

NORTHEAST VOICE

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

May 2017



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

THE EVANSDALE COMMUNITY LEAGUE PROUDLY PRESENTS... **FAMILY SOLAR FUN-DAY** **FREE ENTRY**

SATURDAY 03, JUNE 2017 12pm-4pm

COME SEE EVANSDALES NET ZERO SOLAR SYSTEM 26.3 KW

EVERYONE IS WELCOME!!!

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

LEARN ABOUT COMMUNITY SOLAR WITH DAVID DODGE

FREE GIVAWAYS FROM MLA CHRIS NIELSEN

MEET SOLAR EXPERT GORDON HOWELL

CHECK OUT E CARS! TESLA LEAF

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

EVANSDALE COMMUNITY LEAGUE 9TH-150 AVENUE

McLeod Congratulates NEZ Northstars – Provincial Junior C Hockey Champions

Going undefeated in the 5 game tournament held in Calgary from March 24-26, they avenged last year's loss in the final by beating the Edmonton Avalanche 5 – 2 in the championship game. A superb way to finish the season. Well done to all the coaches and players and a special thank you to the family, friends and fans who supported the team this year. The Northeast is PROUD of you all.



Left to Right - Wes Craig-coach, Derek Ames-coach, Darian Poole, Mark Craig-coach, Kyle Kuzyk, Nicholas Gramlich, Jared Ference, Brayden Morris, Mason Dube, Corey Kleparchuk, Chad Wasuita, Jamin Crane, Austin Sehn, Ian Willows, Joshua Chipchura, Jarred Chipchura, Darrin Craig, Tristan McKnight, Shane Budinski, Dakota Heise, Mac Melnychuk, Kevin Griffin, Mitchell Costabile, Nicholai Gemmell-Bird, Steven Brandabura, Curtis Craig-coach, Kyle Craig-coach, Marvin Heise-coach.

A Taste of Decore

April 29th from 12 Noon – 3 PM
Location: Northgate Lions Seniors Recreation Centre - 7524 139 Avenue NW, Edmonton, Alberta

Please join Northmount in attending a free event that is showcasing different community organizations, schools and businesses that call Edmonton-Decore their home. It will be a fun filled afternoon of performances and the opportunity to interact and speak with the numerous organizations, schools and businesses attending. Stop by and say hi, Northmount will be there sharing all of the fun programs and events that we put on!

COMMUNITY-WIDE GARAGE SALE

Kilkenny Community League Garage Sale

Do you find Garage Sales irresistible? Found a few extra items that need a new home during your spring cleaning? Kilkenny will hold a garage sale on Friday July 7th 12-8 and Saturday July 8th 10-6. Set up will be the Thursday night prior. Call Anna (780-478-3269) or email President@Kilkenny.ab.ca to book your table (\$15).

**Steele Heights
Community
League**

AGM

Steele Heights Community League Annual General Meeting will be held May 15, 2017 at 7:00 PM at the community hall located at 5825 - 140 Ave, everyone welcome, must have current membership to vote.

Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires

Evansdale Community League Board & Committees

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

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

E-mail address: www.evansdale.ca

Jeff Muiselaar	President	780-478-1759	president@evansdale.ca
Vacant-volunteer today!	Vice President		vicepresident@evansdale.ca
Shawna Walsh	Past President	780-237-2169	pastpresident@evansdale.ca
David Dodge	Director of Sustainability	780-478-6162	sustainability@evansdale.ca
Ray Costley	Soccer Director	780-660-4230	soccer@evansdale.ca
Shawna Walsh	Treasurer		treasurer@evansdale.ca
Sue Harris	Credits	780-473-8796	credits@evansdale.ca
Vacant - volunteer today!	Secretary	780-472-6559	secretary@evansdale.ca
Elaine Sarac	Membership Director	780-476-7442	membership@evansdale.ca
Todd Sharkey	Hockey Director	780-238-3910	hockey@evansdale.ca
Rhesa Palapay	Bingo Director		bingomanager@evansdale.ca
Hanna Tarrabin	Program Director	780-905-4554	programs@evansdale.ca
Jim Ragsdale	Director at large		
Mai-Linh Huynh	Newsletter & Social Media	780-680-9408	newsletter@evansdale.ca
Jeff Muiselaar	Area 17 Representative	780-478-1759	pastpresident@evansdale.ca
Nicole & Chris	Belle Rive Sign Volunteers		signs@evansdale.ca
Jim Young	Evansdale Sign Volunteer		signs@evansdale.ca
Sherri Bessette	Eaux Claires Playground	780-641-6171	ecbr@evansdale.ca
Terri	Hall Rentals	780-478-4444	hallrentals@evansdale.ca
	Skating Rink	780-478-2577	

Hall Rental Information

Evansdale Hall 9111 150 Ave.



Weekend rates:

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

Saturday/Sunday

\$400 damage deposit
\$425 rental

Monday – Friday

\$275 damage deposit
\$275 rental (\$150 members)
Use of dishes: \$100
Meetings: \$35/hour

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

Memberships

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

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

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

Benefits of Community League Membership

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

Secretary Wanted

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

Visit Our Website and Facebook Page

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

Upgrades to Hall & Sport Facility

President's Column

Renovations to the kitchen and bathrooms are almost complete and it looks fantastic. We are now waiting for approval of a city grant to finish off the electrical wiring and purchase sports facility equipment for our newly finished asphalt with a basketball section and pickleball courts.

The energy audit is also underway and that will let us know how much energy (electricity and natural gas) is consumed by the hall. They will analyze it and let us know where we can save and best use the energy.

The Evansdale Family Solar Fun Day on June 3, which is part of the Edmonton Eco Solar Home Tour, is all set to go. It will be a fun day with visitors looking at our solar PV system, electric cars, and lots of demos and information systems. We will also have jumpy things and soccer inside the rink, as well as hotdogs and drinks for the kids.

Sport Explorerz program will start at Evansdale on Tuesday May 2 at 6:15pm. All registrants will be notified by the instructor. You can still register for Sports Explorerz, please email me at president@evansdale.ca.

The surplus school site on 150 Ave. and 88 st. has been put on hold - the City is taking a second look. We will let you know if and when it will start again.

The weather is great - be outside and enjoy it!

