

# NORTHEAST VOICE

Serving the community leagues of Evansdale, Kilkenny, and McLeod

November 2021



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## Affordable Housing for Veterans Opens in Evansdale

Home for Heroes, a new facility in Evansdale neighbourhood, plans to welcome its first cohort of 20 veterans by December 1, 2021.

The ATCO Veterans Village, which held grand opening on November 25th, is a partnership between all levels of government and the Home for Heroes Foundation. After more than 2 years



of planning and construction, Edmonton's Home for Heroes development is now ready to serve.

The village includes 20 units of housing, all less than 300 square feet in size. The homes are arranged in an inward facing "barracks" format to foster peer support. The village also has a community garden, resource

centre and counselling office to ensure veterans are successful as they transition to civilian life.

This village aim to support veterans through affordable housing in the format of a sanctuary and other social support.

The expected average residency will be 2 years for each veteran, with a goal of helping 200 veterans over the next 20 years.

## There Is No Health Without Mental Health

As the pandemic continues to impact the health of many around the world and holiday season is almost upon us, it is important to remind ourselves to take care of our physical health and our mental health.

By the age of 40, about 50 per cent of Canadians will have or has had a mental illness.

Remember, if you are struggling you are not alone.

There are supports in place to help you. Many things can help improve a person's men-

tal health. Building a healthy routine, limiting social media use, and learning to manage worries as well as mindfulness and other coping skills all can have a positive impact.

Create a healthy routine that can include physical activities such as a walk around the neighbourhood and a regular sleep schedule, as well as self-care strategies such as mindfulness or meditation. Connecting with others can have a positive impact on a person's mental health.

Resources and supports, such as Text4Hope and Togetherall, are available to help you or someone you know. Go to [www.albertahealthservices.ca/helpintoughtimes](http://www.albertahealthservices.ca/helpintoughtimes).

You may also wish to talk about your concerns with your partner, your family health-care provider or someone else you trust. Or call the Mental Health Helpline toll-free at 1-887-303- 2642, 24 hours a day, seven days a week.

Content provided by: Alberta Health Services

## McLeod Community to Help Seniors with Snow Removal

For the second consecutive year, McLeod Community League is participating in a program to assist seniors and those with reduced mobility issues with snow removal from residential sidewalks and driveways this winter.

It is free for eligible residents within the boundaries of McLeod Community League (including the com-

munities of Hollick-Kenyon, Matt Berry, Casselman, Miller, and McLeod) to register for this service, however participants are asked to consider purchasing a community league membership if they don't already have one. If there are any financial barriers a free membership will be provided.

This program was very

successful last year, and we are very excited to have our crews of school aged children clearing snow for those that struggle with this chore again this year.

Should you wish to register for this service for the upcoming winter, please contact Richard Arnold, Membership Director at [membership@mcleodcl.ca](mailto:membership@mcleodcl.ca).

## Pasta Dinner hosted by McLeod Community League

McLeod Community League is proud to sponsor a complimentary pasta dinner on Friday

January 21, 2022, 5:30-7:30pm. Take the night off and bring your family and friends out for a delicious

meal prepared by the community league. This is an excellent opportunity to meet up with neighbours and McLeod board members.

Proof of vaccination will be required to attend the event.

Keep and eye out on the McLeod Community League Facebook page and website for further information about registering to attend the dinner.

Todd, McLeod Soccer Director

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



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wonderful Holiday  
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filled with Peace and  
Happiness.*

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# Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires



## Evansdale Community League Board & Committees

Address: 9111 - 150 Avenue, Hall Phone 457-0948 / Mailing address: Box 71023 Northwood  
Mall Post Office, Edmonton, Alberta T5E 6J8 / E-mail address: [www.evansdale.ca](http://www.evansdale.ca)

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Yi Louise Liu	Newsletter & Social Media	780-952-0580	<a href="mailto:newsletter@evansdale.ca">newsletter@evansdale.ca</a>
Jeff Muiselaar	Area 17 Representative	780-478-1759	<a href="mailto:pastpresident@evansdale.ca">pastpresident@evansdale.ca</a>
Shannon Moses	Belle Rive/Poplar Park Sign Volunteers		<a href="mailto:signs@evansdale.ca">signs@evansdale.ca</a>
Jim Young	Evansdale Sign Volunteer		<a href="mailto:signs@evansdale.ca">signs@evansdale.ca</a>
N/A	Eaux Claires Playground	780-641-6171	<a href="mailto:ecbr@evansdale.ca">ecbr@evansdale.ca</a>
Terri	Hall Rentals	780-478-4444	<a href="mailto:hallrentals@evansdale.ca">hallrentals@evansdale.ca</a>
Cassandra Rijavec	Club Coordinator, Boys & Girls Club/Big Brothers Big Sisters	780-822-2560	<a href="mailto:Cassandra.Rijavec@bgcbigs.ca">Cassandra.Rijavec@bgcbigs.ca</a>

## 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](mailto: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](http://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  
\$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](mailto:hallrentals@evansdale.ca).

