVERYONE IS WELCOME!!!**

**BBO, HAMBURGERS, HOTDOGS, NACHOS, COTTON CANDY, POPCORN, DRINKS AND MORE...**

**Evansdale Sports Explorers and Soccer Players will receive 3 FREE tickets for food concession and a chance to win a NEW BIKE!!**

**EVANSDALE COMMUNITY LEAGUE**

**9111-150 AVENUE**

**BEAN BAG TOSS, TUG O' WAR, PLINKO**

**FREE GIVEAWAYS**

**GIANT GANGLAWN DICE**

**SNAKES & LADDERS**

**Adventure Bus**

## Community Party: The free bike draw for soccer players is back

Attention everybody in Belle Rive, Eaux Claires and Evansdale join us for our annual Community Summer Celebration on June 25. It's fun for everyone! Soccer players get a chance to win a NEW BIKE!

Saturday, June 25 from 12-3 PM – free for all



# Kilkenny Community League News

## Save The Date

**Summer Festival:** June 25-26, 11:00-4:00 at Kilkenny Community Hall  
**Skateboard Park:** July 3-25, times vary at Kilkenny Hockey Rinks  
**Garage Sale:** July 8, 12:00-8:00 and July 9, 10:00-6:00  
**Hockey Registration:** August 24th and 31st at 7:00pm at Londonderry Community Hall  
**Playschool Registration:** September 1st, 6:30-7:30 at Kilkenny Community Hall  
**Soccer Registration and Sport Explorers:** September 10th, 10:00-1:00, 13th and 15th 6:30-9:00 pm at Kilkenny Community Hall  
**Community Day:** September 17, 11:00-4:00 at Kilkenny Community Hall  
**Social Housing Developments Redevelopment Meeting** Sept 26, 6:00-8:00pm

## Do you have a special content you would like to see??

Do you or someone you have content that you would like in the North East Voice? 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) or leave a message at 780-473-2771.

## Social Housing Redevelopment Project

Thank you to everyone that has participated in our meetings. Your opinion and thoughts are important to hear. We are having another meeting on June 22 at Kilkenny Community Hall and on Sept 26 from 6-8pm. Please check the project website at <http://www.itstartswithhome.com/open-door-blog> once it is available to see your thoughts posted. Other website <http://londonderry.it-startwithhome.com> Or send your thoughts ,comments to [project@crhc.ca](mailto:project@crhc.ca)

## Halloween Party Coordinators Needed

Kilkenny's Community League needs a group of people to organize our yearly Halloween Party in October. Anyone interested in helping out are asked to please contact Anna at 780-478-3269. It's never too early to start planning a great event.

## President Message

May and June have been busy months, especially with the beginning of our sport programs. A big thank you goes out to Amber, our Soccer Director, for all her hard work. Also, a thank you to all our coaches, assistant coaches and managers. This season was our first time with Sports Explorez and as with all new programs, we had some growing pains. We will improve as we will continue this program in the fall.

I hope everyone has a great summer. The City of Edmonton will be at the hall, rink and park to provide programs for children and teens. Please enjoy and have a safe time with these programs.

Our community would be nothing without its volunteers. This year our award went to 2 people, Bob and Lynn Guest. A big thank for all the work that they do for the community.

We have had many people come in with Capital Region to view the new possibilities that can be done on this site. It is exciting to see what can be done! I am glad to hear your thoughts and concerns.

I hope to see a big difference at the end of the summer. There will be a last meeting in September. Please watch out on our website with what is happening in the fall.

Have a good Summer break.  
Anna Taylor  
President.

## Green Shack is Back!!!!

Drop-in Green Shack programs are provided free of charge by the City of Edmonton for children aged 6-12. The Shack hours are as follows ...

**G. Edmund Kelly Park: 150 Avenue & 79 Street NW**  
Opening: May 21st  
Monday - Friday (May, June, September): 3-9  
Monday - Friday (July, August): 9-9  
Saturday - Sunday: 9-9  
These hours apply to the spray park as well.