Jeff Muiselaar
Evansdale President
president@evansdale.ca

City Big Bin Event

The City of Edmonton is hosting Big Bin events for household items that can't be set out for regular waste collection. Twelve weekend events will be held in various locations throughout the City.

City residents will be able to drop off items such as old couches, chairs, mattresses, and appliances free of charge. Computers and other electronics will also be accepted for recycling.

Note: Do not bring household hazardous waste like paint, varnish, household cleaners or batteries. Please take those items to an ECO Station. All events run from 9am to 5pm.

A few northend locations to note are:

- June 3 & 4 : 11520 - 153 Ave
- August 26 & 27 : Clareview Recreation Centre 3804 - 139 Ave



Spring Yoga Classes at Evansdale Hall

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

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

For more information, please email evansdaleyoga@gmail.com.

Spring Shopping Fair!

Extencicare Eaux Claires
16503 95 STREET
EDMONTON, AB
THURSDAY MAY 11, 2017
12:30pm-5:00pm
FREE ADMISSION!
FREE PARKING!

FOR MORE INFORMATION PLEASE CALL
780-472-1106



Thanks to grants from Eco-City Edmonton and the Alberta MCCAC Solar Program Evansdale just completed a second solar project. The solar system will now provide all of the league's electricity on a net annual basis.

Evansdale Family Solar Fun Day

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

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

Free Fun Event for All Ages:

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

Solar Fun Day Features

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

Details

Date: Saturday, June 3, 2017

Time: noon – 4 pm

Location: Evansdale Hall, 9111 150 Avenue

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

Evansdale secured grants from Eco-City Edmonton and the Alberta MCCAC Solar Program which enabled the league to double the size of its solar system that now consists of 100 solar modules – 26.3 kilowatts of solar capacity. This makes

the league net-zero on its electricity use – solar provides all of the electricity required by the league on a net annual basis.

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

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



A Place You Can Truly Call Home

Over 84 Communities to choose from

BOARDWALK
RENTAL COMMUNITIES

bwalk.com

Kilkenny Community League News

Hall Rental

Rates (Subject to change without notice, please email for more information.)

Rental deposit is also required which is equal to rental amount.

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

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

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

Kilkenny Community League Is Now On Facebook And Twitter

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

Facebook – Kilkenny Community Hall
Twitter - @KilkennyComLeag

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

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

Drop-in Bike Safety Program

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

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

Indoor Soccer 2016- 2017

We at Kilkenny are proud of all our sports teams. We want to send out big congratulations to the U12 Boys team coached by Rick Gustke and Duncan Albury. They had an amazing season. They won the Gold medal for the City and then won the Gold Medal for the Slush Cup and then went to Calgary for 3 games and tying the first game, winning the second game and losing the third game by 1 point ending up with a Bronze Medal. These boys will be playing together this Outdoor Season and we wish them all the best.

J.A.Fife School Wants Your Electronics!!

J.A.Fife Elementary School will be having their Annual Electronic Recycling Fund-raiser 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 ecofriendly way and help out a local school. Watch for more details on school signs or call the school at 780-476-0775.

Kilkenny Ladies Night is On!!

Saturday May 13th, door open at 7:00 p.m.
I am very excited to announce this years Ladies Night, we have secured 20 great vendors. \$10 (advance purchase, \$15 at the door) gets you in to the event and eligible for many door prizes from our vendors. There will be complimentary snacks and beverages for sale. This will be an adult only event.

To reserve or pre-purchase your tickets, please contact Anjoli at Secretary@kilkenny.ab.ca

This year we focused on making this evening more interactive than before. It's not just about the shopping although there will be many great products there to entice you! Sign up for a Paint session with Painting by Nadine (for an extra charge). Take in the session at 7:00 p.m. or shop and browse first and take in the second session at 9:00 p.m. Take your 12x12 creation home that evening. Check out "Painting by Nadine" on Facebook.

If you're not up for a full-on painting project, go see Tamara at Stampin' up and complete her "make and take project". We have nail vendors; get a complimentary polish with Mirielle or sign up to get a set of gel nails with Gwen. Get a hair consultation, and have more beautiful hair naturally, thanks to Monat with Brenda.

Come and get ready for summer with a new purse or scarf- and learn the 10 ways to wear it thanks to Princess Florence. Enhance your cooking skills with tips from Epicure with Wendy and Tupperware with Treva.

We will also have jewelry; "Side by Side design" on Facebook, Nature's Elixir by Nicole, Younique make-up with Diana, Avon also with Gwen, Norwex with Nathalie, Gold Canyon candles and pod warmers with Cali-Ann, and '31 gifts' with Jennifer.

We will also have Young Living Essential Oils, come and find out how to enrich your life in a natural way. We have Sweet Infusion Honey- it's infused honey-need I say more! ;) You can find Barbara's page on face book as well under Sweet Infusion Honey.

You can get your eye brows waxed with Tiffany, or a new pair of leggings with Charlaïne and LuLaRoe Clothing. We have Signature Homestyle and Mary Kay too!! If nothing else, you can come and relax, have a drink, and a chance to win one of 20 door prizes!!

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

President's Message

Good day everyone. I would like to thank all of our executives and volunteers that helped with registration. I would also like to thank our coaches who have stepped up to help us with our teams. Thank you for your support. Amber, our soccer director, and Char our baseball director, thank you for all the hard work that you've done with setting up the teams. I hope that everyone will enjoy their new season with their teams and coaches.

Talents to Share

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

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

Summer Daycamps

Girls on the Go \$151

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

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

https://www.edmonton.ca/activities_parks_recreation/girls-on-the-go.aspx

Cooking Up a Story \$68

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

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

https://www.edmonton.ca/activities_parks_recreation/cooking-up-a-story.aspx

For a full listing of City of Edmonton summer camps, please visit:

https://www.edmonton.ca/activities_parks_recreation/community-daycamps.aspx

To register please do so via <https://eReg.Edmonton.ca>.

www.communityleagueneeds.com

Kilkenny Playschool

Ready, Set, Grow!

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

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

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

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

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

If you have any questions please call 587-590-6204 or visit the website– www.kilkennyplayschool.com.

wix.com/kilkennyplayschool (A \$50 non-refundable registration fee will be required)

SOCCER UPDATE

The outdoor season is soon to start and we are working like crazy to get things started. Registrations were a big success and our numbers are significantly up.