## Zumba with Marksman and Courtney at Evansdale Hall



Have you ever tried Zumba? It is a heart-pumping, fun, International and Latin music-infused dance workout. No dance experience necessary - all you need bring is your energy, towel, water bottle and a big smile.

Date: October 27 to December 15

Time: 6:30 PM – 7:30 PM (Wednesday evenings)

Cost: \$80 for 8 classes or \$12/drop-in

BOGO 50% OFF

Registration link: <https://forms.gle/6jMtaq56HcpAPDFQA>

Registration Contact:

[c.ladybell@gmail.com](mailto:c.ladybell@gmail.com)

To ensure the safety of everyone participating in Zumba classes at the Hall, we will follow the Guidance for Sports, Physical Activity and Recreation – by Government of Alberta. We will check for COVID vaccine QR code and take appropriate measures to reduce risk of exposure and transmission. We will ensure a minimum distance of 3 metres is maintained in all directions of each participant.

## Visit Our Website and Facebook Page

Get the latest information, our most recent newsletter, contact information and lots of other great stuff!

Also get involved, join us on

Facebook!

Website: [www.evansdale.ca](http://www.evansdale.ca)  
Facebook Page: [www.facebook.com/evansdalecommunityleague](https://www.facebook.com/evansdalecommunityleague)

## Living with Osteoarthritis

Osteoarthritis is a condition that affects a person's joints. It's caused by cartilage breaking down.

As the cartilage breaks down, it makes the bones rub against each other.

It is painful and can cause everyday movements to hurt.

Osteoarthritis causes

No one is sure what causes osteoarthritis but it has been linked to aging, joint injuries, obesity and genetics.

Osteoarthritis symptoms

It usually affects the spine, hips, hands, knees and feet. It can cause:

- Pain
- Stiffness
- Muscle weakness
- Deformed joints
- Reduced range of motion and loss of use of the joint

- Cracking and creaking
- Osteoarthritis treatments
- Treatment is available. Speak with your family doctor to find out what is best for you.

Treatments may include:

- Pain medicine
- Pain-relieving gels or creams
- Steroid shots
- Physiotherapy
- Walking aids
- Applying heat or ice to the joint
- Losing weight, if you're overweight
- Exercising to strengthen your muscles
- Surgery
- Acupuncture
- Natural health products

For more information about living with osteoarthritis, search "osteoarthritis" at [my-health.alberta.ca](http://my-health.alberta.ca).

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## Evansdale Holiday Coloring Contest



Enter Evansdale 2021 holiday colouring contest for a chance to win a \$50 gift card from Toys R Us! Participants must be 17 years old and under. Enter before Sunday, December 19, 2021 – a winner will be announced on Evansdale Facebook page before midnight.

Scan your entry and e-mail it to: [newsletter@evansdale.ca](mailto:newsletter@evansdale.ca)

Please provide participant's name, age, and telephone number on your entry. Happy colouring!

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

## Start your day with a healthy breakfast

There are many good reasons to start the day with a healthy breakfast. Eating breakfast and other meals and snacks throughout the day can help you and your family have more energy for school, work and play.

It may also help you and your family stay healthy and lower your risk of developing chronic diseases. People who skip breakfast often have lower intakes of calcium, iron and fibre. These are nutrients for growth and health. Breakfast can be simple and still meet your nutrition needs.

### Eat together

Parents and caregivers are role models for children. Enjoy meals and snacks with your family as often as you can. Breakfast can be a good chance to share a healthy meal. Eating together can help

kids:

- Explore new healthy foods
- Establish healthy eating routines
- Improve their overall eating pattern
- Explore cultural and traditional foods.

As kids become more independent, they may begin to prepare meals on their own.

### Great breakfast ideas

Try to prepare breakfast or set the breakfast table the night before, to save time in the morning. Here are some quick breakfast ideas:

- Whole grain hot or cold cereal with fruit and low-fat milk (skim, one per cent or two per cent milk fat)
- Whole grain toast, bagel or English muffin topped with nut butter and sliced banana.
- Whole grain waffle or pancake topped with fruit and low-



fat yogurt (fat-free, one per cent or two per cent milk fat)

- Whole grain crackers, lower fat cheese (less than 20 per cent milk fat) and an apple
- Unsalted nuts mixed with dry whole grain cereal and a piece of fruit
- Leftovers: homemade pizza, soup, pasta or casserole.
- Whole grain toast and a smoothie

### More great breakfast ideas

- Scramble eggs with vegetables and cook in the microwave for one to 1.5 minutes.
- Top a small whole-grain

tortilla with scrambled eggs and lower fat cheese.