**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 is being run July 6-8, 2016 at all Green Shack locations during staffed hours. For more information about this program, please visit [http://www.edmonton.ca/activities\\_parks\\_recreation/flying-eagle-program.aspx](http://www.edmonton.ca/activities_parks_recreation/flying-eagle-program.aspx)

Temporary mobile skate park equipment will be available during staffed Green Shack hours at the Kilkenny rink July 4-27. After that, the equipment will be moved to the Evansdale rink. Ride at your own risk. Helmets are mandatory. Protective equipment is strongly advised.



# Kilkenny Community League

Hall: 14910-72 Street, (780) 478-1271  
Mailing Address: PO Box 71120, Northtown Mall, Edmonton, AB, T5E 6J8  
Board members, committee members and volunteers represent Kilkenny, Ozerna and Mayliewan residents in matters of development, parks, planning and arranging community events, and activities. If you'd like to take a more active role in your community, please feel free to contact anyone below:

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

## Hall Rentals

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



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• \*FREE\* BBQ

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"My Constituency Manager Michael MacLean, my Case Worker Kyle Fairall and I look forward to meeting you!"

- Heather Sweet, MLA  
(Edmonton-Manning)

Constituency Office

14904 50th Street Edmonton, AB T5A 5H7



Phone: 780-414-0714

[edmonton.manning@assembly.ab.ca](mailto:edmonton.manning@assembly.ab.ca)



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# Summer Camps

Throughout the summer, ages 3 and up!  
Check our website for more details!  
[www.dancetheme.com](http://www.dancetheme.com)

July 11-15	Summer of Seuss (3-5 years)
July 18-22	Angelina Ballerina (3-5 years)
July 18-21	Hip Hop Evening Camp (6 years +)
July 20-22	Acro Dance (7 years +)
August 8-12	Magical Wonderland (3-5 years)
August 8-12	Broadway Bound (7 years +)
August 22-26	Summer Dance Intensive (7 years +)



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*"The feeling that we are part of the Dance Theme family and appreciate having such a high quality dance studio in our northside neighbourhood! [Is why we choose Dance Theme]" - Rachel B. (Parent)*

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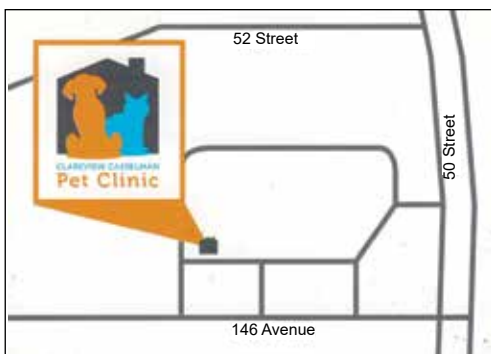
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## North Central Early Years Coalition

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

Parental tips for encouraging self control can be found at :

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

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

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





# McLeod News

## McLeod Board of Directors

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

### Executive Committee:

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

### Board of Directors:

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

## Hall Rentals in McLeod

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

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

## McLeod Memberships

Memberships can be purchased at the hall during our program/sports registration nights. You can also purchase them online from [www.efcl.org](http://www.efcl.org), with an additional \$5 processing fee. You must be a resident in one of our five neighbourhoods to become a member. Memberships are valid from Sept 1 to Aug 31 of the following year.

\$25 for family, \$15 single adult/no kids

## McLeod President's Message

As summer approaches, WE NEED HELP!

We are looking for volunteers who like getting up early to help with our Seniors' Pancake Breakfast on Monday, July 24. Volunteers need to start at 6:30am at the latest. We also need help with the planning of the second annual Del Golinowski 3-on-3 hockey tournament that will take place in January 2017. If you are interested in being on the planning committee, we can use you! If you can help us, please contact me at [president@mcleodcommunityleague.ca](mailto:president@mcleodcommunityleague.ca). Without help, McLeod cannot put on events like this for the community.