The U6 program is swelling up and we will have 4 teams this year. We have 4 new coaches that are excited to get some extremely high level training and then get some small feet out in the rink kicking the soccer ball around.

The teams are filled with 4 and 5 year olds who are just getting started with this beautiful game. It is so much fun to see these young players realize that while it is fun and they have the best coaches around, they are also a part of something bigger.

The two U8 teams will be lead by three returning coaches. We will also have our two long standing U10 boys team and three U12 boys team again this year. We have three girls team this year one U14 and two U16. Final we have one U18 boy team.

I really want to thank all the parents, coaches, refs and my volunteers for all their efforts over the last few and next few weeks. Their efforts will get more than a hundred players out on the field.

Amber

Need Your Vehicle Inspected?

Can't get to a garage?

Call Auto Mobile Inspections



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

*email: DFautoinspections@gmail.com
call or text Dennis at 780 242 2243*






DF Auto Mobile Inspections and Repair



NEIGHBOURHOOD SUMMER DAYCAMP

COOKING UP A STORY



DATE	AGES	AGES	COURSE CODE	COST
Tuesday-Friday August 8-11, 2017	9:00 am-11:30 am	3-5 years	596693	\$68

Kilkenny Community League

14840—72 Street



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

Registration opens March 15, 2017

To Register:

- Call 311
- Online at ereg.edmonton.ca
- In person at any City of Edmonton Recreation and Leisure Centre

Thank you to the Kilkenny Community League for use of their facility

Quality, affordable, flexible: Alberta government announces 22 Early Learning and Child Care Centres

The foundation for a strong and healthy community starts with a strong and healthy childhood that supports children for future success as independent, stable and productive adults.

A provincial approach to early learning and child care is grounded in the belief that community action supports parents to nurture the potential in their children by providing access to affordable, quality child care options and community supports.

Starting May 1, 2017, 22 Early Learning and Child Care Centres across the province will better support Alberta's families. These Early Learning and Child Care Centres will:

- cap parent fees at \$25 per day;
- offer almost 1,300 affordable, quality child care spaces;
- create 119 new child care staffing jobs; and,
- allow women to enter the workforce providing them with economic security and strengthen our labour force.

These sites will also offer innovative approaches that address gaps in Alberta's current child care system such as:

- access to extended hours for shift workers and/or parents attending school,
- support for families with children with special needs;
- extra support for vulnerable families and,
- will be placed in accessible locations where demand is greatest.

For more information about Alberta's 22 Early Learning and Child Care Centres, please contact the Edmonton-Manning Constituency Office at 780-414-0714.



Heather Sweet, MLA
(Edmonton – Manning)
Constituency Address
14904 50th Street
Edmonton, Alberta
T5A 5H7
780-414-0714

**DANCE
THEME**

School of Dance

572 Hermitage Road
Edmonton, Alberta
T5A 4N2
780-475-5930
dancetheme.com

The place to be this
SUMMER!

Camps for ages 3-6 years of age:

June 20-22, Aug 22-24 Dance Mania!

July 10-14 Angelina Ballerina

July 24-28 Under the Big Top

July 17-20 Broadway Bound

Musical Theatre

August 14-18 Super Heroes

Camps for ages 6 years and up:

June 20-22, Aug 22-24 Dance Mania!

July 17-20 Broadway Bound

Musical Theatre

July 25-27 Hip Hop Evening Camp

August 14-18 You've Got Talent!

*Intensive training for experienced dancers
7 Years and up:*

July 25-27 Acro Dance Intensive

August 15-17 Ballet Intensive

August 21-25 Summer Dance Intensive

Visit our website at dancetheme.com
for more information or to register.



**Great Short Term and
Full Year Programs for
2017-2018 Season!**

Jazz, Tap, Ballet, Lyrical,
Hip Hop (co-ed and boys only),
Musical Theatre, Acro

Super Stars Program for students
with learning differences such as
Down Syndrome and Autism

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

**2017-2018
SEASON!**

**Registration
opens May 1st!**

(VIP registration starts April 18th)



McLeod News

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

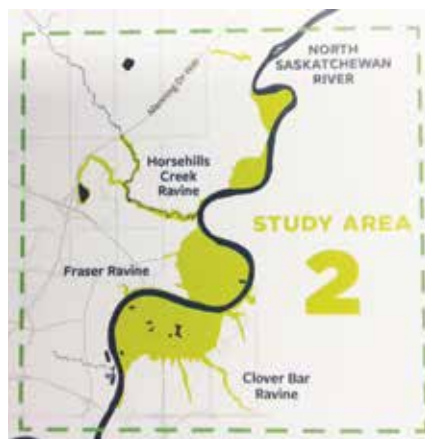
McLeod Loves Ribbon of Green

A priority for City Council is making the North Saskatchewan river and ravines a "Ribbon of Green", stretching from Fort Saskatchewan to Devon. The goal is to "protect, connect and enhance" Edmonton's Ribbon of Green.

Northeast Edmonton is considered "Study Area 2" for the Ribbon of Green Project, where over the next 25 years Administration will be working to reclaim the industrial sites and purchase land to make natural areas, green spaces, parks, river access and trails for everyone's use.

McLeod CL's attendance at these events helps Administration know that we value the green space and shared ideas of for long term future park development. edmonton.ca/ribbonofgreen

www.communityleagueneews.com



Mark Your Calendars for Upcoming McLeod Events

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

Saturday, May 6 – Mother's Day Craft
Drop off your child (5-13 years old) from 1:00-3:00pm
Tickets: \$10.00 per child
Each child will be making a personalized card for their mom as well as a special craft. The kids will also enjoy a healthy snack & refreshments. Please contact social@mcleodcommunityleague.ca to purchase tickets IN ADVANCE.
A maximum of 30 tickets will be sold for this activity.

Saturday, May 13 – Free Movie night
Doors open at 5:30pm, movie starts at 6:00pm
Concession available
Movie TBC

Saturday, June 3 – Father's Day Craft
Drop off your child (5-13 years old) from 1:00-3:00pm
Tickets: \$10.00 per child
Each child will be making a personalized card for their dad as well as a special craft. The kids will also enjoy a healthy snack & refreshments. Please contact social@mcleodcommunityleague.ca to purchase tickets IN ADVANCE.
A maximum of 30 tickets will be sold for this activity.

