

NORTHEAST VOICE

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

May 2016



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McLeod Celebrates McConachie Library Opening



Pilar Martinez, EPL CEO, Heather Sweet MLA Edmonton Manning, and Tony Caterina, Councillor City of Edmonton cut the ribbon at grand opening of McConachie Library.

Hollick-Kenyon and Matt Berry residents were happy to join dignitaries and staff for the grand opening of the McConachie Library. After the speeches there was a delicious cake and children's entertainers to round out the morning festivities.

This EPLgo branch is in this leased location for the next five years, and a permanent library is to be included in a future rec centre for the area.

McConachie a great branch to stop in and pick-up the newest book and movie releases, and recommended material by the librarians. You can also request books on line, and quickly pick them up at the branch's hold shelf within a couple of days.

The librarians put out a programming schedule each month, available on-line or by picking up a paper calendar at the branch.

Edmonton Leisure Access Program

(free admission to city of Edmonton Recreation facilities and attractions)

What is the Leisure Access Program?

The program gives low income adults, seniors, youth and children from Edmonton free use of City of Edmonton recreation facilities and attractions including: 9 swimming pools, fitness centres, Edmonton Valley Zoo, and Fort Edmonton Park. And it provides discounts on registered programs (day camps, art classes, swimming lessons, etc.) for one year.

Who can get a card?

You may qualify if you meet the following:

- if you are currently on an approved government program (AISH, income support, health benefits, etc.)
- have low income
- are a recently landed immigrant or refugee

How can I get a card?

You will have to apply for the program by submitting an application form and required documents.

How can I get an application form?

- at any City of Edmonton leisure sports & fitness facility
- www.edmonton.ca/lap
- 780-496-4918

Evansdale solar System



Solar expert Gordon Howell, Councillor Ben Henderson and Evansdale President Jeff Muiselaar with the Evansdale solar system.

Upcoming Events in Northeast

April:

- 23: Physical Literacy Training for Sport Explorers
- 23: Spring Fling Dinner and Dance at Kingsway Legion
- 24: Wrestling Debut at Kingsway Legion 14339 50 St

May:

- 1: Paint Nite at Jester's Lounge at Castledowns Bingo
- 8: Mother's Day Brunch at Kingsway Legion
- 16: Steele Heights AGM 5825-140 Ave at 7pm
- 28: Free Bike Safety at Dr. Donald Massey School

June:

- 3 & 4: Komarynsky Slo-Pitch Tournament at Northmount
- 3 & 4: Northmount 45th Anniversary, including hypnotist and dancing
- 17: McLeod Movie Night
- 18: McLeod WEM Waterpark Event
- 18: Father's Day BBQ at Kingsway Legion
- 18: Steele Heights Soccer/Family Fun Day
- 25 & 26: Summer Festival at Londonderry Park

July:

- 22: Seniors Pancake Breakfast at McLeod

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

Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires

Evansdale Community League Board & Committees

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

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

E-mail address: www.evansdale.ca

Jeff Muiselaar	President	780-478-1759	president@evansdale.ca
<i>Vacant-volunteer today!</i>	Vice President		vicepresident@evansdale.ca
Shawna Walsh	Past President	780-237-2169	pastpresident@evansdale.ca
David Dodge	Director of Sustainability	780-478-6162	sustainability@evansdale.ca
Ray Costley	Soccer Director	780-660-4230	soccer@evansdale.ca
Angele Boake	Treasurer		treasurer@evansdale.ca
Sue Harris	Credits	780-473-8796	credits@evansdale.ca
Cindy Hoekstra	Secretary	780-472-6559	secretary@evansdale.ca
Elaine Sarac	Membership Director	780-476-7442	membership@evansdale.ca
Richard Halls	Hockey Director	780-406-2885	hockey@evansdale.ca
Rhesa Palapay	Bingo Director		bingomanager@evansdale.ca
Hanna Tarrabin	Program Director	780-905-4554	programs@evansdale.ca
Jim Ragsdale	Director at large		
<i>Vacant-volunteer today!</i>	Newsletter & Social Media	<i>volunteer today</i>	newsletter@evansdale.ca
Jeff Muiselaar	Area 17 Representative	780-478-1759	pastpresident@evansdale.ca
Nicole & Chris	Belle Rive Sign Volunteers		signs@evansdale.ca
Jim Young	Evansdale Sign Volunteer		signs@evansdale.ca
Sherri Bessette	Eaux Claires Playground	780-641-6171	ecbr@evansdale.ca
Terri	Hall Rentals	780-478-4444	hallrentals@evansdale.ca
	Skating Rink	780-478-2577	

Hall Rental Information

Evansdale Hall 9111 150 Ave.



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

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

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

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

Use of dishes: \$100

Meetings: \$35/hour

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

Memberships

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

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

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

Benefits of Community League Membership

- Free community league swims:
 - Londonderry Pool (14528 66 Street) Sundays 4:15-5:45 pm
 - Grand Trunk Pool (13025 112 Street) Sundays 4:15-5:45 pm
 - 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

Get ready for an amazing spring in Evansdale, Belle Rive and Eaux Claires

President's Column

The weather is finally cooperating, as we are getting ready for the soccer season at Evansdale. Our new soccer team including Ray Costley, soccer director, and our soccer committee folks Sophal Khiev and Darcy Schneph have in a very short time done a phenomenal job to get our outdoor soccer program up and going. This is especially so since this was the first year of EMSA's online preregistration process. Thanks so much to our dedicated volunteers!

Skateboard park coming this summer

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.

Sport Explorerz off to a roaring start

The new Sport Explorerz program at Evansdale already has more than 20 participants, and will start in May, more info to follow soon. A bike safety day is planned for a weekend and a date will be announced as soon as it is available. Watch our website and Facebook page.

Grand Opening of the new Poplar Park Playground

Mark the date, June 3 is the grand opening of the Poplar Park Playground the product of the amazing work of Florence Hallock and community volunteers. The event will run from 2-7 pm at Florence Hallock. Come out and celebrate.

Then, June 25 is our **Community Sports Appreciation day**, with jumpy castles face painting and many other activities in and around the hall.

If you are interested in the **solar systems** and what is happening in our city, Evansdale is one of the participants on the Edmonton's Eco-Solar Home Tour

This year's Eco-Solar Home Tour will run for two days on the weekend of June 4th and June 5th. There are 18 homes (sites) open over two days, Saturday and Sunday, from noon until 4 pm (some for longer). You will be able to soak up the first-hand experience of homeowners and other experts with a wide variety of energy and water resource-saving technologies in new construction and retrofit applications. This year we have seven net zero energy sites including Edmonton's first net zero energy apartment block. We have solar installations at the Earth's General Store, Evansdale Community League, and on many of the homes on the tour. Evansdale will run info for most of the two days.

If you are an individual or a community league interested in our solar energy program come on down on June 5 between noon and 4 pm at Evansdale.

So as you can see we have many things planned for this summer and there might be more things that pop up, so keep in contact with us on our website and on face book. www.evansdale.ca and Facebook: evansdalecommunityleague

*Jeff Muiselaar
Evansdale President.*

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Gentle yoga

All levels welcome. No previous experience required. Supportive, caring, non-competitive environment.