Congratulations goes out to the McLeod slo-pitch team who took home the trophy at Northmount Community League's 1st Annual Mike Komarynsky Classic Slo-Pitch Tournament. Our winning team had the following players (in photo): Front Row - Kate Gentles, Courtney Tovey, Donna Prochnau, Denaye Chambers, Holly Gilbert, Derrien Chambers, Dylan Chambers, Jason Watt; Back Row - Joe Tovey, Dennis Sodergren, Dentin Chambers, Justin Tovey, Chad Wasuita, Tyson Johnson, Sabina Muir; Missing - Karen Link. If you are interested in playing for McLeod next year, please contact Joe at [rink@mcleodcommunityleague.ca](mailto:rink@mcleodcommunityleague.ca).

And finally, we received a lovely thank you note from Shalene Creighton, President of the DDM Parent Society. Shalene writes "On behalf of the Dr. Donald Massey Parent Society, I would like to extend a very sincere thank you to your community league for the use of your concession equipment at our recent BBQ fundraiser. It helped us create a fun family atmosphere that was enjoyed by many from our school community. We were able to raise almost all of the funds needed to purchase pinnies for our elementary sports teams. Thank you again for your never ending support of the DDM school."

*Enjoy the start to your summer!*

*Leanne Rosinski*



## McLeod Pool Access

### McLeod CL Access - Outdoor Pools

- Fred Broadstock Outdoor Pool  
May 21 – Sept 5: Sun, Mon, Tue Wed 5pm-7pm
- Oliver Outdoor Pool  
June 12-Sept 4: Sun, Mon, Tue, Wed 6 pm-8pm
- Queen Elizabeth Outdoor Pool  
June 1 – Sept 5: Sun & Tue 5pm-7pm, Mon & Wed 6pm-8pm
- Mill Creek Outdoor Pool  
May 21-Sept 5 – Sun, Mon, Tue, Wed, Thur, Fri, Sat 7pm-9pm

### McLeod CL Access- Indoor Pools

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



## McLeod Soccer Update

The outdoor season is in full swing and thanks to the co-operation of Mother Nature started on May 1st as scheduled. We've had exceptionally pleasant weather this spring which has resulted in only a few games being missed.

This year McLeod soccer has 542 players participating on 37 teams ranging from U6 to U18. We have an enthusiastic U6 program where the players show up excited to play and sad when they realize how quickly their hour has gone by. We have quite a few rising stars in the U6 and U8 programs. It's great to see the players making new friendships and enjoying the soccer experience. It's what community soccer is all about. Our 10's to U18's are old pros and we welcome the players who have winter commitments and can only play spring soccer.

For U10's and U12's, a Tournament of Champions will be held June 20-26 to determine who will represent the north zone in various tiers in Cities. Cities for U10 – U18 will be July 4-10 with successful teams advancing to Inter-Cities or Provincials July 22-24. More information can be found at [www.emsacityfinals.com](http://www.emsacityfinals.com). Inter-Cities and Provincials for boys will be played in Edmonton and girls will be played in Calgary.

In order to expedite the return of soccer equipment at the end of the outdoor season, please ensure jerseys for U10 and up teams are promptly returned to coaches. Please consider bringing t-shirts for your children to change into after the last game so you can promptly return the jersey. Thank you for your assistance.

INDOOR REGISTRATION dates will be August 31, September 7 and 11. Please see the McLeod website mid-August for registration fees. The season will begin mid-October with weekly games, U6 – U12 on Saturday, U14-U18 on Sunday. Coaches will pick practice night and location from an inventory of gyms available to the north zone. I hope to see many of you back for the indoor season.

Finally, thank you to all the coaches who stepped forward this season, freely giving your time to teach our community members about soccer. We couldn't have done it without you. It's your dedication and enthusiasm that makes McLeod soccer successful.

Todd  
McLeod Soccer Director  
[www.communityleagueneews.com](http://www.communityleagueneews.com)

## McLeod Needs Donations of Skating Equipment

McLeod continues to need donations of skates and helmets to loan to people interested in skating but have no equipment. These items will be kept on site and loaned out only for skating on the McLeod ice rinks. If you have skates or helmets that are in good shape, please contact Leanne at [president@mcleodcommunityleague.ca](mailto:president@mcleodcommunityleague.ca) to arrange a time to drop them off.

