

NORTHEAST VOICE

Serving the community leagues of Evansdale, Kilkenny, McLeod, and Northmount

October 2020



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Festival in a Box

On August 29th, which turned out to be a beautiful Saturday, the Edmonton Arts Council brought its Festival in a Box to the McLeod neighbourhood. This festival featured street performers, a band, a human-powered float, dancers, clowns, and a festival atmosphere. They paraded through the streets of McLeod for the afternoon, bringing the party to people's homes. The normally quiet streets of McLeod were alive with big band sounds. This was a wonderful burst of joy into peoples' lives in a summer that has been marked by a decided lack of public celebrations.



McLeod Dance Registration and Bottle Drive

McLeod Dance is gearing up to start season four of the McLeod Dance Program! The Instructors have been working hard over the past few months to make a safe place for students to dance. McLeod Dance offers classes in Ballet, Hip-Hop, Jazz, Lyrical, Mini-Movers, Tap & Adult Hip-Hop, Adult Jazz & Adult Tap. We will be extending our full year program registration until the end of October. We are also accepting registrations for our January Program. If you'd like more information, please e-mail us at dance@mcleodcommunityleague.ca. We would love to have you join our dance family.



McLeod Dance is also collecting bottles to support the Dance Program. If you would like to donate bottles please e-mail dance@mcleodcommunityleague.ca or drop them off

on a Monday, Wednesday or Thursday evening at McLeod Hall. The community's support would be greatly appreciated!

Garbage (Black) Cart Exchange for Miller Residents

Residents participating in the Edmonton Cart Rollout demonstration phase can submit a request to exchange their garbage (black) cart, free of charge, from September 1-25.

Carts will be exchanged between October 27 and November 20.

Two garbage cart options are available.

Sign up online at edmonton.ca/cartrollout. If you miss this cart exchange period, the next opportunity will be in spring 2021.

For more information, please visit edmonton.ca/cartrollout.



Kilkenny Community League General Meetings

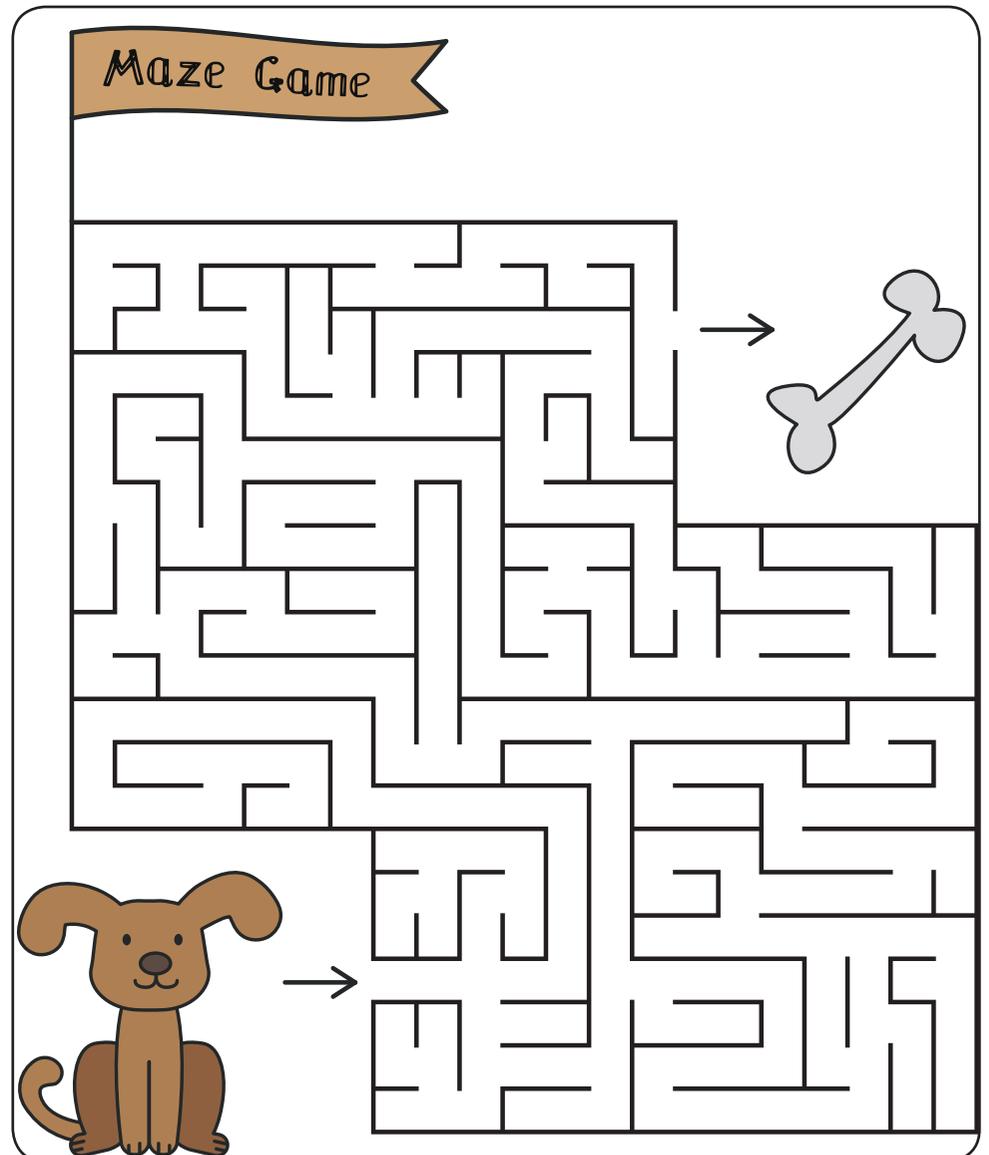
Become a part of your community and get involved!