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

President's Message

I am happy to report that the Sport Explorers program has recruited amazing staff for the upcoming season. Please join me in welcoming Hillary Ames as coordinator! She will be running the program for the six community league partners – McLeod, Kilkenny, Lago Lindo, Evansdale, Northmount, and Horse Hill – at four locations, Monday to Thursday evenings.

By the time you receive this newsletter, I will have presented on the development of this community-based program at the Community Based Physical Literacy Programming Workshop at the Live Action Summit.

This workshop explores Edmonton's new Live Active Strategy, what physical literacy is, what's happening in some Edmonton communities, and how community based physical literacy programming can move forward.

Did you know that the 2016 PARTICIPATION Report Card of Physical Activity for Children and Youth gave Canadian children a D- for their overall physical activity?

This does not bode well for children as they grown into adulthood – physical activity should be a regular part of maintaining overall health. Find out more at www.participation.com.

Congratulations goes out to the following people who have been nominated for a McLeod Angel Award for their outstanding volunteer efforts for the community league: Martin Pater, Cathy Pater, Todd Chmilar, Julie Vandermeer, Chad Urshel, Cindy Maione, Devin McIntosh.

More information will be forthcoming about how these Angels have made the community a better place.

Devin has also been nominated as McLeod's Volunteer of the Year and a special presentation will be made to him at the Area Council 17's awards banquet.

Happy Spring!
Leanne Rosinski



McLeod's Public Engagement

McLeod CL continued its active participation in the City's "Public Engagement policy and practices" process, by attending another session on February 25.

"Public engagement creates opportunities for people to contribute to decision making by City Council and Administration about the City's policies, programs, projects and services, and communicates how public input is collected and used."

We are anxiously waiting for the next 12-16 months when City Administration and employees are trained in the public engagement process.

McLeod CL is definitely connected, invested and proud to participate in shaping our community. www.edmonton.ca/publicengagement

The City is always looking for people to join the insight community, where you do on-line surveys on tons of different topics, so Council and Administration can hear directly from you.

NE Edmonton is under-represented in survey participants, so not enough of our views are being collected to send to City Administration and Council, where the decisions are made.

Any resident of NE Edmonton is encouraged to sign up by going to www.edmontoninsightcommunity.ca



McLeod's Matt Berry Facility Site



As McLeod CL continues to advocate for and represent residents of Matt Berry/McLeod Park and Hollick-Kenyon, they have contributed funds for a matching grant, to be able to hire a Project Manager to guide the facility committee through the process from planning through construction of community amenities at the Matt Berry site, over the next 3-5 years.

The Matt Berry site is on 59A Street, the border between the two north neighbourhoods, and would be easily accessible to residents north of 153 Avenue. Of course, everyone

can use all the facilities, and the community hall & playground are already located south of 153 Avenue. Much appreciation to the playground associations that have built structures in Miller, Hollick-Kenyon, and Matt Berry.

After a successful public consultation in February, we are proceeding in the upcoming months with two initiatives:

- The steering committee will meet on April 20th to select a project manager.
- In May and June a door-to-door campaign will be conducted for residents whose homes immediately abut the Matt Berry park.

In addition, the committee continues its efforts to identify potential stakeholder partners. The exploration of grants other than those offered by the City and Province will begin in the spring as well.

If you wish to be kept apprised of developments, please email mattberry@mcleodcommunityleague.ca and Donna will add you to our email distribution list. The steering committee continues to recruit volunteers. At this time, we are seeking volunteers with construction experience or grants experience, though any volunteers are always welcome.

McLeod Celebrates Canada 150

Elk Island National Park is open all year round, and is located about 30 minutes east of our neighbourhood via Highway 16. At Astotin Lake there is a picnic area, playground and hikes for day use, as well as overnight camping. You might even see a bison!

It is also a dark sky preserve, perfect for star gazing late at night. Maybe take a drive out on the next new moon on April 26? In celebration of Canada 150, there is free admission to national parks this year.

This is also a time to recognize the current indigenous people, ancestors and land of Treaty 6 and Metis Zone 4. Please take a moment to reflect on over 10,000 years of human habitation here in western Canada, which goes back much longer than 150 years!



McLeod Park – Where?

Everyone sees the “McLeod Park” signs at the corner of 153 Avenue and 66 Street, and the two entrances to our neighbourhood. Are you wondering what community league you belong to? McLeod Park signs were put up by the developer 25 years ago, but the City actually calls our area “Matt Berry” after Arthur Massey “Matt” Berry, a pioneering Canadian bush pilot. He served in WWI and WWII, and was inducted into Canada’s Aviation Hall of Fame in 1974. McLeod Community League follows the City of Edmonton naming conventions.

You would join McLeod community league by buying a membership at www.efcl.org, and then be able to participate in our great programming and events. Each of the five McLeod CL neighbourhoods has a representative on the community league board.

Of local interest are the new facilities being planned for the Matt Berry park site, on 59A Street and 161 Avenue. Being investigated are an ice skating area, spray park and multi-use building next to the existing playground, built by community volunteers 25 years ago.



North Central Early Years Coalition

Did you know?

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

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

To learn more about the Coalition or to get involved please contact us at:
www.earlychildhoodedmonton.ca/northcentral/ <https://www.facebook.com/ncearlyyears/>
ncearlyyears@gmail.com 780-478-5022 ext. 903



CANADA 150

SERVING THE PEOPLE OF EDMONTON MANNING

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

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




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You are invited to attend the first annual

A Taste of Decore. April 29, 12-3 p.m.

Northgate Lions Seniors Recreation Centre,
7524-139 Ave NW

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



Chris Nielsen  **MLA, Edmonton-Decore**

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

Edmonton Federation of Community Leagues and McLeod

McLeod CL is a member of the EFCL (Edmonton Federation of Community Leagues), an umbrella organization of all the community leagues in Edmonton. We attend their semi-annual meetings to hear what other leagues are doing, and help contribute to city-wide discussions that impact all leagues. McLeod also hosted a recent EFCL training session on volunteer retention and recruitment, and were happy to welcome people, from all of Edmonton, to the northeast.



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

Emma
Extra Virgin Olive Oil
1lt
\$7.99



Elsafadi Bros. Supermarket

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

Community Safety Director

One of the focuses in May for the Alberta Government Traffic Safety Calendar is construction zones. As the weather warms up so will the amount of construction crews working on our roadways. Please follow the posted speed limits in these zones. If workers are present you could face double fines if caught speeding.