10 Thursdays
7:30-8:30pm
April 14 - June 16
9111-150 Ave
\$110 for 10 weeks or \$13/class for drop-in.

Please bring a mat, water, and wear comfortable exercise clothing. You may also choose to bring a blanket for your comfort (optional).

To register or for more information please contact Tracey at 780-264-0706 or traceydstefanyk@gmail.com



**Join us for the 2016 Evansdale Soccer Wrap up Party!
Where our main goal is:**

FUN

*Petting Zoo *Bouncy Castles *Face Painting
*Henna Tattoo Artist
* Caricaturist *Fire Tuck
*Music *Cotton Candy
Hot Dogs, Hamburgs and
MORE....

**Evansdale Community League 9111-150 Avenue
Saturday, June 25th 1-4pm**

Evansdale.ca

Visit Our Website and Facebook Page

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

Website: www.evansdale.ca
Facebook Page: www.facebook.com/evansdalecommunityleague
Poplar Park Playground: www.facebook.com/poplar-parkplayground



Evansdale Soccer, off to an Indiana Jones start!

Hi, my name is Ray and as of a short four weeks ago I became the new soccer director at Evansdale. These last four weeks have been a whirlwind of activity and a very steep learning curve especially with the new soccer portal from EMSA that was mandatory to use for registrations this year as well as well as figuring out the basic functions and timelines for the job. I heard an analogy at the soccer directors meeting last week about this being similar to the scene in Indiana Jones where there ball is chasing him and there's no way out. I definitely feel the ball has run me over several times this year already. My apologies to the parents for any confusion and disorganization that has arisen from not having a director in place in the beginning. I've definitely now have a far greater appreciation for the people who have done it before and I would like to give a late and but very heartfelt thank you to Moe Taha , Mario Deluca , Nelia Costa , and Jason Manzo , who have done the job during the time my kids have played in Evansdale.

The greatest challenge I have faced in this job so far is something that is common to all the communities I have talked to, recruiting volunteer coaches! Due to the fact that we started out without a soccer director for the first three registrations, we didn't do a very good job recruiting coaches and we were left with just four coaches for the 14 coaching positions we needed for our nine teams. The simple fact is that if there are no coaches we can't have teams and coaches are volunteers, they are not paid. Without out a doubt it is one of the most significant volunteer commitments out there and the role is often not given the proper respect it deserves for the time and effort it takes. In the end many parents stepped up to fulfill these roles so that our kids will be able to play this year. As a group we have to do all we can to help and support these coaches by helping with the duties outside of coaching, so they can devote their time to teaching and training our budding soccer stars. One of the big things I have found to be helpful, as both a parent and coach, is to have parents put up and take down the nets for the coaches to allow them a little prep time with the kids before the game, and a little review time after the game. To the following coaches that have stepped up to coach this year, I think I thank you not only for myself, but all the parents of kids in Evansdale, Belle Rive and Eaux Claires. An extra special thank you to Modey and Aracely who are both coaching two teams.

Evansdale's 2016 Coaching Lineup
U6 Mixed - Coaches Angela and Scott
U6 Mixed - Coaches Modey and Samah
U8 Mixed - Coaches Modey and Twyla
U8 Mixed - Coaches Tasrina and Wade
U8 Boys - Coaches Assma and Tharee
U10 Boys - Coach Jim
U10 Boys - Coaches Arecely and Jader
U12 Boys - Coaches Arecel and Daniel
U12 Boys - Coaches Corrie and Alexandra



If you have any concerns please don't hesitate to call, text, or e-mail me

Ray Costley
Soccer Director
soccer@evansdale.ca
780-660-4230

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Join us at Evansdale for the EcoSolar Home Tour and meet solar expert Gordon Howell. Evansdale installed enough solar modules to provide half of its electricity last summer – check out the video online - www.evansdale.ca/solar/

Come to Evansdale open house to learn about solar on June 5

Join us for our EcoSolar Home Tour open house, two brief seminars and tours of Evansdale Community League's solar project. Evansdale Community League has installed a 13.6 kW solar system that provides half of the league's electricity and super energy efficient LED lights in their hockey rink and parking lot. Plans are already underway to double the size of the solar system to 25 kW which on a net annual basis would provide all of the electricity Evansdale requires over the course of a year.

Where: Evansdale Community League 9111 150 Ave.

When: Sunday, June 5 from noon to 4 pm

What: Talk to an expert, plus tours and two solar presentations

- Tours anytime – 12 – 4 pm
 - 2 pm - The Future of Energy and how easy it is for community leagues to go solar by David Dodge, host of Green Energy Futures
 - 3 pm – Solar expert Gordon Howell - Is solar for me? Can I install solar on my home?
- Plus you will also have a chance to meet a solar installer. It's all part of the EcoSolar Home Tour 2016 (<http://ecosolar.ca/>). Drop in and have a coffee with us at Evansdale.

Save the Date!
POPLAR PARK
GRAND OPENING

JUNE 03

June 3rd, 2016 | 2:00 pm - 7:00 pm
Florence Hallock School
16437 - 87 Street

Keep an eye on our Facebook page! evansdale.ca/poplarparkplayground

Come celebrate the grand opening of the Poplar Park Playground. Years in the making, the park is the product of an amazing team of volunteers who successfully raised enough money to fund basketball courts and the new playground and have already raised significant funds for the third component: Poplar Spray Park! See you there!
Poplar Park Playground Committee

Spring Shopping Fair

Wed. May 4, 2016 – 1:00 -5:30 pm
Admission is free!

Join us at our semi-annual vendor sale held in our long-term care home. We have many products available for sale during this special event! Some of the vendors that will be here are Avon, Norwex, Epicure, Scentsy, and Tupperware. There will be many choices of handcrafted and specialty items available as well. Most of the vendors are cash sale only; a few do accept credit card payments. All proceeds of table rentals and starter tomato plant sales will go to our Resident Council Fund.
Extendicare Eaux Claires - 16503 95 Street, Edmonton, AB
For more information please call 780-472-1106

Stroll for Liver Foundation

The Canadian Liver Foundation's Stroll for Liver is a fun, family friendly outdoor walk / run to raise awareness of liver disease, and support research and treatment of liver disease.

The Edmonton Stroll for Liver will be held on Saturday, June 4, 2016 at Emily Murphy Park.

Registration and collection of pledges will begin at 9:00 AM, with the walk starting at 10 AM, followed by refreshments and prizes for the top fundraisers.

Funds raised will support liver disease research.

To register for the Stroll, visit www.strollforliver.ca and click on the Edmonton Stroll, or call us at 1-888-557-5516.

For information on sponsorship, please contact:

Debralee Fernets
Regional Manager – Alberta
Canadian Liver Foundation
403-276-3390
debralee@liver.ca

Greg Farrants
Carpentry & Gardening
780-239-3331
gregfarrants@gmail.com

Fences, decks, roofing, windows & doors, wall & structural framing, renovations, additions, flooring, finishing work, concrete work, & more. Phone or email for a consultation and estimate. Affordable pricing, quality work & professional service.