Board meetings are held the second Tuesday every month (excluding July & August) from 7:00pm – 9:00pm in the Meeting Room of Kilkenny Hall.



McLeod Yoga, Karate, and Stay and Plays

At the time this newsletter is going to press, McLeod Community League is still figuring out how our programming will operate. COVID has obviously made planning for these items more challenging, but we are committed to offering as much programming as possible. Please keep an eye on our Facebook page for information about Yoga, Karate, and Stay and Play programming at McLeod.



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
Shawna Walsh	Past President	780-237-2169	pastpresident@evansdale.ca
David Dodge	Director of Sustainability	780-478-6162	sustainability@evansdale.ca
Vacant	Soccer Director		soccer@evansdale.ca
Arrey Tabot	Treasurer	780-604-7072	treasurer@evansdale.ca
Sue Harris	Credits	780-473-8796	credits@evansdale.ca
Jenilee Caterina	Secretary	780-984-3298	secretary@evansdale.ca
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Todd Sharkey	Hockey Director	780-238-3910	hockey@evansdale.ca
Shawna Walsh	Bingo Director		bingomanager@evansdale.ca
Jeff Muiselaar	Programs/Sport Explorers Director	780-478-1759	programs@evansdale.ca
Jim Ragsdale	Director at large		
Yi Louise Liu	Newsletter & Social Media	780-952-0580	newsletter@evansdale.ca
Jeff Muiselaar	Area 17 Representative	780-478-1759	pastpresident@evansdale.ca
Shannon Moses	Belle Rive/Park Sign Volunteers		signs@evansdale.ca
Jim Young	Evansdale Sign Volunteer		signs@evansdale.ca
N/A	Eaux Claires Playground	780-641-6171	ecbr@evansdale.ca
Terri	Hall Rentals	780-478-4444	hallrentals@evansdale.ca
N/A	Skating Rink	780-478-2577	
Cassandra Rijavec	Club Coordinator, Boys & Girls Club/Big Brothers Big Sisters	780-822-2560	Cassandra.Rijavec@bgcbigs.ca

Visit Our Website and Facebook Page

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

Community League Memberships

Get your membership anytime! Membership makes you part of an amazing community of people who care about and help look after our community. Get free community swims, discounts on community programs, discounts on Edmonton City wellness programs and hall rentals, and enjoy skating in the winter!