The best way to avoid the long delays and frustration is to avoid construction zones whenever possible. Listen to the radio or look up online where current or future construction may be located. If a construction zone is unavoidable, drivers should allow extra time in their schedules in case there are traffic delays. Every driver has a responsibility to use extra caution in construction zones. Consideration for the safety of construction workers and other motorists can help workers and other motorists all stay safe in these areas.

As spring has sprung folks will be bringing their fifth wheels and travel trailers home to get ready for the camping season. Below are some tips to help keep you safe.

- If the battery(s) was removed for storage, reinstall it making sure it is connected properly.
- The water system needs to be checked for leaks and sanitized. If your unit was winterized using non-toxic RV antifreeze you need to run fresh water through the entire system until all traces of the antifreeze are removed.
- Check the plumbing system for any leaks. Put water in the fresh water holding tank and then turn the 12-volt water pump on and pressurize the water system until you hear the water pump shuts off. If the water pump cycles back on, even for a short period of time, there is a leak somewhere. Locate the leak and repair it or take it to an authorized RV service facility to be repaired.
- RV Propane systems should be checked annually by a certified RV service technician.
- Check the tire pressure in all tires including the spare with a tire gauge and adjust the pressure according to tire manufacturer load which will be displayed on the tires. Too high or too low tire pressure can make tires wear out uneven or faster tread wear. You can also experience poor handling and heat build-up, which can lead to tire failure.
- Test the operation of the carbon monoxide detector, LP gas leak detector and smoke alarm. Inspect all fire extinguishers to make sure they are fully charged.
- Check to ensure the brakes are working inside the tow vehicle and on the trailer
- Check all exterior lights to ensure they are working

If you're unsure on any of these areas, I recommend you take your trailer to a certified RV service technician who can put your mind at ease with a full inspection of your unit.

McLeod at Recreation Network Gathering

City Administration is moving the planning, provision and funding of most recreational programming to the community leagues and other non-profit organizations. On March 1, McLeod CL attended a Northeast Community Recreation Network Gathering, to meet other local groups and cooperate on service providing. If there is a class, club or lessons you'd like to help organize for the McLeod neighbourhood, please email your ideas to programs@mcleodcommunityleague.ca. Our hall usually has availability Monday to Thursday, especially during the daytime. There has been some interest in a parent & tot program, but we would need someone to step forward to develop and organize the program. Also, follow our Facebook page to learn about the many opportunities for free training to lead classes in summer outdoor activities, winter outdoor activities, bike safety instructor etc. These City of Edmonton classes are free, and usually ½ day or 1 day long. Once trained, we be happy to have you lead an activity in our community!

World Adventure Yoga Camp in McLeod

Join Nicole from Blue Mango Children's Yoga for a week of yoga movement, mindfulness, art experiences, cooperative games, journaling and more. Our yoga adventures will take us to the 7 continents, where we'll explore animals, cultures and geography. Bring your friends, because yoga is better when we do it together. Nicole is passionate about teaching yoga to children/teens and cultivating community within her classes. She has been working with young children in various capacities for ten years. With her extensive knowledge in childhood development and her passion for yoga, her classes are educational, active, fun and creative. July 24- July 28, 9am to noon, ages 6-12 Location: McLeod community league Rain or shine- dress for the weather. \$120.00, additional siblings are \$95.00 * Participants must show or purchase a community league membership for \$25 Space is limited. Register at <https://goo.gl/forms/9Ac77uBwK93FLAqq1>



Area 17 and McLeod

Area 17 is a group of community leagues and other non-profit organizations, that are west of the Manning Freeway and north of 137 Avenue. We fundraise and cooperate on regional activities and projects, meeting monthly.

The funds raised pay for league members to attend free community swims. You must show your McLeod community league membership card to attend.



Londonderry Pool
Sunday
4:15 pm – 5:45 pm

O'Leary Pool
Saturday
3:45 pm – 5:45 pm

Coronation Pool
Saturday
4pm- 5:30 pm

McLeod CL, as part of Area 17, is also helping pay for playground and spray park development at Poplar Park (Belle Rive District Park), located at 167 Avenue & 82 Street.

This park is a defined by the City as a "district park", designed to serve many neighbourhoods in the northeast. Make it a destination to visit this summer!

Promoting Fun, Message from McLeod Soccer Committee

As the season is now starting, I am remembering the conversation I had with parents and players during the soccer registration sessions. One comment that was common among all was they register for soccer to have fun. Let us talk about fun and how can we as parents promote fun during the season.

Coaches can promote fun to a certain degree, but coaches alone cannot do it and we need as parents help to achieve FUN. A recent study showed that one of the major reasons kids quit sports is the fear of making mistakes, which leads to not having fun, and that usually comes from pressure. Let us picture this; parents and children are getting ready to leave for a practice or a game, or in the car on the way to a game, some parents (with good intentions) might start to cover some of their child's supposed deficiencies and giving them playing advice, or saying something along the lines of "score a goal for me", "be the best". Kids who are talked to in this way, tend not to play badly, they just tend not to play, mostly to avoid making mistakes (I have witnessed this during the last outdoor season with one of my players). So, as a parent and a coach and to help promote fun, I promise myself that I will be saying the following 6 sentences to my son before and after each practice or game: Before:

- I love you.
- Good luck.
- Have fun.

After:

- I loved watching you play.
- Did you have fun?
- What do you want to eat?

Back to you, can you help us promote fun by doing the same?

McLeod Soccer Committee

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.

Community Gardens in McLeod

There are two Community Gardens opening up this spring in McLeod.