### *McLeod potrzebuje darowizn sprzętu do jazdy na łyżwach*

(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](mailto:president@mcleodcommunityleague.ca), w celu umówienia dnia i godziny ich przekazania.

## McLeod is a Member of the Castledowns Bingo Association

Castledowns Bingo is the facility in which we hold bingos to raise funds for hall maintenance. Without a steady source of revenue for maintenance and repairs, McLeod would not be able to provide the community with free family movie nights and other free festivities. Did you know that there is a lounge inside the bingo hall that is available for party bookings? Jesters also has cosmic bingo, paint nite, darts, pool, VLTs, karaoke, and crib. Please go to their website for more information: <http://www.jesters-lounge.com>.

### **Mc Leod jest członkiem Stowarzyszenia Castledowns Bingo**

(many thanks to Magdalena Kowalewska for the translation!)

Castledowns Bingo jest obiektem, w którym odbywają się gry w bingo. Imprezy takie pozwalają nam zbierać fundusze na konserwację pomieszczenia. Bez stałego źródła dochodu na konserwację i naprawy, Mc Leod nie byłby w stanie zapewnić społeczności darmowych rodzinnych wieczorów filmowych i innych darmowych uroczystości. Czy wiecie Państwo, że w budynku Catledowns Bingo znajduje się sala, którą można zarezerwować na różnego rodzaju przyjęcia? Jester's Gaming Lounge, zlokalizowana w tym samym pomieszczeniu, oferuje Państwu możliwość gry w cosmic bingo, rzutki (strzałki), bilarda, automaty do gier oraz zaprasza do zabawy w karaoke i do gry w crib. Zapraszam do odwiedzenia strony internetowej <http://www.jesters-lounge.com> w celu uzyskania więcej informacji.

## McLeod Needs Translators

We continue to look for translators to assist us to communicate parts of our newsletter information to all our of community members. If you are proficient in another language and can spare a few hours every month, please contact Leanne at [president@mcleodcommunityleague.ca](mailto:president@mcleodcommunityleague.ca). If you represent a cultural group within Miller, McLeod, Hollick-Kenyon, Casselman, or Matt Berry, please contact me and let's talk about a partnership!

## Fitness Kickboxing at McLeod

Tuesdays and Thursdays – throughout the year  
Times: 7:00 PM-8:00 PM  
10 Sessions  
Cost: \$75 for non community league members.  
\$50 for community league Members  
\$10 drop-in fee  
Kickboxing has its roots in martial arts and was originally limited to being a full contact sport, but in this new millennium, 98% of participants join strictly for the fitness.  
Like boxing classes, fitness kickboxing offers the opportunity to train like a real kickboxer, reaping all the benefits without having to get in the ring. Studies show that a 45-60 minute kickboxing class can burn off 600-800 calories! In addition to the weight loss, you build lean muscle which raises your metabolism burning calories at rest and toning the whole body. The kicking exercises concentrate on the thighs, hips, and buttocks unlike any other workout. Instructor We are very fortunate to have Master Harry Reid 5th DAN and 6 times Canadian Forces Tae Kwon Do Champion as our fitness instructor.

## McLeod Memberships

Memberships can be purchased at the hall during our program/sports registration nights. You can also purchase them online from [www.efcl.org](http://www.efcl.org), with an additional \$5 processing fee. You must be a resident in one of our five neighbourhoods to become a member. Memberships are valid from Sept 1 to Aug 31 of the following year.  
\$25 for family, \$15 single adult/no kids

## Mark Your Calendars for Upcoming McLeod Events

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

Monday, July 25, time 7:00am – 10:00am – Seniors' Pancake Breakfast  
To help celebrate K-Days, McLeod is hosting a free pancake breakfast for seniors living in our league – Miller, McLeod, Hollick-Kenyon, Matt Berry, and Casselman. The first 50 seniors in attendance that have never had a McLeod Community League membership will receive one for free! We will be accepting food and monetary donations for the Food Bank.