\$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 voice message if you cannot reach Elaine by phone.

If you are in a rush, you can buy memberships at the Edmonton Federation of Community Leagues website: www.efcl.org

Evansdale Hall Rental Information

Hall capacity follows Gathering Restrictions from Stage 2 of Alberta's Relaunch Strategy published by Government of Alberta

\$50/hr meeting
 \$350/day Mon-Thur, \$350 damage deposit
 \$450/day Fri/Sat/Sun, \$400 damage deposit
 All weekend \$650, \$600 damage deposit
 Dishes \$100
 BBQ \$75

Sports Building capacity follows Gathering Restrictions from Stage 2 of Alberta's Relaunch Strategy pub-



lished by Government of Alberta
 \$25/hr meeting
 \$35/hr function
 \$125/day, \$100 damage
 Weekend \$350, \$300 damage deposit

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

What is osteoarthritis?

September is National Arthritis Awareness Month.

Osteoarthritis is a painful problem with the joints. Healthy joints help your body move, bend, and twist. Knees glide up and down stairs without creaking or crunching. Hips move you along on a walk without a complaint. But when you have arthritis, such simple, everyday movements can hurt. Using the stairs can be painful. Walking a few steps, opening a door, and even combing your hair can be hard.

Arthritis is mainly a disease of the spine, hip, hand, knee and foot. But it can happen in other joints too. A joint is where two bones connect. And you have them all over your body.

Arthritis is most common in older people. Even though you can't cure arthritis, there are many treatments that can help with your pain and make it easier for you to move. And you can do things to keep the damage from getting worse.

What causes osteoarthritis?

is?

The simplest way to describe arthritis is that it's wear and tear on the cartilage of your joints. This cushioning tissue is firm, thick, and slippery. It covers and protects the ends of bones where they meet to form a joint.

With arthritis, there are changes in the cartilage that cause it to break down. When it breaks down, the bones rub together and cause damage and pain. Experts don't know why this breakdown in cartilage happens. But aging, joint injury, being overweight, and genetics may be a part of the reason.

What are the symptoms?

- Pain. Your joints may ache, or the pain may feel burning or sharp.
- Stiffness. Getting up in the morning can be hard. Your joints may feel stiff and creaky for a short time, until you get moving.
- Muscle weakness. The muscles around the joint may get weaker. This hap-

pens a lot with arthritis in the knee.

- Deformed joints. Joints can start to look like they are the wrong shape, especially as arthritis gets worse.

- Reduced range of motion and loss of use of the joint. As your arthritis gets worse, you may not be able to fully bend, flex, or extend your joints. Or you may not be able to use them at all.

- Cracking and creaking. Your joints may make crunching, creaking sounds.

How is osteoarthritis diagnosed?

Your doctor will check that your pain is not caused by another problem. He or she will ask questions about your symptoms, such as:

- Is the pain burning, aching, or sharp?
- Are your joints stiff in the morning? If yes, how long does the stiffness last?
- Do you have any joint swelling?

If your joints are tender

and swollen and the muscles are weak, this will also help your doctor confirm whether you have arthritis. You may also have X-rays to check your joints for damage. Your doctor may want to do blood tests or other tests to see if there are other causes for your pain.

How is it treated?

There are many treatments for arthritis, but what works for someone else may not help you. Work with your doctor to find what is best for you. Often a mix of things helps the most.

Your treatment may include:

Pain medicine. If your pain is mild, over-the-counter pain medicines such as acetaminophen (for example, Tylenol) and non-steroidal anti-inflammatory drugs (NSAIDs) may help. Commonly used NSAIDs include ibuprofen (such as Advil and Motrin) and naproxen (such as Aleve). But if these don't get rid of your pain, you may

need a stronger prescription medicine. Having shots of medicine in the joint also helps some people.

Heat or ice on the painful joint. Heat may help you loosen up before an activity. Ice is a good pain reliever after activity or exercise. Your doctor may give you gels or creams that you can rub on the joint to make it stop hurting.

Losing weight, if you're overweight. Losing weight may be one of the best things you can do for your arthritis. It helps take some of the stress off of your joints.