Kilkenny Community League News

Spray Park Fun is Back!!

The Waterpark at G. Edmund Kelly Park opens May 21st 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!)

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.

J.A.Fife School Wants Your Electronics!!

J.A.Fife Elementary School will be having their Annual Electronic Recycling Fundraiser which started in March and will run until the end of April. The metal cages will be located outside the main doors of the school at 15004-76 street. What can be recycled: small kitchen appliances, audio and video equipment, televisions, personal care items (shavers, hair dryers), other electrical household tools (vacuums, irons), electrical power tools, telephones, cell phones, computers and their components, office equipment, specialty equipment containing electrical motors, switches, etc.

Dispose of your electronics in an eco-friendly way and help out a local school. Watch for more details on school signs or call the school at 780-476-0775.

President's Report

Hello Everyone! It has certainly been a busy month. We appreciate all those who have attended the many community meetings both here at the Hall and the school next door. It is great to see and hear the caring thoughts of our community regarding the Building Great Neighbourhoods Initiative and the Londonderry Social Housing Redevelopment Project. I'd like to thank all the volunteers that helped with registration and with clean up of rink. I would also like to ask if a group would like to organize the Halloween party, please contact Anna 7804783269

Save The Date

Decorative Street Lighting Committee Formation: May 13
Decorative Street Lighting Final Open House: June 1
Wrap-Up Party: June 24
Summer Festival: June 25-26
Garage Sale: July 8-9
Hockey Registration: August
Community Day: September 17

Decorative Street Lighting Committee

The Kilkenny Neighbourhood would like to form a Decorative Street Light Committee to help choose a streetlight design and measure the support for the local improvement option that is being made possible through the Building Great Neighbourhoods Initiative. If a decorative design is chosen, the option selected must be sent to the City by July 2nd. Those interested in being on the Committee are asked to call Anna at 780-478-3269 or email her at: president@kilkenny.ab.ca by May 13th. The Committee will then hold an Open House at Kilkenny Community League Hall on June 1st at 7:00 p.m. to present the option chosen and ascertain the community's desire for the selected option to be presented to the City.

Let's Play Ball!!!

This year Kilkenny is fielding 9 baseball teams, aged 4-17. That's 141 players wearing the Kilkenny green! Look to see the reappearance of a batting cage at the Kilkenny Community League this Summer. Perfect for getting our kids back into the swing of things. Teams looking to book batting times are encouraged to send an email to: baseball@kilkenny.ab.ca



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Northeast Edmonton's Family Walk-In Clinic

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

Rx PharmaChoice *Advice for Life*

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

Rx PharmaChoice *Advice for Life*



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

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.mcleodcommunityleague.ca and chose the "Hall Rental Inquiries!" tab. Most of your questions are already answered in the information posted. You can also check the website to view a calendar to show when the hall is available.

McLeod Memberships

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

McLeod President's Message

April 10-16, 2016 marks National Volunteer Week and this year's theme is "Volunteers are the roots of strong communities." This statement is such an accurate representation of those who give up their valuable personal time to be a McLeod Board member (yes, we all all volunteers!), coaches who spend extra time working with our young people, and those who help out without being required to (as part of their community service). Without these supporters, community leagues could not operate, period.

"Volunteers are the roots of strong communities. Just like roots are essential for trees to bloom, volunteers are essential for communities to boom. Thanks to volunteers, our communities grow strong and resilient. Even the tiniest volunteer effort leaves a profound and lasting trace in a community, much like tree rings that appear over time." (Retrieved April 3, 2016 from <https://volunteer.ca/nvw2016>.)

This year, we honor the following McLeod Angels who will be presented with an award at our Volunteer Appreciation Dinner: Elizabeth O'Quinn, Christina Shubert, Justine Harnett, Eugene Petruk, and Robert Rosinski. I will have details of their generous support in the next newsletter.

If you are interested in becoming a McLeod Angel, please contact me to volunteer for your community league. We are always looking for extra hands for events, cleaning or Board positions.

If you are interested in buying tickets for the WEM Waterpark, McLeod's event takes place Saturday, June 18, 7:30-10:30pm. Tickets are \$15 each which is a huge discount from the regular full-day ticket prices of \$45 per adult and \$36 per child (or the \$33 price for the last three hours before closing). Please contact me at president@mcleodcommunityleague.ca to purchase via cash, credit or debit.

Happy Spring!
Leanne Rosinski

Free Drop-In Bike Safety Program

McLeod Community League
@ Dr. Donald Massey School Parking Lot
5435 - 162 Ave

Free and fun basic bike safety skills are the focus. For participants of all ages on 2 wheels or 4 wheels! Children 5 and under require a parent or guardian to attend the program.

Families are encouraged to participate!

Sunday May 28, 2016
Time: 10:00 am – 1:00 pm

Participants can stay for the full 3 hours or drop-in for a short while!

*The program may cancel due to inclement weather

Participants must have their own bikes. A CSA approved helmet is mandatory for participation

www.edmonton.ca/dropincommunityprograms



Mark Your Calendars for Upcoming McLeod Events

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

Saturday, April 23, 9:00am-1:00pm – Physical Literacy Training
If you are interested in receiving free training in physical literacy, which is an essential part of the Sport Explorerz program, please contact Leanne at president@mcleodcommunityleague.ca. Spots are limited.

Sunday, May 27 – Bike Safety at Dr Donald Massey School
10am to 1pm – Drop in program at 5435 162 Ave

Friday, June 3 & Saturday, June 4 – Slo-pitch Tournament
If you are interested in representing McLeod in the Komarenski Slo-pitch Tournament, please contact Joe at rink@mcleodcommunityleague.ca. Individuals and groups welcome.

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

Saturday, June 18, 7:30-10:30pm – WEM Waterpark Event
Tickets are \$15 each. Please contact Leanne at president@mcleodcommunityleague.ca to purchase.

Fitness Kickboxing at McLeod

Tuesdays and Thursdays
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 Needs Slo-pitch Players

McLeod will be entering teams in the Area 17 Council Slo-pitch Tournament being hosted this year by Northmount Community League on June 3 and 4. If you are interested in representing McLeod at this event, please contact Joe at rink@mcleodcommunityleague.ca. Individuals and groups are welcome.

McLeod Community League

McLeod Community League serves the residents of McLeod, Casselman, Miller, Hollick-Kenyon and Matt Berry/McLeod Park.

We are made up of neighbourhood volunteers who work together to provide a healthy and safe community by organizing recreation, sports and social activities. We're part of an Edmonton tradition that goes back 100 years. Become a member. Come join the fun and meet your neighbours!

McLeod Needs Donations of Skating Equipment

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

McLeod potrzebuje darowizn sprzętu do jazdy na łyżwach (many thanks to Magdalena Kowalewska for the translation!)