The first is at 5108 McLeod Road, and has a couple of events scheduled for early May:

Casselman Park Cleanup
May 6 @ 9:30 am

Casselman Garden
Mulch Demo & Garden built
May 13 @ 9:30 am

Meet at 5108 McLeod Road.
Noon Lunch to follow activity.
New gardeners always welcome, at any skill level. akfwong@hotmail.com

The second is at 5003 146 Avenue, and has the following news:

We're happy to share the news that St. Michael and All Saints Anglican Church is partnering with the Edmonton Multicultural Coalition and Sustainable Food Edmonton, to start a community garden. People of all faiths and backgrounds are welcome, you just need an interest in growing some vegetables and meeting some new neighbours. The garden will be located by the church at 5003-146 Avenue, in the Casselman area. They've already had their first meeting and would love to have more people around the table. More information from Rev. Colleen, Garden Committee Chair at stmiichaelanglican@gmail.com



Multicultural Neighbours

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

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

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

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

www.communityleagueneews.com

Choosewell McLeod

McLeod CL attended an Alberta Parks and Recreation Association provincial conference to get more information on encouraging our members to be active and eat healthy. One of our initiatives is to purchase free access for our McLeod CL members at the following City facilities at the specified times. You must show a current McLeod membership card to participate. We can only sell memberships to residents of our 5 communities. Clareview Recreation Centre
Saturdays, 6pm-8pm
Full facility access
Pool, fitness centre, open gym, ball pit

Fred Broadstock Outdoor Pool
May 20-Sept 5
Sun, Mon, Tue, Wed
5pm-7pm
Oliver Outdoor Pool
June 10 – Sept 8
Sun, Mon, Tue, Wed
6pm – 8 pm
Queen Elizabeth Outdoor Pool
June 1 – Sept 1
Sun & Tue 5pm-7pm
Mon & Wed 6pm-8pm
Millcreek Outdoor Pool
May 20 – Sept 5
Su/M/T/W/Th/Fr/Sa
7pm-9pm

For the outdoor pools, from the City of Edmonton: Stat holidays of May 22, July 1, Aug 7 and Sept 4 are EXCLUDED from the summer outdoor community swim free access program

Laser Quest Event

McLeod will host another Laser Quest event on Friday, May 26, 2017. Kids ages 8 to 13 are welcome to attend. The cost is \$10 per person for Community League members and \$15 per person for non-members. The price includes two half-hour games of Laser Quest, transportation (chartered with Edmonton Transit Service), and a meal comprising a hot dog and juice box. The meal will be served at McLeod Hall (14715 59th Street) at 6 p.m., with the bus departing at 6:30 p.m. sharp. The bus will be back at the Hall for supervised pick-up at 10:00 p.m.

Participants must wear comfortable clothing and closed toed running shoes. Dark coloured clothing is preferable.

We have a limited number of spots, so please get your registrations in early! You can register with Laura at youth@mcLeod-communityleague.ca.



McLeod Walks

Jane's Walk takes place May 5-7 in cities all around the world. Everyone is welcome to lead or join in a free walk exploring the history and stories that shape our everyday urban experience. Information on all walks can be found at janewalk.org/canada/Edmonton

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Northmount Community League News

POSITION	NAME	Contact	Contact
President	Meagan Plamondon	780-270-1212	president@northmount.ca
Vice President	VACANT		
Treasurer	Angela Purves	587-336-7699	treasurer@northmount.ca
Secretary	Michele Crocker		newsletter@northmount.ca
Grants	VACANT		
Social	Suzanne Ramdass		social@northmount.ca
Facilities	James Crocker	780-717-5885	webmaster@northmount.ca
Area 17	Karen Plamondon	780-478-2010	
Newsletter	Michele Crocker		newsletter@northmount.ca
Memberships	Robin Wheatley	780-473-8634	
Adult Programs	Robin Wheatley	780-473-8634	
Senior's Programs	Suzanne Ramdass		social@northmount.ca
Children's Programs	VACANT		
Hockey	TBA		
Soccer	Joanne Cheetham		soccer@northmount.ca
Softball/Baseball	VACANT		
Sports	VACANT		
Bingo	Angela Purves	587-336-7699	treasurer@northmount.ca
Casino	Sid Plamondon	780-478-2010	
Co-Sport Explorerz	Karen Plamondon	780-478-2010	
Co-Sport Explorerz	Sid Plamondon	780-478-2010	

Northmount Hall Rentals

We have a seating capacity for 250 guests. We offer a large kitchen with industrial stove, dishwasher, double door cooler, and bar area. Fridays & Saturdays all functions:

\$450 for Non-members
\$350.00 for Members
Wedding Special \$700.00
- Hall is yours to setup & use from Friday morning to Sunday at 5:00
Interesting in renting? Call Linda at 780-399-9022



Adult Programming Notes

1. Northmount's weekly walking group is up and running! Come join Robin and crew at the hall 9208 140 Avenue, every Monday evening at 7PM (excluding statutory holidays). There are many benefits to joining a walking group, you can lose weight, improve your mood, make friends, and get to know your neighbourhood. Joining a walking group also keeps you motivated! Well-behaved dogs are welcome on the walk, please remember to bring baggies to clean up after them! Water may be provided, but you are encouraged to bring your own water bottle.
2. We recently hosted our annual Community Garage Sale, it was a great turn out as usual, and we are looking forward to the next sale in spring 2018!
3. Robin has many interesting new ideas she is considering for members to enjoy. If you are interested in participating in any of the following programs, please call Robin at (780) 473-8634 so that she can make the arrangements.

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

President's Message

Congratulations to our new Board of Directors!

On March 21st we held our Annual General Meeting and we had a someone new join our group as our Social Director and Director of Senior's Programs.

Our new Director is excited to get new activities and events going in the neighbourhood, stay tuned to future issues to see what is about to come! This is the first year that we have had someone take on the leadership to get programs going for our seniors in Northmount!

I am looking forward to working with the new Board of Directors to see where this next year will take us!

Memberships

Become a Community League Member!!

Community League Memberships are now on sale.

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

Community Leagues are special to Edmonton.

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

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

Why?

· Discover what community can offer to you and your family

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

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

· Increase safety and security in our neighborhood

· Belonging to a community can improve your health

· Discover a place to socialize

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

Getting Social with Northmount

Spaghetti Supper Night!! – September 9, 2017 from 4 PM until 10 PM

Join us for a night of fun, dancing and SPAGHETTI!! Everyone is welcome to attend a special evening to celebrate our community. Tickets will go on sale shortly, please watch our Facebook Group for more information or check out the next issue of the Northeast Voice! If you have any questions please email Suzanne at social@northmount.ca

Town Hall on May 5, 2017 at 7 PM

Please join members of our Board and our MLA Chris Nielsen to discuss what is happening in the neighbourhood. This will be a chance to ask questions and share ideas about the community that you live in.

If you have any questions please contact Meagan at 780-270-1212. Light Refreshments will be served.