Exercising to strengthen your muscles. Having stronger thigh muscles, for example, can help reduce stress on your knees. Swimming, biking, and walking are good activities. But make sure you talk to your doctor about what kind of activity is best for you. You may also get help from a physiotherapist.

Surgery. If the pain in your hip or knee does not get better with treatment, you may



decide to have surgery to replace the joint.

There are also things you can do at home to help relieve your symptoms. For example, there are devices and tools that can take the stress and weight off of your joints and make it easier for you to hold objects, open and close things, and walk. Doorknob covers, tape, braces, splints, and canes may help.

You might also try changing activities or the way you do things to reduce the stress on the joint that hurts and allow you to move better. For example, walk instead of jog. Or use a sewing machine to make a quilt instead of making it by hand.

Do you still have questions? Ask your family doctor or call Health Link at 811.

Content provided by: Alberta Health Services, myhealth.alberta.ca



Kilkenny Community League News

Kilkenny Community League Memberships

Memberships are sold in person during the spring (March) and fall (September) sports registration dates (please bring proof of address [utility bill or drivers license]). However memberships are sold year round through the Edmonton Federation of Community Leagues (EFCL) website. Membership types and rates are listed there.

Benefits of membership include:

Free community league swim at:

Londonderry Fitness & Leisure Centre, located at

14528-66 Street NW, every Sunday from 4:15 pm – 5:45 pm.

Grand Trunk Fitness & Leisure Centre, located at 13025-112 Street NW, every Sunday from 4:15 pm – 5:45 pm and Fridays 7:15 pm – 9:15 pm.

10% discounted Annual, Multi Admission, or Continuous Monthly passes to ANY City of Edmonton Recreation Centre.

Free outdoor skating at ANY Community League rink (ensure you have current skate tags).

Free indoor skating at Lon-



donderry Fitness & Leisure Centre, located at 14528-66 Street NW, every Sunday from 4:00 pm – 5:00 pm.

Voting rights at the Kilkenny Annual General Meeting (AGM) held in November.

Please come out and support your community!

If you have any other questions, please email Membership@Kilkenny.ab.ca

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

Do you or someone you have content that you would like in the North East Voice? We would like to hear from you!! Feel free to send in a picture and the appropriate information and we will include it in the next newsletter!! Please send it to Lindsay, Kilkenny Publicity Director at publicity@kilkenny.ab.ca.

Save The Date



Kilkenny AGM – Thursday, November 5, 2020 @ 7:00pm at Kilkenny Community Hall

AHS introduces Continuing Care online visitation request tool

Alberta Health Services (AHS) has developed an online tool that allows designated family/support persons and other visitors to request scheduled visits with their loved one in continuing care sites operated by AHS, Capital Care, Carewest and Covenant Health online.

Albertans who would like to schedule a visit at participating continuing care sites can visit AHS.ca/ccvisit.

“During the COVID-19 pandemic, it’s important that we keep continuing care residents and staff healthy and safe, while also supporting visitation with loved ones and support persons,” says Minister of Health Tyler Shandro. “Online tools have played a key role in keeping Albertans safe during COVID-19, and this is an example of that.”

This new online tool is part of the updated visitation process outlined in Chief Medical Officer of Health (CMOH) Order 29-2020. This Order supports the designation of up to two family/support persons

per resident for indoor visits, allows other visitors in extenuating circumstances (e.g. end of life), and outdoor visits with up to five individuals including the resident. In-person visits and virtual or telephone visits that require staff support must be arranged ahead of time with staff/site leaders.

“Visits with loved ones and support persons are a crucial part of the care we provide. Scheduling visits with residents ensures we can support regular visits while minimizing the risk of transmission to residents and staff,” says AHS President and CEO Dr. Verna Yiu. “It’s important that continuing care residents stay emotionally and socially connected to their loved ones.”

Albertans who would like to request a visit at participating continuing care sites can go to AHS.ca/ccvisit and locate the facility they wish to visit and complete the online request form, including the date and time of the visit. If for some reason your request cannot be accommodated, you will re-

ceive an email directing you to request a visit for another date or time.