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

McLeod Communications

McLeod employs a variety of communications tools. Our main tools are this newsletter, our Facebook page, our website, and the sign at the Hall. In addition, we occasionally use rented and permitted portable signs and placements in SchoolZone.

www.mcleodcommunityleague.ca
Facebook/McLeodCL
Northeast News (delivered 10 months/year by Canada Post)

McLeod is a Member of the Castledowns Bingo Association

Castledowns Bingo is the facility in which we hold bingos to raise funds for community league events and hall maintenance. Without a steady source of revenue, 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, darts, pool, VLTs, karaoke, and crib. Please go to their website for more information: <http://www.jesters-lounge.com>.

McLeod Needs Translators

We continue to look for translators to assist us to communicate parts of our newsletter information to all our community members. If you are proficient in another language and can spare a few hours every month, please contact Leanne at 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!

Get loud about mental health

Mental Health Week,
May 2-8, 2016

Each year, more than 500,000 Albertans visit a doctor about their mental health. Taking care of your health means taking care of your mind too.

Engaging in physical activity, eating healthy foods, practicing gratitude and having fun are all small steps that can improve your mental health and help to reduce stress.

During Mental Health Week, May 2-8, Alberta Health Services wants to remind you to take care of yourself and share how you are making a difference in your own mental wellbeing. Get loud about the positive steps you are taking and encourage others to do the same.

Try these simple steps and challenge your family, friends, co-workers and yourself to better health and wellness.

Start now and take AHS's Mental Health Week Ways to Wellness Challenge from May 2-8 visit: <http://www.albertahealthservices.ca/amh/Page13618.aspx> and tell us what you do each day for your mental health.

Follow us and tell us what you are doing for your mental health and well-being:

- Twitter: AHS_behealthy, [#AHSMHW16](https://twitter.com/ahs_behealthy)

For more information or help contact Mental Health Help Line toll-free at 1-877-303-2642, 24 hours a day 7 days a week.



ZIAD ABOULTAIF
Member of Parliament for Edmonton Manning

WORKING FOR YOU IN EDMONTON AND OTTAWA

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

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Edmonton, AB
T5Z 0G8**

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Fx: 780-822-1544
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The place to be
this summer!

Summer Camps

Throughout the summer, ages 3 and up!
Check our website for more details!

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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AND OUR
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DANCE
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**Great Short Term and
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Jazz, Tap, Ballet, Lyrical,
Hip Hop (co-ed and boys only),
Musical Theatre, Acro

Early Childhood Programs In:
Mini Stars, Hip Hop, Angelina
Ballerina, Baby Stars, Acro



"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)

100In1Day

Edmonton • 2016

Turn an empty space into an inviting place.

Join hundreds of Edmontonians in taking small steps to make our neighbourhoods more inviting on June 4.

It can be as simple as:

- doing sidewalk chalk art
- playing outdoor games like soccer or bocce ball
- putting out lawn chairs and visiting with passersby
- planting a community garden
- having a community BBQ
- performances or storytelling in a park
- hosting an outdoor movie night

Learn more, get inspired, and share your project at makesomethingedmonton.ca/100in1Day

#100in1Day
#100in1DayYEG

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Reggie Pasta
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Emma Extra Virgin Olive Oil
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Compliments Canola Oil
\$6.99
3L bottle

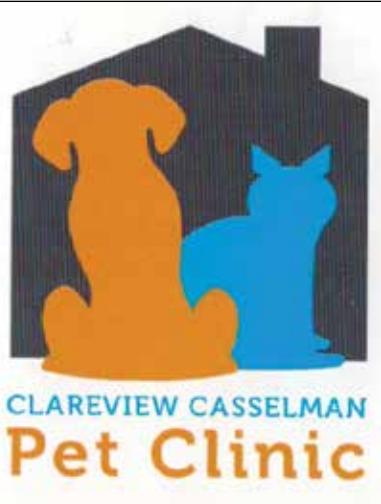
Lebanese fresh baked meat pies. Spinach & cheese 3 cheese family pack \$9.99



Elsafadi Bros. Supermarket

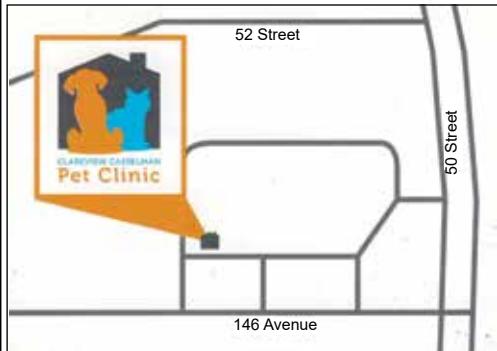
Two Locations 11316 - 134 Ave & 10807 Castledowns Rd
780 - 475-4909 Local Community Owners

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NORTH CENTRAL
Early Years Coalition

North Central Early Years Coalition

Physical Health and Well-being in childhood is very important to lifelong health. Research shows 28.1% of children in our communities experience difficulty in this area. Here are some fun winter activities to promote physical development:

Make snow angels, build a snowman, play snow soccer, snow tag, sledding, go skating-at your local community league or at a city rink or park. Don't know how to skate? Call 311 to find out about FREE learn to skate programs and other activities.

Too cold outside? What about building an indoor obstacle course? Use items on hand-pillows, blankets, chairs-to create a space for your child to climb, crawl, jump and be active. Ask for their help and ideas in creating the course. For more fun, do it with them or follow the leader.

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

McLeod Board Baseball Director Needed

McLeod and its neighbourhoods (Casselman, Hollick-Kenyon, Matt Berry, McLeod, and Miller) are vibrant communities. McLeod Community League is one of the largest Leagues in the City, and has a reputation for running excellent sports teams, awesome social events, and programs that appeal to a variety of groups.

We have a robust board, sufficient financing to run creative and interesting programs, and we have quality facilities. If you would like to be a part of our board, please e-mail Jason at secretary@mcleodcommunityleague.ca. We have lots of great volunteer opportunities available, both on and off the board.

Right now, we are specifically looking for a great volunteer with an interest in youth athletics to act as Baseball Director. McLeod's current director Brad will be leaving us so if you are interested in helping us run the Baseball Program, please contact Brad at trefan3@gmail.com. Brad is very willing to train and assist the new director in their first year.

Dr. Derek Fika
Family Dentistry

12943 - 97 Street NW
Edmonton, AB T5E 4C2

780-475-6684
Email: drderekfika@shaw.ca
www.drderekfika.com

Chris Nielsen
MLA Edmonton-Decore

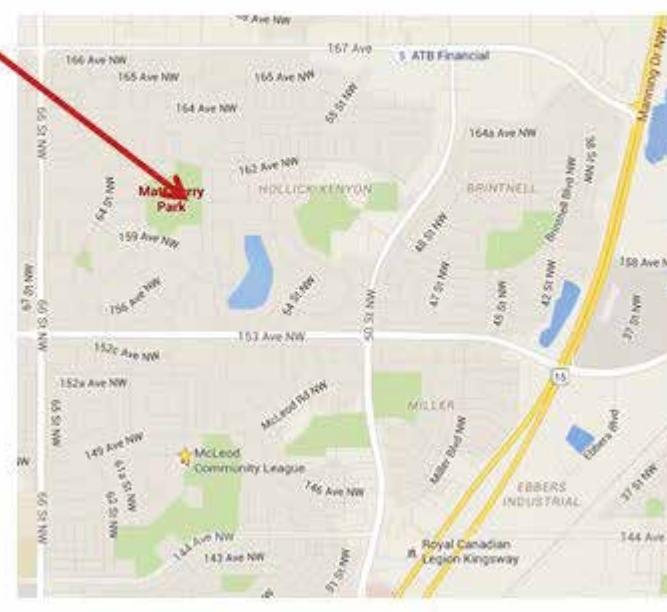
Our constituency office team is here to help residents with provincial government departments, programs and services.