Get Fit with Hapkido

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

Your first month is free!

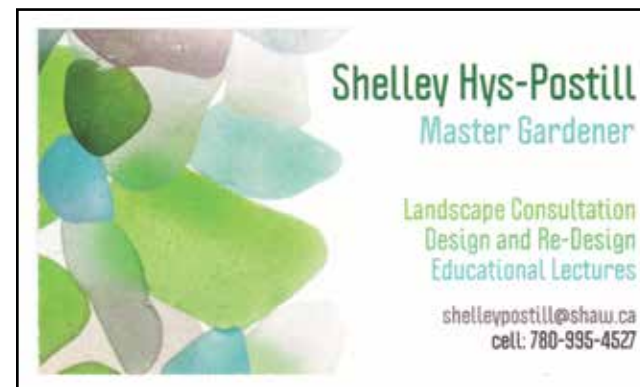
If you trained before in Karate, Boxing, Judo, Wrestling or Taekwondo you will enjoy this class.

Advance at your own pace
No experience is necessary.

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

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

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



Volunteers Needed!!

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

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

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

- Board Members meet every third Tuesday of the month, except for July and August
 - Each position will require a different level of commitment depending on tasks required
 - If you want to get involved but do not want to hold a board position, we also have various Chair and Committee positions available and can be created as needed to run specific programs
 - Don't see a position or role you are interested in? Contact Meagan to discuss what you want to see at Northmount
- Northmount is looking for help with the following positions:

1. Co-Casino Director

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

2. Children's Program's

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

3. Grants

We are looking for a community member who would like to give back to their community by helping us write and coordinate grant applications. A grant writer helps coordinate with the City and the Province to canvas different Grants that Northmount may apply for, in order to fund programs and projects for the Community.

We are in need of a detail-orientated person who likes to fill out forms and research different applications that fit with the vision of Northmount Community League. The person who takes on this challenge will work closely with the President and the Treasurer to ensure that applications are completed on time. The commitment will vary each month depending on the applications being made.

4. Co-Bingo

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

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

5. Co-Soccer

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

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

2017 Big Bin Events

The City of Edmonton is hosting Big Bin events for household items that can't be set out for regular waste collection. Twelve weekend events will be held in various locations throughout the City. City residents will be able to drop off items such as old couches, chairs, mattresses, and appliances free of charge. Computers and other electronics will also be accepted for recycling.

Note: Do not bring household hazardous waste like paint, varnish, household cleaners or batteries. Please take those items to an ECO Station.

All events will run from 9:00 a.m. to 5:00 p.m.

North side locations you may be interested in include:

May 6 & 7 - Northlands Coliseum,
Wayne Gretzky Drive
(Southbound) & 119 Avenue

June 3 & 4 - Castle Downs, 11520 – 153 Avenue

August 26 & 27 - Clareview Recreation Centre, 3804 – 139 Avenue

For more dates and locations visit the City of Edmonton Website at www.edmonton.ca and search for "Big Bin Events."



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
- 14th floor, 10004 – 104 Avenue, Monday-Friday, 8:30am-4:30pm



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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

Vacant – Program & Event Director

Vacant – Social Director & Newsletter Editor

Robin - Director at Large

Cecil P – Director at Large

Jennifer – Director at Large

Please e-mail steeleheightscommunity@gmail.com 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.

Canadian Diabetes Association door to door Belvedere/ York districts Campaign, April 24 to May 13, 2017.

The Canadian Diabetes Association is a registered national charity that helps the 11 million Canadians living with diabetes or prediabetes. The chances are that you or someone you know is affected by the disease and this is the reason we must continue the fight. Canadian Diabetes Association puts your donations to work by helping people in your community live healthier lives.

The Belvedere /York district campaign runs from April 24 to May 13, 2017, to assist in this campaign we require Team Leaders and Door to Door Canvassers . If you have a few hours and can help please call Area Leader, Cecil Gibbs at 780 473 2728, your assistance will be greatly appreciated.

Positive habits last a lifetime

When parents and other caregivers have healthy eating habits, that's what children learn. The eating habits children learn in their early years (birth to six years) last a lifetime.

From a young age, we start to learn about food and eating by watching others. When parents and other caregivers have healthy eating habits, that's what children learn.

Ellen Parker's two boys Henry, 3, and Oliver, 5, are learning about healthy foods and healthy eating. She regularly gives them foods such as smoothies with spinach and quinoa and she grates vegetables onto pizzas and into veggie burgers. "They don't even know that they're eating healthy food," she says.

Here are other ways to make healthy eating a habit in your family.

Offer three meals and two to three snacks a day at regular times. Knowing when they'll be eating next helps kids feel safe and keeps them from wanting to eat throughout the day. If your child refuses to eat during a meal and asks for a snack 20 minutes later, it's okay to say no. Simply let them know they need to wait until the next meal or snack time.

Offer new foods often. It can take 15 or more tries before your child accepts a new food. Try offering small amounts of new food at the start of meals when your child is most hungry. Include food that your family likes to eat along with new food prepared in different ways.

Offer choices. Try serving your family a variety of colourful vegetables, fruits and other healthy food, and let your child pick their own food from what you serve. Encourage them to take small amounts at first, and offer more if they are still hungry. Think beyond a single meal or snack. Once in a while your child may eat little or nothing at a meal or snack. This is natural. Over time, children usually adjust what they eat at other meals and snacks.

If your child won't eat meat and alternatives. You could offer different types of fish, poultry and lean meat. You may need to offer them many times and prepare them in different ways. Other tips: try soft meats such as ground meat or poultry, or dice meat into small bites that your child can easily chew. Meat can also be more appealing when you add it to soups, stews or tomato sauces. And you can offer other sources of protein such as tofu, beans and legumes, or fish.

If your child won't eat vegetables, you can try these tips. Add vegetables such as carrots, zucchini and beets to soups, stews, casseroles, stir fries or sauces. Cook vegetables to different textures and tastes—such as raw or lightly cooked.

If you're worried your child is not getting enough nutrients, talk to your healthcare provider. For more tips, visit healthyparentshealthychildren.ca.

Ask Charles

I heard that if someone calls themselves a “contractor,” they don’t need to have a licence to provide property management services. Is that true?