Site participation is voluntary, recognizing that some locations have effective request/booking systems already in place. Participating locations will have a link to the online booking request tool. All other sites will have their contact information available on the page and Albertans can request a visit by phone.

This booking tool is being launched in phases at various locations across the province over the next week. Please go to AHS.ca/ccvisit for the most up-to-date information on which sites are currently accepting online bookings.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

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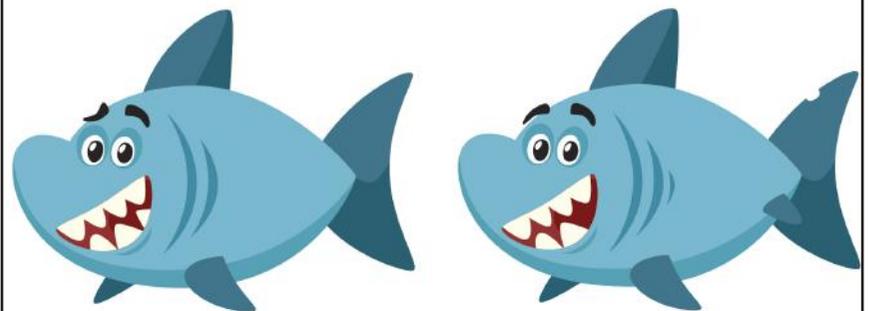
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Find 5 differences



Spot the 5 differences and be entered to win a \$10 Kernels Popcorn giftcard!

Send an email with your answer to info@communityleagueneews.com to be entered!

Winner will be randomly selected October 10th 2020 and contacted via email



McLeod Community League News



McLeod Community League will conduct its AGM at 7pm on Thursday the 29th of October in the large hall at McLeod Hall. Please come out and support your League. If you're interested in volunteering for a Board position, please email secretary@mcleodcl.ca

We currently have vacancies for the following positions:

- Vice-President
- Sports Director
- Softball Director
- Baseball Director
- Programs Director
- Volunteer Director

McLeod Community Representative
Matt Berry Community Representative

The following positions will be up for election for a two-year term at the 2020 AGM:

- Vice-President
- Secretary
- Sports Director
- Sport Explorers Director
- Social Director
- Facilities Director
- Community Service Director
- Civics Director
- Youth Director
- Casino Director
- Grants Director
- Area 17 Representative

Please come join us for a socially distanced AGM!

McLeod Community Safety Director

I have seen on Social Media a few people talking about starting Neighborhood Watch. Here is my thoughts. I have looked into the Neighborhood Watch Program and think it's great. However in our area we do not have a certain street or avenue – as in some communities – where most crime is happening.

The crime in our area is at random spots. We have our eyes and ears and if someone or something seems suspicious, help our police by reporting it to 780-423-4567 right away.

Try to get as much information as possible including description of person or persons, (clothing, height, weight, anything distinguishable, etc.), description of vehicle (colour, make, model, license plate number, canopy, spoiler, anything distinguishable, etc.). Do not engage and stay safe. Your safety is important.

To help reduce crime in our neighborhood we need to make it less inviting for criminals. Criminals are lazy and the harder we make it the greater chance they will move on to another area. Easy things like ensuring your doors are locked on your home and vehicles. Keep valuables out of site in your vehicle, home, or yard. Install cameras, security systems, motion lights on your homes. Put locks on your gates and sheds. Look out for your

neighbours. I have woken my neighbours up a few times when they have left their garage doors open.

October 2020 Alberta Traffic Safety Calendar primary focus is Pedestrian Safety. "WHEN EYES LOCK IT'S SAFER TO WALK" Pedestrian safety is a shared responsibility.

Pedestrians, here are some safety tips to help get you across.

Be aware of your surroundings and stay alert when crossing the street

Obtain and maintain eye contact with drivers wait until vehicles have stopped before you cross

Cross the street only at designated crossing points. Do not jaywalk.

Do not wear dark clothing when walking in low light or poor weather conditions. If you can, wear reflective vests or jackets.

Don't start crossing after the walk light has ended.