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

McLeod Provides Matt Berry School Site Update

The Catholic School Board has decided not to build a school at 162 Ave and 59A Street. The Conseil scolaire Centre-Nord (Francophone School Board) has announced its intention to develop a school in that location.

The facility is planned for the plot of land just north of the Matt Berry playground, on 59A street:



McLeod Supports the Matt Berry Facilities Project

McLeod Community League has initiated a project to build a Community Facility in Matt Berry. We are currently at the Needs Assessment stage.

We do require your input. We have a survey available at <https://www.surveymonkey.com/r/CXPH729> or you can use the QR code.

We need a few more volunteers for our committee. If you are interested, please e-mail secretary@mcleodcommunityleague.ca. We are specifically looking for:

- Residents who live in the immediate vicinity
- Volunteers with project management experience
- Volunteers with grant experience
- Anybody who is interested in being part of a project that will change the face of the Community!



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*Some conditions and restrictions apply.

www.londonderrydentureclinic.com 13594 Fort Rd. Northeast Edmonton

Yoga at McLeod

Hatha Flow (adult)

This active class will increase the heart rate, build strength, tone while bringing awareness to the body. Hatha flow is great for beginners or those who have been practicing for years. Classes will focus on strengthening the core, back, holistically the whole body. Your breath will assist in staying calm and strong. Come flow from pose to pose to calm the mind and strengthen the body.

Tuesdays: April 12, 19, 26, May 3, 10, 17, 24, 31, June 7 and 14.

Fee: \$110 for 10 classes. Drop in, \$15

Time: 8:00pm- 9:00pm

Location: McLeod Community League, programs room.

Restorative Yoga (adult)

Less is more. This restorative practice utilizes props to support the body in a place of stillness and relaxation. This gentle class is great for anyone who wants to rest, relax and recharge. These slow, long held movements release tension in the muscles and tissues.

Some benefits include:

Activates the parasympathetic nervous system

Slows down the heart rate

Releases deep tension

Calm a restless mind

Tuesdays: April 12, 19, 26, May 3, 10, 17, 24, 31, June 7 and 14.

Fee: \$110 for 10 classes. Drop in, \$15

Time: 6:45pm- 7:45pm

Location: McLeod Community League, programs room.

What the Asana (pose)? Teen yoga
This class will explore yoga movements and mindfulness. Teens will work hard flowing through poses, engage in partner poses, acro yoga, and learn the art of sequencing yoga poses. Teens will have the opportunity to lead a yoga sequence, while increasing their knowledge and confidence in presenting. Participants will have more self-confidence and self-awareness. Come to meet new friends, laugh and play.

Tuesdays: April 11, 18, 25, May 2, 9, 16, 30, June 6

Fee: \$100 for 8 classes. Drop in, \$15. 2 friends for \$170.

Time: 5:30pm- 6:30pm

Location: McLeod Community League, programs room.

Classes are proudly taught by Nicole of Blue Mango Yoga

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. As of press time, the hours of operation are not yet available.

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

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.

For playground program information, please call 311 or visit 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 Summer Drop-in Program guide – available at schools, public libraries, City recreation centres and online. Call 311 or www.edmonton.ca/dropincommunityprograms.



Matt Berry playground is one of four Green Shack sites in our neighbourhood this summer.

I am here to serve you.



**WARD 3 COUNCILLOR
Dave Loken**



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



Tel: **780 496 8128**
Fax: **780 496 8113**



dave.loken@edmonton.ca



@daveloken



www.daveloken.com

McLeod Community Safety Message

A U-turn is done by turning your vehicle around at an intersection to go in the opposite direction by using oncoming lanes.

Please do not do a U-turn unless you can do it safely and legally. U-turns are not permitted:

- at an intersection controlled by a traffic control signal (traffic lights) unless permitted by a traffic control device
- Where a sign prohibits U-turns

In urban areas U-turns are not permitted:

- on a roadway between intersections
- at an alley intersection
- at an intersection where one or more of the roadways is an access to a public or private parking lot which the public can access

Outside Urban areas (rural)

U-turns are not permitted:

- on a curve
- approach to or near the crest of a hill where the driver of another vehicle cannot see you that is approaching within 150 metres from either direction

This information is from the Alberta Government Transportation Website. For further info check www.albertagov.ca and click the link under transportation.

On another note the Alberta Government has stopped sending out hard copy reminders of when to renew your vehicle registration as of April 2016. Albertans with disabilities will continue to receive reminders in the mail. Seniors over the age of 70 will continue to receive mailed reminders until April 1, 2017.

For Albertans to be reminded when it is time to renew:

- Go to your local registry agent and sign up for an email reminder.
- Sign up online to receive a reminder from one of the following three options: E-registry (Vehicle Registration and Driver's Licence), Alberta Motor Association (Vehicle Registration) and MyAlberta (Available April 1, 2016)

Just a friendly reminder that the driver of the vehicle that they are operating is responsible to ensure their is a valid insurance card and registration documents in the vehicle as well as having a valid driver's licence on their person to produce when requested by a Police or Peace Officer. Fail to produce any one of these can result in a \$233.00 Violation Ticket and the vehicle being towed at the registered owner's expense. Additionally if proof of insurance is not produced or if there is no insurance on the vehicle, a mandatory court date can be issued with a minimum fine the court can impose of \$2875.00. Driving with an expired licence plate or not registered vehicle can result in a fine of the Violation Ticket is \$310.00 plus cost of tow to the registered owner of the vehicle. So please make sure your documents are in order and are in the vehicle you are operating. For more information please go to www.albertagov.ab.ca and click the link under transportation for more information.

As always if you have any safety concerns or would like further information please contact me at safety@mcleodcommunityleague.ca

Hope you having a great spring thus far

Ryan

Improvements to Hollick-Kenyon Greenbelt in McLeod

In the northern parts of Matt Berry/McLeod Park and Hollick-Kenyon neighbourhoods, there is a greenbelt under the AltaLink power lines. This is part of our parkland green space allotment for our neighbourhoods.

In the fall of 2015, the City worked underground to improve the drainage from 59A Street to 60 Street in Hollick-Kenyon. Re-grading was done to allow for the water to flow from west to east into a new catch basin draining underground.

This spring, the area along the fence line will be re-graded and re-sodded to recreate a swale to allow for adequate drainage. A vegetation plan will be implemented to replant sod, native shrubs, plants and small trees.