No, that’s not true. The truth is it doesn’t matter what a person calls themselves. If they are providing property management services and they are not the owner of the property or an employee of the owner, they require a licence from the Real Estate Council of Alberta (RECA).

The Real Estate Act, which RECA administers, defines property management as:

1. leasing, negotiating, approving or offering to lease, negotiate or approve a lease or rental of real estate;
2. collecting or offering or attempting to collect money payable for the use of real estate;
3. holding money received in connection with a lease or rental of real estate; and
4. advertising, negotiating or any other act, directly or indirectly for the purpose of furthering the activities described in items 1-3.

Licensed property managers can find suitable tenants, deal with nuisance tenants, draft lease agreements, and regularly inspect and maintain property on behalf of a property owner. It is up to property managers and the property owners to negotiate the specific tasks the property manager will provide, but ultimately, before providing property management services, the property manager needs a licence.

Property manager licensing provides vital protection for property owners. Individuals must complete comprehensive education before becoming licensed as a property manager, they must also provide a Certified Criminal Record Check to RECA prior to receiving a licence, and there are ongoing education requirements.

If a property owner is working with a licensed property manager, they have the added protection of the Consumer Compensation Fund. The Fund compensates consumers who suffer a financial loss as a result of fraud, breach of trust, or a failure to disburse or account for money held in trust by an industry member in connection with a real estate trade, mortgage deal, or property management services.

If you work with an unlicensed property manager, and the property manager disappears and takes rental payments or damage deposits with them, your only recourse is through the courts.

As a property owner, you’re not required to hire someone to manage your rental or investment property, but if you do, take steps to protect yourself. Ensure that the company and individual you hire are licensed to provide property management services in Alberta. You can check if someone is licensed through RECA’s website at www.reca.ca.

“Ask Charles” is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta’s real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.



Coping with cancer

April may be best associated with spring, but it’s also known as Cancer Awareness Month. Hearing you or a loved one has cancer can be very difficult. You and your loved ones may be feeling all kinds of emotions. The path ahead may seem confusing and scary. You probably have anxious thoughts swirling around in your head at all hours..

Do any of these sound familiar?

- "I'm afraid of the pain and side effects of treatment."
- "I worry about how cancer will change my relationship with my spouse."
- "Am I going to die?"
- "Who will take care of my family if something happens to me?"
- "Why me?"
- "What if I get well, but the cancer comes back later?"
- "I don't want to be a burden to my friends and family while I'm sick."

Everyone reacts differently. And your feelings and emotions may change often, without warning.

Building resilience

Now is the time to focus on your resilience. Resilience is an "inner strength" that helps you bounce back after stressful situations. When you are resilient, you may recover more quickly from setbacks or difficult changes.

Part of resilience is how you think. Your mind can have a positive or negative effect on your body. Negative emotions, such as worry and stress, can cause tense muscles and pain, headaches, and stomach problems. But having a positive outlook on life might help you better handle pain or stress than someone who is less hopeful.

Here are some tips for building resilience:

- Accept that things change. Try to look at change as a challenge rather than a threat. You can't change what happens, but you can change how you feel about it.
- See the big picture. Try to look for things to learn. Difficult or emotional situations can teach you about yourself.
- Seek out interactions with people who make you feel better. Develop a support network.
- Take good care of yourself. Take time to do things that you enjoy. Find ways to relax your mind and body.

Dealing with anxiety

Worry and distress may feel like they're taking over your life. But there are many things you can do to lower your anxiety and feel better. Pick one or two to try today.

- Write. Start a journal. Writing about things that are bothering you may help you deal with your feelings.
- Let your feelings out. Talk, laugh, cry, and express anger when you need to. Talking with friends, family, a counsellor, or a member of the clergy about your feelings is a healthy way to relieve stress.
- Exercise. Brisk walking and other forms of exercise, such as yoga can help release pent-up emotions.
- Try guided imagery. Guided imagery helps you use your imagination to take you to a calm, peaceful place. You can do guided imagery on your own. Or you can do it with audio recordings, an instructor, or scripts to lead you through the process.
- Practice gratitude. "Be thankful" might seem like strange advice when you're facing cancer. But gratitude is linked to your sense of well-being, and it can boost the inner strength that helps you bounce back. It works by shifting your attention to the positive things in your life. To practice gratitude, you say "thanks" and you appreciate what's important to you.

Where to get help

It's great to try to find things you can do on your own to feel better. And if you have family and friends who are good listeners, it can help a lot to talk to them about how you're feeling.

But not everyone has someone to talk to. And sometimes it's easier to talk to someone who isn't directly affected by your cancer. A counsellor or therapist can help you work through the emotions of cancer. He or she can simply listen to your worries and anything else you feel like talking about.

Different types of counselling include family therapy, couples therapy, group counselling, and individual counselling. Be sure you choose the right counsellor or therapist for your needs. Finding a good fit with a counsellor is important.

Consider joining a cancer support group. It helps to connect with people who are going through the same things you are. Your doctor can help you find a group in your area.



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Sun: Closed

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Edmonton

PUBLIC ENGAGEMENT

SHARE YOUR VOICE SHAPE OUR CITY

Join us to learn how the City of Edmonton will gather community input to build a better city.

FIND OUT MORE BY GOING TO:
www.edmonton.ca/publicengagement

 OPEN CITY

PUBLIC INFORMATION SESSIONS (DROP-IN FORMAT):

May 6, 2017 from 1:00 to 4:00 p.m.
Clareview Community Recreation Centre (Multi-Purpose Room 1)
3804 – 139 Avenue

May 27, 2017 from 1:00 to 4:00 p.m.
Commonwealth Community Recreation Centre (Lobby)
11000 Stadium Road

June 6, 2017 from 5:00 to 8:00 p.m.
Castle Downs Family YMCA
11510 – 153 Avenue

CLINIC 1 MEDICAL



Welcoming Dr. Akpede

Dr. Deji Ogundiya • Dr. M. Oshodi

Accepting New Patients!

Walk-Ins & Appointments Welcome

Phone: 780-761-2430 | Text: 587-926-7747 | Fax: 780-473-3330

The Royal Center

16644-71 Street NW
Edmonton, AB
T5Z 0N5

Hours Of Operation Changes:

Monday: 9:00am—5:00pm
Tuesday to Friday: 9:00am—6:30pm
Saturday: 10:00am—4:00pm