Stay off your phones and turn your music off when crossing.

Be aware for vehicles turning as you cross intersections.

If one vehicle stops for you in a crosswalk, ensure other lanes of traffic also stop before proceeding.

Drivers, here are some tips to help keep pedestrians safe.

Be aware of your surroundings.

Watch your speed.

Remember that distracted driving like texting and talking on your phone is unsafe and illegal.

Use extra caution where children and pedestrians are likely to be nearby such as school and playground zones, bus stops, crosswalks, parking lots, alleys and residential areas.

REMINDER: Playground Zones are in effect 365 days per year from 7:30am to 9:00pm. Please follow the maximum 30 km/hr speed limit.

Commercial Vehicle Safety

Multiple Law Enforcement agencies teamed up to conduct a few days of level 1 Commercial Vehicle Safety Inspections in Edmonton. Many Commercial Vehicles inspected were put out of service. I wanted to share some of the common violations that I observed to help the drivers of Commercial Vehicles not get fines, towed, or put out of service.

Cargo Securement. Drivers must ensure when using

straps or chains that they are marked with Working Load Limit. Ensure cargo is also secured in van bodies.

Electric Trailer Brakes. Ensure on your pre and post trip inspections that your trailer brakes are working. This includes the Emergency Trailer Brakes (Trailer Breakaway Switch).

Ensure your air brakes are set up properly and functioning.

Replace windshields if you have cracks from edge to edge or intersecting cracks in an area swept by the wipers, or cracks or star chips greater than 25 millimeters in diameter in an area swept by the wipers.

If your Commercial Vehicle is registered over 4500 Kg ensure your company name, GVW and TARE are displayed on both sides of vehicle. The letters and/or digits need to be minimum of 50 millimeter in height. Also ensure the GVW that is on your registration matches what is displayed on the vehicle.

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Expires October 31st 2020

Our office is currently booking in-person meetings by appointment only.



Chris Nielsen
MLA for Edmonton-Decore

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edmonton.decure@assembly.ab.ca



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Northmount Community League News

Northmount Board of Directors as of June 18, 2019

POSITION	NAME	Contact
President	Meagan Plamondon	780-270-1212 president@northmount.ca
Vice President Operations	James Crocker	780-717-5885 Vp-operations@northmount.ca
Vice President Programs	Robin Wheatley	780-473-8634 Vp-programs@northmount.ca
Treasurer	Margaret Warwick	780 914-5119 treasurer@northmount.ca
Secretary	Margaret Warwick	780 914-5119 secretary@northmount.ca
Area 17 Council Rep.	Karen Plamondon	
Adult Programs Director	Robin Wheatley	780-473-8634
Bingo Director	VACANT	bingo@northmount.ca
Casino Director	Sid Plamondon	casino@northmount.ca
Children's Program Director	VACANT	
Civics Director	VACANT	
Communications Director	Michele Crocker	newsletter@northmount.ca
Facilities Director	VACANT	
Family Programs Director	VACANT	
Memberships	Robin Wheatley	780-473-8634 memberships@northmount.ca
Past-President	Terry Kitching	780-478-4147
Seniors Programs Director	VACANT	
Soccer Director	Joanne Cheetham	780-477-6010 soccer@northmount.ca
Sports Explorerz	Karen Plamondon	

President's Message

Hello everyone,
We made it through the summer. I hope everyone was able to enjoy some time with family and friends as best they could with the world we are living in at this time. I also want to wish all the best to students as they start a new school year.

With things always changing, some programming will continue to be on hold to do our part as we keep the

cases of Covid-19 down. On September 15th our AGM occurred. Please stay tuned to the next issue to hear how the elections went and plans moving forward with the new board. If you missed the meeting and you are still interested in volunteering please reach out!

We are very close to getting Hapkido and Yoga back on. Please watch Facebook for details on the relaunch of



these 2 programs. We are just finalizing safety protocols and securing the necessary cleaning supplies.

All the best and be well!
Meagan Plamondon (she/her)
president@northmount.ca

Yoga and Hapkido will be Back!