You can help to prevent future drainage issues in the greenbelt, and maintain new sod and vegetation:

- Do not dump or drain water into the area. It erodes the soil and can create ruts and other land problems, which then leads to vegetation and drainage issues.
- Do not dump lawn clippings or other vegetation in the area. This has the potential to lead to weed and rodent infestations, and makes the area harder to mow.

By working together, we can create a greenbelt that is easy for City crews to maintain, and one in which residents can enjoy."

Thank you from McLeod Community League to Councillor Ed Gibbons who has, from his Councillor area budget, arranged the placement of a few park benches into the power line trail. Improved plantings and amenities will make this space more enjoyable for community use.

(information from citytrees@edmonton.ca construction notice)

Nordic Walking Club In McLeod

McLeod CL has started an Urban Poling Nordic Walking Club. This is open to everyone (teens/adults), not just people of Nordic heritage!

Urban poling uses two specially designed poles (similar to ski poles), to encourage a total-body workout, and aid in balance/stability. It originated in Sweden about 20 years ago.

Community walking groups have a number of benefits:

- get to know others in your community
- get active and improve your own health
- appropriate for all ages and abilities
- familiarize yourself with the resources and amenities of your community
- appreciate vitamin "N"ature
- reduce crime by residents being visible on the street

The leader will loan you a pair of poles for use during that evening's class. Classes run in all weather, so dress appropriately. Wear comfortable walking shoes. If you would like to purchase your own poles to keep, please let the leader know.

To participate, please email your name to mattberry@mcleodcommunityleague.ca to be placed on the class list. Then come to the first evening on Wednesday, May 4. You will need to show your McLeod membership card, or I can sell you one for cash. (family \$25, adult/no kids \$15)

Please bring exact change. You will also need to sign a liability waiver. Walking has inherent risks as an outdoor activity, so you should meet with your doctor if you have any concerns prior to participating.

We have room for 7 participants. People who sign-up for the full set of classes, and show up on time, will have priority with the poles. There may be room for drop-in participation, and you can always just walk with us for fun, without poles.

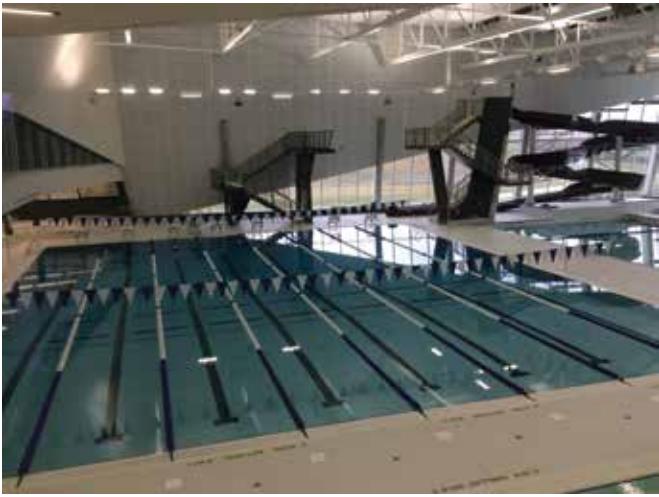
Walking Club Schedule

Walks go from 6:30 pm to 7:30 pm on Wednesdays. The Matt Berry meet-up location is at the pocket park at 158 Ave & 64 Street. The Hollick-Kenyon meet-up location is under the electrical line at 59A St and 163 Ave (apx) on the east side of the 59A Street. Look for Donna, in a safety vest, who will be leading the group.

Wed. May 4	"Try It" and Registration Night at Matt Berry
Wed. May 11	Walk Matt Berry trail
Wed. May 18	Walk Matt Berry trail
Wed. May 25	Walk Matt Berry trail
Wed. June 1	Walk Hollick-Kenyon trail
Wed. June 8	Walk Hollick-Kenyon trail
Wed. June 15	Walk Hollick-Kenyon trail

Thank you to the Edmonton Federation of Community Leagues (EFCL) for arranging the leader training and equipment.





Clareview Rec Centre

ACCESS TO THE CLAREVIEW REC CENTRE

McLeod CL is investigating obtaining access to the Clareview Rec Centre, as an addition to our community league swim times. When we checked last year, we were unable to get access, and unable to afford it on our own.

This year we are trying again. We don't want to over-promise you, as this may take some time to negotiate with the City, if it is at all possible. There is now an option that we may be partnered with other community leagues for a shared time.

We are trying to determine how many McLeod members are interested in this, so please email mattberry@mcleodcommunityleague.ca if you're interested in Clareview access. The access would be to the whole rec centre (pool, gym, basketball, indoor play area etc), for 1-2 hours at a certain day/time each week. How many people from your family would attend? How many weeks of the year? This informal survey response information will assist us in decision-making.

“Camp Sampler” at Mcleod

The City is offering a children's full day (9am – 4pm) summer day camp at McLeod CL Hall from August 15-19 for ages 7-10. The cost is \$36. “Does your child want to come to camp, but doesn't know which theme to try? This camp is perfect for them! They'll get a taste of all sort of camp fun. From cooking, dancing, outdoor adventures to arts and sports, each child will get the chance to discover what their favorite activity is in this “theme a day” program.”

During July and August, the City is offering many day camps at many community halls around the city, in addition to this one program at McLeod. For information, or to register call 311 or go to any City of Edmonton Leisure Centre.

McLeod Encourages you to Swim For Your Life!

Swimming is a great way to keep fit, stay healthy and make new friends. It is a low-impact activity that has many physical and mental health benefits, and can be enjoyed as a baby, or up to 99 year old!

Because you need to move your whole body against the resistance of the water, swimming is an all-over body workout. The health benefits:

*keep your heart rate up but takes some of the impact stress off your body

*build endurance

*help maintain a healthy weight, healthy heart and lungs

*tone muscles and builds strength

Swimming is good for the mind as well as the body. Swimming's many other benefits included:

*being a relaxing and peaceful form of exercise

*alleviate stress

*improve coordination, balance and posture

*improve flexibility

(information credit to betterhealth.vic.gov.au)

OUTDOOR SWIMMING

This summer you can travel to many of Alberta's lakes for some wild swimming, which is great, but you might pick up a case of Duck Itch! If you're in the city, McLeod League has purchased free access for McLeod community league members at the following outdoor pools. Clip and save on your fridge as a reminder to go, as swimming providing a pleasant way to cool down on a hot day!

2016 McLeod Community Access at City 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

Check the pool location and schedule at edmonton.ca to check current conditions, before you drive to the pool with your kids, pool noodles, towels and picnic lunch!

McLeod CL participated in this outdoor pool access last summer, but only 18 people used the program. We've purchased again this year, in the hopes of getting more people out. This is a free benefit for any McLeod CL member, just show your membership card to the cashier. Don't forget the sunscreen!

INDOOR SWIMMING

During the year, your McLeod CL membership card also gives you access to free swimming at the following City indoor swimming pools. Again, just show your membership card to the cashier.

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

Check to make sure the pool is open at edmonton.ca because sometimes pools close periodically for maintenance and repairs.

Over the last year, 1,266 McLeod CL members took a free swim, so that's a lot of smiles from this membership feature!