Saturday, September 17, 12-3pm – Community League Day  
Details forthcoming.

Saturday, September 17 – Movie Night  
Doors open at 5:30pm, movie starts at 6:30pm. Concession available.  
Wear your PJs, bring your pillows and sleeping bags!

## McLeod Adult Yoga Sessions

Balance Hatha with restorative 45 minutes of strength, balancing and integrative postures, then 45 minutes of restorative poses using supportive props.  
6:30-8:00 pm  
10 classes: \$140

Yoga for beginners  
Focus on core strength, balance, breath work, sitting and standing postures. This class will strengthen, while rejuvenating!  
8:15-9:15 pm  
10 classes \$110

Tuesday's: September 13- December 6  
No classes on October 4 and 11.  
Registration opens last week of August. Space for 10 participants in each class. If room allows, \$15 drop in fee will apply.

Classes taught by Nicole from Blue Mango Yoga



## McLeod Needs a Baseball Director

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

### MCLEOD NECESITA UN DIRECTOR DE BEISBOL

(many thanks to Lina McBryan for the translation!)

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

### McLEOD POTRZEBUJE KIEROWNIKA DRUŻYNY BASEBOLLOWEJ

(many thanks to Magdalena Kowalewska for the translation!)

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

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

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

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

## McLeod’s Green Shacks

Hollick-Kenyon, Matt Berry, Miller and McLeod playgrounds will all be getting half-day green shack locations this summer. The programs will run from July 4 to August 25. The summer hours for July & August 2016 are as follows:

- Hollick-Kenyon 2:30 – 6:00 pm
- Matt Berry 2:30 – 6:00 pm
- McLeod 10:00 am – 1:30 pm
- Miller 2:30 – 6:00 pm

This program is free drop-in playground programming for children ages 6-12. Experience a great summer in your own neighbourhood filled with games, sports, crafts, music, drama and special events. Matt Berry will share a staff person with the Ozerna playground. Hollick-Kenyon will share a staff person with Brintnell playground.

By donating \$1,000, the McLeod CL has partnered with the City of Edmonton to support this city-wide Green Shack program.

For playground program information, please call 311 or visit [www.edmonton.ca/playgrounds](http://www.edmonton.ca/playgrounds).

The City also offers Flying Eagle, Youth Hubs and events (age 13-17), skateboard parks, water play/splash parks and pop-up play. These outdoor recreation programs are supervised and led by well-trained City of Edmonton staff. Get the full details in the 2016 Neighbourhood Sumer Drop-in Program guide – available at schools, public libraries, City recreation centres and online. Call 311 or [www.edmonton.ca/dropincommunityprograms](http://www.edmonton.ca/dropincommunityprograms).

For more detailed information on all green shack locations and start times, contact the City of Edmonton: phone 311 or email [311@edmonton.ca](mailto:311@edmonton.ca) or check [www.edmonton.ca](http://www.edmonton.ca)

## McLeod Community Safety Message

### Traffic Safety Tips

First one I wanted to talk about is Posted Stop Signs. There is a myth out there that you have to stop and count to three. This is not correct. When pulling up to a Posted Stop Sign with a marked line across the roadway or a marked cross walk you must stop before the line or the crosswalk. If no marked line or marked crosswalk then stop no more than 3m from the edge of the intersecting roadway. Stopping means that your wheels/tires have come to a complete stop. The vehicle motion has ceased. You put other motorists including pedestrians and yourself in danger when you do not come to a complete stop. Rolling stops are not the same. Violation Ticket for not stopping at a Stop Sign has a penalty of \$388.00 and 3 demerit points. After your vehicle has come to a complete stop – then and only then – proceed when safe to do so yielding the right of way to all vehicles and pedestrians.