The executive is working with the instructors about setting up a relaunch plan for classes to begin again. Keep up to date by visiting our Facebook Group. If you have any questions about

these programs, please email the instructors.

Hapkido - sidplamondon@outlook.com

Yoga - YogiDuo@outlook.com



Follow us on Social Media

Do you want to keep up to date on happenings in Northmount?

Join our Facebook page at <https://www.facebook.com/groups/NorthmountCommuni>

nityLeague/ Join in the conversations, RSVP to Events we are hosting, and connect with fellow community members.

We'd love to see you there!



Talking with your children about COVID-19



The start of the new school year can be both exciting and stressful for many kids and teens. The COVID-19 pandemic may make the transition back to school seem more challenging than ever before.

Parents and other trusted adults play a major role in helping kids understand back-to-school health and safety in an honest and accurate way. A calm, meaningful conversation may help minimize their fears and anxieties as students return to school this fall.

A few tips:

- Being safe today will help ensure you can have fun all year long.

- Let your children know it's OK if they're sad or scared about COVID-19. Accept their feelings without judging. Emotions come and go. It's OK to feel sad or upset or distressed. In most cases, these feelings do not last long.

- Avoid telling your child not to worry. The goal is to help your child realistically evaluate risk based on reliable information.

- Show them healthy ways to deal with stress, such as active living, meditation, regular sleep and healthy eating. They will learn how to deal with stress by watching and

copying what you do.

- Maintain social connections. If you and your children cannot visit friends or family in person, reach out by phone or video chat. If possible, develop a cohort of up to 15 other people that you and your family can visit with, without having to maintain two metres of distance. These visits will help maintain your social connections and make you—and those around you—feel less isolated.

- Correct misinformation and avoid using language that may create stigma and blame others for COVID-19.

- Let your kids know that you're there for them and that they can ask you questions.

- Focus on how they can protect themselves and others from getting sick. Teach your children ways that they can reduce the spread of germs. Cough or sneeze into a tissue or your elbow, and teach them to wash their hands thoroughly and often. Supply them with hand sanitizer for times when they are unable to wash.

- Keep routines as regular as possible, to provide kids with a sense of security and safety. Maintain regular bedtimes, mealtimes and exercise.

- Encourage positive thoughts. Talk about the people who are working hard to keep people safe and healthy. Find examples in your community of people doing good things. Find ways to do something kind for others.

- Check in regularly to ask how your children are doing. Provide comfort, if necessary, and be patient.

- Remind children and youth to take things day by day if they're feeling overwhelmed. If even this seems overwhelming, then take things hour by hour. And talk to your healthcare provider if you are struggling.

Go to www.ahs.ca/help-intoughtimes to learn more about how to talk to you kids and how you can connect them with support, if needed.

Last but not least, take care of your own health. We can all be overwhelmed during times of uncertainty. Be honest about your own feelings. Find ways to complete normal tasks, even if you're feeling worried. You are best able to help your children when you take care of yourself, too.

If you find you are still struggling, talk to your family healthcare provider or call Health Link at 811. You will also find more resources at ahs.ca.

Safe driving choices every day will protect kids going back to school

August 31, 2020

As students return to school for the first time since the start of the COVID-19 pandemic, the City of Edmonton reminds drivers to park responsibly and adhere to 30 km/h speed limits around schools.

"Back to school will look vastly different this year and safety has a whole new meaning," said Troy Courtoreille, Coordinator of Parking Enforcement Services. "In addition to COVID-19 safety issues, we ask parents to consider how parking habits can contribute to an unsafe environment. Illegal parking and drop-offs can block sightlines and cause obstructions, turning school zones into danger zones for children."

The City's Traffic Safety section reminds people to drive the posted 30 km/h speed limit in playground zones around all of Edmonton's elementary and junior high schools, which is in effect daily from 7:30 a.m. to 9 p.m.

"30 km/h is the safest speed in playground zones," said Jessica Lamarre, Director of Traffic Safety. "It allows drivers to stop quickly when the unexpected happens, and increases the likelihood that everyone will escape serious injury or fatality."