McLeod and Affordable Access

Would you and/or your family like more affordable access to City recreational facilities and programming? The Leisure Access program gives lower-income individuals and families the opportunity to use City of Edmonton recreation facilities for free or at a reduced cost. You do not need to be a member of a community league to use this program. For more information to find out if you qualify, please visit www.edmonton.ca/LAP or call 780-496-4918. At a public library you can use a computer for free.

A McLeod community league membership also gives access to a lot of free entertainment during the year. There is free indoor and outdoor swimming, a monthly family movie night at the hall, Community League Day party, seasonal holiday children's parties, Family Day party and other social events through the year. This is in addition to accessing our sports programming: baseball, softball, soccer, hockey, yoga, kickboxing and physical literacy. Sport subsidies may be available. Follow us on Facebook and check the website for upcoming community events happening all year round.

McLeod Welcomes Royal Centre Pharmasave – Discounts for Members

Royal Centre Pharmasave® pharmacy is NOW OPEN in your neighborhood to deliver a unique care and a variety of health services.

Our goal is to serve our Northeast communities to the best of our capacities. We are open for you until 8:00 PM starting May 01, 2016.

Contact store for details regarding exclusive offers upon transferring your prescriptions.

Come checkout your new pharmacy and the broad range of healthcare services provided:

- our pharmacists can prescribe medications (issue new prescriptions),
- Strep throat test and antibiotic prescribing, if needed (fee waived for kids 7-12 years),
- administer injections,
- provide travel vaccination,
- professional blood pressure monitoring along with detection of irregular heart rhythm,
- professional blood sugar monitoring by our onsite diabetes educator pharmacist and kidney function assessment and protection,
- 20% discount on ALL over-the-counter items for seniors on Tuesdays,
- FREE delivery.

McLeod Welcomes Gai!

Gai Jacob is the new community building social worker assigned to NE neighbourhoods, including McLeod. The board was happy to get to know him at a recent meeting. He works in the areas of poverty reduction, inclusion and community safety. As a member of the city workforce, he supports the City of Edmonton's statement that "strong communities build a great city."

He is able to help you find low cost or free recreation and arts programs, events in your community, community organizations and assessment/short term counselling.

Gai Jacob, Social Worker

Ph: 780-442-1392

gai.jacob@edmonton.ca

For example, here is an explanation of the assessment and short-term counselling offered. Social workers can assist with:

Counselling: They can help with such concerns as

*daily life stresses

*issues with dating, marital or partner relationships

*problems with family

*parenting challenges

*abuse or violence in the family

Referral: They can point you in the right direction to find:

*financial resources

*housing options

*community resources

*neighbourhood social and recreation opportunities

To speak privately with a professional social worker call 780-496-4777, Mon to Fri from 8:30 am to 4:30 pm. Services are available at sites throughout the city. Evening appointments are available.

McLeod Provides Londonderry Social Housing Redevelopment Project Update – It Starts With Home

Your Questions Answered – Thanks to all of you who took the time to attend, ask questions and provide feedback at the Phase 2: Generating Ideas Consultation on April 26. Responses to your questions from that meeting will be posted on the project website at <http://www.itstartswithhome.com/open-door-blog/> once available.

Next Public Meeting – In a phased approach, we are holding public meetings in the Kilkenny neighbourhood to enable people to contribute to and be engaged in this project. The next public meeting – Phase 3 – has been scheduled for Wednesday, June 22, 2016. Details for this meeting will be shared as they become available.

Stay Connected – Keep visiting the website <http://londonderry.itstartswithhome.com>.

When you're there, go to the Contact Us page and subscribe to the project e-newsletter to receive public meeting announcements, project news and information updates. Have comments or questions? Share them with us at projects@crhc.ca.

McLeod Greets New Businesses

If you are the owner of a business serving our five neighbourhoods, we'd be happy to highlight you in our business section, and partner with you to extend special discounts to our McLeod CL members.

In March, we were happy to meet Marie Youssef and Karim Michail, both are the clinical pharmacist owners of the new Royal Centre Pharmasave located at 16636-71 Street, ph: 780-705-2528.

Being clinical pharmacists, they can prescribe some medications, test for strep throat, provide travel vaccinations, extra senior services, blood pressure monitoring, blood sugar monitoring and smoking cessation program. Marie is able to provide service in English, French and Arabic.

Upon showing your McLeod CL membership card at the till, you will get at 10% discount on regular price front store merchandise. (Some restrictions apply.)

In February, we met with the new owner of Finnagans Bistro & Billiards located at 13560 Fort Road, ph: 780-415-4488. He was proud of the Family Day long weekend discounts they were offering.

We also like to thank our long time business supporter, Starbucks at 59A St & 153 Avenue. They generously donate coffee for many of our family events.

McLeod Sport Explorerz Program Still Taking Registrations

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

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

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

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

Steve Nash didn't start playing basketball until he was 12 years old. He played soccer, tennis and hockey in his early years. Wayne Gretzky couldn't wait for spring so he could play baseball and lacrosse, his summer sports passions. Many coaches actively seek out athletes with multi-sport backgrounds. It's now becoming clear that early specialization in a sport can be a disadvantage instead of an advantage when it comes to success. Single sport athletes are also 70-90 percent more prone to injuries

Whether you think your child is the next Steve Nash or Wayne Gretzky, or if you simply want to help your child develop a healthy, active lifestyle, Sport Explorerz may be just what you have been looking for.

Sport Explorerz will be led by trained leaders in a way that will give all kids the "power to move" in sport and in life. Parent participation is required. Sport Explorerz will run Wednesday nights, May 4 to June 22 at McLeod Hall. Fees are \$50 for the summer session. Volunteer service is required. Please contact Devin at hollickkenyon@mcleodcommunityleague.ca to register.

Community Garden in McLeod?

The Northeast Edmonton Community Garden committee recently made a presentation to the community league board, expressing interest in using league land to make a community garden.

Community gardens are a way to grow your own healthy food, build new friendships with other gardeners, share your knowledge/skills with others, and reduce vandalism in public spaces.

However, there are also logistics to work out like access times and availability of water.

As we continue our discussions, we'd like to know how many residents of McLeod, Miller, Hollick-Kenyon, Matt Berry/McLeod Park, and Casselman are interested in getting a garden plot and/or helping organize the project. Please send a message expressing your interest to mattberry@mcleodcommunityleague.ca.



Steele Heights News

Steele Heights Community League

www.steeleheightscommunity.com

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

Email us at

steeleheightscommunity@gmail.com

Twitter: Follow @SteeleHeightsCL

Facebook:

www.facebook.com/steeleheightscommunity

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

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

Heather – Past President & Spray Park Committee Chair

Jon - Vice President

Dinah - Secretary

Cecil G - Treasurer & Civics Director

Denise - Membership Director & Neighbourhood Watch

Gwenna – Facilities Director

Marcus – Communication Director

Tyler – Program & Event Director

Trish – Social Director & Newsletter Editor

Robin - Director at Large

Cecil P – Director at Large

Jennifer – Director at Large

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

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

• Hall Address

5825 140 Avenue NW
Edmonton, AB

• Mailing Address

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

• Membership & Associate Membership Information

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

Senior (65 years+) - \$15

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

Visit our website for details on benefits.