I encourage drivers to routinely do a walk around of their vehicles. Check your lights, tire pressures and even your license plate. I have noticed a lot of vehicles lately with daylight running lights out, brake lights out including the top centre one most drivers forget to check and driving on tires with near low tire pressure that is extremely dangerous as it affects the vehicle’s ability to steer and brake properly. Checking your license plate will remind you when to register your vehicle or if you have forgotten to put your new sticker. Doing a quick walk around daily can save you from being pulled over and receiving violation tickets and or being towed. Last note please take a look at your drivers license and check expiry date.

### Parking Safety Tip

Please be mindful when parking near marked crosswalks. Under the Traffic Safety Act you must not park on or across and within 5 Meters from near side (the side of a vehicle that is opposite the driver's side and close to the curb) which is before the crosswalk. Penalty under Traffic Safety Act is \$78.00 and most municipalities including Edmonton have this section under their bylaws and penalties start at \$50.00. Vehicle can also be towed at owner's expense. Parking within 5 meters blocks visibility of pedestrians trying to cross the road. The parking within 5 meters applies to Stop and Yield signs as well as fire hydrants.

For More information on Stop Signs or Parking Rules go online to [www.qp.alberta.ca/documents/Regs/2002\\_304.pdf](http://www.qp.alberta.ca/documents/Regs/2002_304.pdf) or to City of Edmonton Website [www.edmonton.ca](http://www.edmonton.ca) and search under Bylaw Tab or by calling 311.

### PET SAFETY TIPS

Under Edmonton's City Bylaw #13145 Dogs are not allowed to be out of control off owners property. What that means is your dog must be on a leash not exceeding two meters in length and be in control of the dog when not on your property. Exceptions are when you are in an off leash area. Keep dogs 10 metres away from school grounds, playgrounds, sports fields and picnic sites. This helps keep your dog, other dog owners and people safe from unpredictable events that can happen.

Reminder all dogs in the City of Edmonton need to be licensed yearly and have their license tag displayed on their collar when it's off your property. Please be a responsible pet owner and carry a bag and clean up any defecation your dog may do off your property. On your property please keep the defecation to a minimum to eliminate the smell and unsightly look to your fellow neighbors. Tickets may be issued if your pet is not licensed, not displaying license, not cleaning up defecation on or off your property and being out of control of the owner. Fines start at \$100 dollars and go up from there for these offences. For more information please go online to [www.edmonton.ca](http://www.edmonton.ca) and look under bylaw tab or you call 311.

I hope everyone is enjoying your Spring/Summer thus far. School will be out soon and there will be more children and youth's out on our streets and in our playgrounds. Please do your part and obey the traffic and parking laws to help keep everyone safe. Reminder to check all your documents with regards to driving which include your Driver's license, Insurance and Registration to make sure all is valid and in your vehicle or on your person. Please walk around and check your vehicles daily. Distracted driving does include when you are at a red light. Only use hands free devices while driving or risk getting a Violation Ticket for \$287 dollars and 3 demerit points.

If you have a Safety Concerns or would like more info please email me at [safety@mcleod-communityleague.ca](mailto:safety@mcleod-communityleague.ca)

Ryan



**Chris Nielsen**  
**MLA Edmonton-Decore**

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

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



# 2016 SUMMER DAYCAMPS



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**Edmonton**



**ZIAD ABOULTAIF**  
Member of Parliament for Edmonton Manning

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

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

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

Ph: 780-822-1540  
Fx: 780-822-1544  
ziad.aboultaif.c1@parl.gc.ca

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

**Upcoming Events in Northeast**

**June:**

- 25 & 26: Summer Festival at Londonderry Park
- 25: Summer Starts at EPL Grand Opening (Londonderry and McConachie Libraries)
- 26: Aboriginal Family Storytime 4pm EPL Londonderry
- 28: Dance & Dinner at Kingsway Legion
- 29: Wrestling at Kingsway Legion