Since the first playground zones were implemented in 2017, collisions in school zones have decreased by 13 per cent, injuries and fatalities have decreased by 42 per cent and injuries to vulnerable road users have decreased by 71 per cent.

Along with playground zones, the City used automated enforcement funds to establish crosswalks, install lights, and add other safety features that help make it safer for students to get to school. In 2019, 26 schools were upgraded. 28 Rapid Flashing Beacons (RFBs) have already been installed at schools this year, ahead of schedule and ready for a



safe start to the school year.

Even with all these safety measures in place, Lamarre emphasized safe choices made daily remain important to keep Edmonton's streets safe and livable.

"Be alert for children walking or biking in your neighbourhood," said Lamarre. "Plan extra time when you are dropping off and picking your children up from school, as rushing can lead to tragedy. Know your school's procedures for pickup and drop-off, park responsibly and watch for the 30 km/h posted signs in playground zones."

The Edmonton Police Service and City of Edmonton enforce traffic safety laws around schools to help keep children safe.

Cheap and Versatile Gym Equipment for the Home

If you want to stay in shape at home, there are a lot of types of equipment you can invest in. No matter how big or small the space you have available, there is cheap and versatile equipment you can use.

To help give you a little inspiration, below you'll discover some of the best cheap and versatile gym equipment you can purchase for the home.

Dumbbells

Dumbbells are one of the best pieces of home gym equipment you can invest in. There are so many different exercises you can use them for. They also come in numerous weight options, allowing you to easily build your strength up.

Another benefit of this equipment is that it's easy to store. Dumbbell kits tend to come in their own carry case, allowing them to be neatly stored away until the next use. The right dumbbells can help you to tone up the body, lose weight and improve your cardiovascular health.

Resistance Bands

Another piece of equipment that's great for home use is resistance bands. Like dumbbells, these are small and easy to store away. They can be used in a lot of different ways, allowing you to stretch and strengthen various parts of

the body.

Resistance bands can improve the quality of your workouts, help you develop more focus and they can stabilize the muscles. It is a gentle way to build up your strength and flexibility.

Kettlebells

An alternative to dumbbells, kettlebells are a popular choice for those working out at home. They are known to boost core power, balance, strength and flexibility. When used correctly, they can improve sports performance.

You'll find a lot of kettlebell exercises online you can follow. If you're looking to improve your strength and cardio, you'll definitely want to invest in this useful piece of home gym equipment.

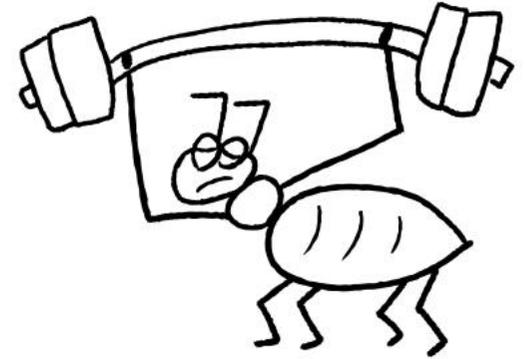
Jump Rope

If you want to focus on your cardio, a jump rump is a great purchase. You'll find these are a popular choice for boxers to use during their workouts. This is because not only does it boost your cardio, but it can also really help to enhance coordination.

As you jump, it builds up strength in the muscles around the feet and ankles. This can reduce the risk of injury if you play sports. Of course, you'll also be burning a lot of calories with this type of exercise, making it ideal for those looking to lose weight.

Did You Know?

DID YOU KNOW?



AN ANT CAN LIFT 50 TIMES ITS OWN WEIGHT.

DID YOU KNOW?



GIRAFFES ONLY SLEEP 30 MINUTES IN A 24-HOUR PERIOD

DID YOU KNOW?



THE TALLEST LIVING DOG IS A 1.18 M TALL GREAT DANE.

MLA NICOLE GOEHRING

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Calling all junior artists in elementary school to submit a piece of artwork on an 8.5 X 11 inch sheet, letting us know what the holidays mean to you! The winner will be featured in MLA Goehring's holiday cards!

Submit by email, mail or to your school by **Oct 13th**

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