Hall Rentals

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

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

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

Main Hall Rental Fees :

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

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

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

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

Media or Boardroom Rental fees :

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

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

Multi-Purpose Room and Outside Rink Area Rental Fee :

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

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

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

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

Conversations matter: talk about your wishes and health care values

Do your loved ones know what type of medical care you would want if you were unable to speak for yourself?

Many of us “save for a rainy day”, plan for retirement, or even plan our next vacation. Just as important, we need to plan for our health care future – and make sure our wishes are known.

Alberta Health Services is encouraging you to think about, talk about and document your wishes for healthcare to ensure your voice is heard. Advance Care Planning allows your family or close friends to know what kind of care you want, and could bring comfort and peace of mind to those making healthcare decisions on your behalf.

Take the time to talk to your friends and family about your wishes. If there's an unexpected event or change in your health and you aren't able to make decisions about your healthcare, having a plan in place ensures your wishes are known. Check out AHS's interactive guide to help you start the conversation.

Things you can do:

- Learn about Advance Care Planning
- Think about your values and wishes for your healthcare now and in the future
- Talk with those who you are close to about your values and wishes
- Discuss your wishes with your health care provider
- Consider naming an Alternate Decision Maker or agent
- Complete your personal directive

It's about making choices for your health care before a personal crisis, you owe it to yourself and you owe it to your family to think about your health care wishes now. Visit: www.conversationsmatter.ca

Oral Health: it's about more than the Mouth

Most of us know that diet and exercise play an important role in keeping us healthy. Did you know that a healthy mouth is also an important part of your overall health?

Although the mouth is part of the body, we often think of it as something separate. Mounting evidence tells us otherwise.

Poor oral health is not only associated with potentially significant and lifelong health problems such as diabetes, heart disease and respiratory illness, it has also been linked to pre-term and low-birth-weight babies.

Anyone who has experienced poor oral health can also attest to the negative impact it has on overall quality of life. Mouth pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes, affecting their physical, mental and social well-being. Oral health problems can also be a sign of something more serious, including oral cancer.

The good news? Good oral health is something we can all maintain. Make it a habit to brush teeth at least twice a day (in the morning, and before bedtime), and be sure to visit an oral health professional regularly, for routine cleanings and check-ups.

If you are experiencing signs of oral health concerns, including bleeding gums or irritation or pain in the mouth, don't ignore it. Visit an oral health professional.

To help prevent tooth decay in children at higher risk and in financial need, AHS delivers a preschool fluoride varnish program for eligible children aged 12 to 35 months, and a school-based fluoride varnish and dental sealant program for children in Kindergarten to Grade 2 and Grades 1 and 2, respectively.

For tips on proper brushing and flossing technique, and the importance of routine dental care, visit www.myhealth.alberta.ca and search “mouth and dental health”.

14339 50st. NW Edmonton, AB | 780-885-1374 | Tuesdays 4:00 - 8:00pm, Sundays 10:00 - 3:00pm

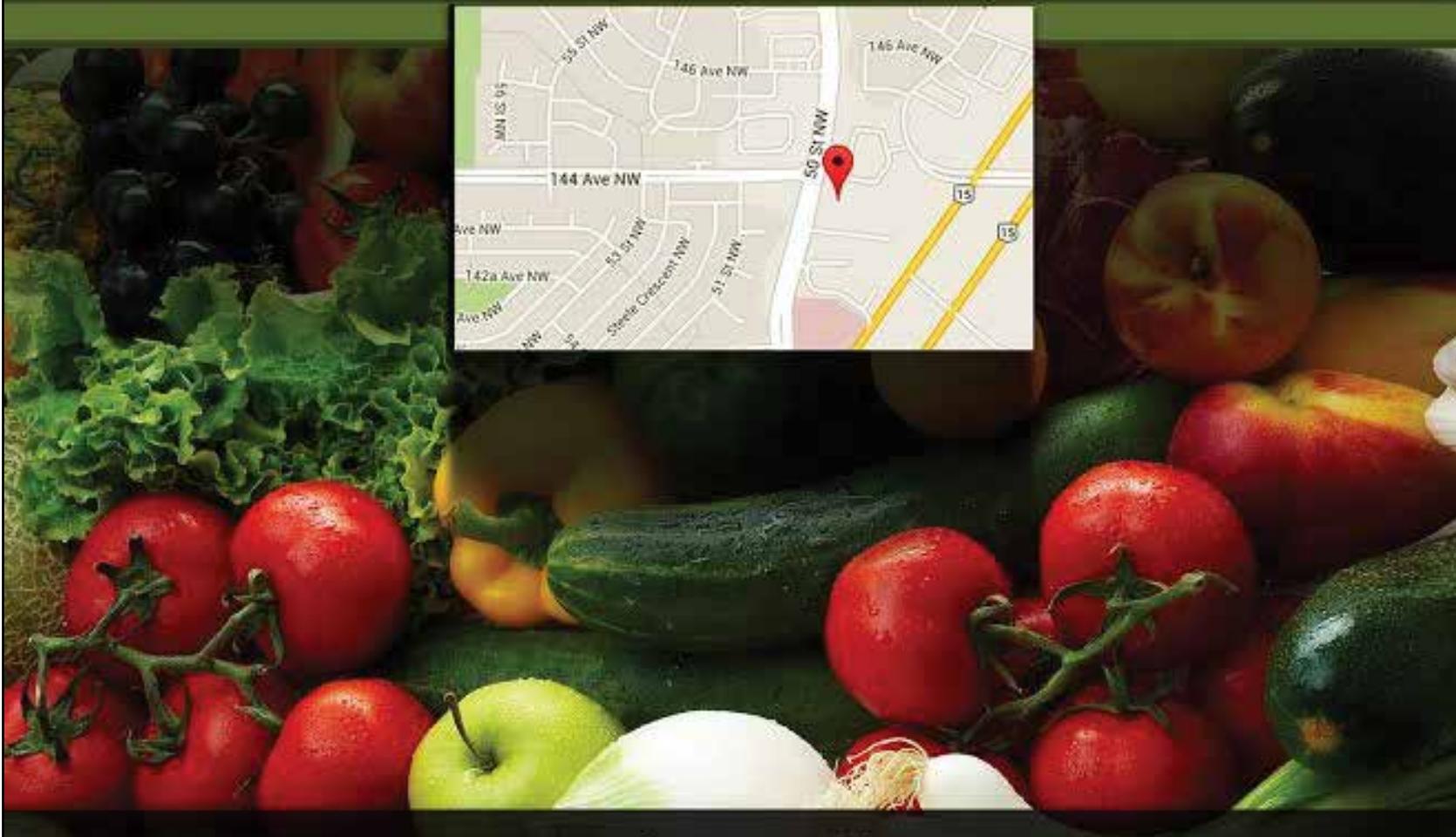
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www.mcfarmersmarket.ca