**July:**

- 2: Dance with Live Band at Kingsway Legion
- 4: Green Shacks Open in all neighbourhoods
- 4: Temporary skate park open at Kilkenny
- 5: Firefly Theatre Hosts Holy Hoopla! 2pm EPL McConachie
- 6-8: Flying Eagles Program at Kilkenny area Green Shacks
- 8&9: Garage Sale at Kilkenny Hall
- 8&9: Dance with Live Band at Kingsway Legion
- 9: Arabic Family Storytime Celebrates Eid Fiter 4pm EPL Londonderry
- 12: Marty Chan hosts Monster Makers 2pm EPL Londonderry
- 13: Concrete Theatre hosts Sprouts to Go 11am EPL McConachie
- 14: Tina Turner Impersonator at Kingsway Legion
- 22: Seniors KDays Pancake Breakfast at NESA
- 22: NESA Pancake Breakfast \$5
- 25: Seniors KDays Pancake Breakfast at McLeod
- 29&30: Dance with Live Band at Kingsway Legion

**Aug:**

- 15: Fall Program Registration starts at NESA
- 31: McLeod Indoor Soccer Registration

**Sep:**

- 7: McLeod Indoor Soccer Registration
- 8: NESA BBQ \$10
- 11: McLeod Indoor Soccer Registration
- 12: Fall Programs start at NESA

**Nov:**

- 7: No Stone Left Alone ceremony at Little Mountain Cemetery

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)

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may receive your  
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TO YOU\***

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



# Steele Heights News

## Steele Heights Community League

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

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

Email us at  
[steeleheightscommunity@gmail.com](mailto:steeleheightscommunity@gmail.com)  
Twitter: Follow @SteeleHeightsCL  
Facebook:  
[www.facebook.com/steeleheightscommunity](http://www.facebook.com/steeleheightscommunity)

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

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

**Heather – Past President & Spray Park Committee Chair**

**Jon – Vice President**

**Dinah – Secretary**

**Cecil G – Treasurer & Civics Director**

**Denise – Membership Director & Neighbourhood Watch**

**Gwenna – Facilities Director**

**Marcus – Communication Director**

**Tyler – Program & Event Director**

**Trish – Social Director & Newsletter Editor**

**Robin – Director at Large**

**Cecil P – Director at Large**

**Jennifer – Director at Large**

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

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

• **Hall Address**

5825 140 Avenue NW  
Edmonton, AB

• **Mailing Address**

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

• **Membership & Associate Membership Information**

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

Senior (65 years+) - \$15

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

Visit our website for details on benefits.

## Hall Rentals

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

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

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

Main Hall Rental Fees :

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

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

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

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

Media or Boardroom Rental fees :

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

Multi-Purpose Room and Outside Rink Area Rental Fee :

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

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

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

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

## Sunglasses – more than just a fashion statement

Sunglasses are a “must have” for big-sky prairie summers and there is more to think about when selecting them than style and cost.

Sunglasses can protect your eyes from the harmful effects of ultraviolet (UV) light and can dramatically reduce the risk of damage to your eyes. In the same way your skin can be damaged by UV rays, your eyes can also be affected by the sun. Prolonged exposure can cause permanent eye damage and is a contributing factor in many eye disorders, like cataracts, macular degeneration and ophthalmic cancers.

The best UV protection is offered by close-fitting wraparound sunglasses, so glasses should fit closely to your face and wrap around the face.

It's important to read the label when selecting sunglasses, as different types of lenses protect your eyes from different types of light. Look for sunglasses or prescription lenses with full UVA and UVB protection – like those that are labelled as ‘UV400’ or ‘100% UV protection.’ Dark lenses don't necessarily block out more UV light than lighter lenses but it's still important to choose a pair that are dark enough to keep your eyes comfortable in bright sunlight. Keep in mind that contact lenses, even those with UV protection, don't provide full coverage for the eye and skin around the eye.

It's especially important to protect your eyes when the sun's rays are most intense – between 11 a.m. and 3 p.m. In addition to wearing sunglasses, it's also a good idea to wear a wide-brimmed hat to protect skin and eyes.

Be sun-wise and take steps to protect your eyes.

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