- Stuff a whole-grain pita with cottage cheese and chopped fruit. Or try tuna, chopped tomatoes and lettuce.
- Spread nut butter on a whole grain tortilla and roll it up with a banana.
- Have sardines or baked beans on whole grain toast with a glass of milk or fortified soy beverage.
- Mix canned peaches or frozen blueberries with low-fat yogurt. Top with whole grain

cereal.

### Not a breakfast eater?

If you don't eat much for breakfast, add healthy foods as a morning snack. You may be able to eat more later. If you are not used to eating early in the morning, try waiting an hour before you eat. Or try having one or two of the following foods:

- Piece of fruit
- Hardboiled egg
- Half a whole grain bagel with cheese or nut butter
- Small bran muffin
- Lower fat cheese
- Whole grain cereal
- Low-fat milk or fortified soy beverage
- Low-fat yogurt
- Unsweetened applesauce
- Toasted whole grain English muffin
- Unsalted nuts
- Fruit and nut bar



## Do you get heartburn?

Heartburn and acid regurgitation are common. They happen when food in the stomach backs up into the esophagus (the food pipe that leads from the mouth to the stomach).

This is often referred to as reflux or GERD (Gastro-Esophageal Reflux Disease). It is uncomfortable and over time, it may damage the esophagus lining. It often occurs because the circular muscle that connects the food pipe and stomach is too relaxed and stays

open after meals. Other contributors to heartburn include smoking, being overweight, alcohol, caffeine, spicy foods, some medicines and stress.

Proton pump inhibitors (PPIs) are medicines commonly used to treat reflux. They are acid blockers.

They decrease the amount of acid that the stomach makes, which lessens reflux symptoms. More than 10 per cent of Albertans fill a PPI prescription each year. While

PPIs are effective at treating heartburn, they are often only needed for a short time. In many cases, heartburn medicines are only needed for four to eight weeks. PPIs are generally safe. However, they can cause headache, nausea, diarrhea (rarely), malabsorption of some important nutrients and rashes.

Some people need to take a PPI for a long time. People who may need to continue taking a PPI include those with

severe reflux disease; a condition called Barrett's esophagus; long-term use of nonsteroidal anti-inflammatory drugs (such as ibuprofen); stomach ulcer prevention; or a history of bleeding stomach ulcers.

People over the age of 18 who have been taking a PPI for more than four to eight weeks can talk to their doctor, nurse practitioner or pharmacist about whether stopping a PPI is the right choice for them. Doctors, nurse practitioners

or pharmacists can help to decide on the best approach to using less medicine. They can advise on how to reduce the dose, whether to stop it altogether, or how to make lifestyle changes that can prevent heartburn symptoms from returning.

Reducing the dose might involve taking the PPI once daily instead of twice daily, lowering the PPI dosage, or taking the PPI every second day for some time before stopping. Others

may only need to use the drug occasionally to relieve symptoms.

If heartburn or stomach pain returns after reducing or stopping a PPI, talk to your doctor, nurse or pharmacist, or call Health Link at 811.

Heartburn can also be reduced without medication by avoiding triggers (such as coffee, alcohol, and spicy foods), avoiding food two to three hours before bedtime, and losing weight.

## River valley park named for Edmonton's first female mayor

Former Edmonton mayor Jan Reimer is being recognized for her service to the community with a park named in her honour. The park will be part of existing river valley parkland close to the Oleskiw neighbourhood located near the Terwillegar Park footbridge.

The park's name was proposed to the Naming Committee to recognize former Mayor Reimer's many achievements in her service to the community, particularly her work to preserve the River Valley.

"A lifelong Edmontonian, during her

public service career she dedicated herself to advancing important civic initiatives," said Erin McDonald, Chair of the Naming Committee. "Through the lens of history, it is clear that Jan Reimer had a significant impact on Edmonton. For her contributions, the Edmonton Naming Committee is proud to support this naming initiative."

"Jan has also never been afraid to go first, whether it was when she was elected Edmonton's first -- and still only -- female mayor or when she championed environmental policies

long before it became mainstream. Jan's bravery has inspired many."

Jan Reimer was born in Edmonton in 1952. She won her first election as Alderman for the former Ward one in 1980. She was re-elected again in 1983 and 1986 (Alderman terms at that time were three years) and won the office of Mayor in 1989 replacing Laurence Decore. Reimer advocated for changing the title of Alderman to Councillor and championed improvements to the City's waste management system includ-

ing recyclables and eco stations.

She worked on initiatives to improve the water quality of the North Saskatchewan River and in preserving the river valley and extending the trail system. She helped establish the Edmonton Arts Council and the Aboriginal Advisory Committee.

Reimer was recognized as an Edmontonian of the Century in 2004 and has received the YWCA Women of Distinction Award and the Governor General's Award. More information: edmonton.ca/naming

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## Increase in fire events in northeast Edmonton

Edmonton Fire Rescue Services (EFRS) has seen a steady increase in fire-related events in the northeast quadrant of Edmonton over the past 12 months.

Between May 2021 and October 2021, there have been 281 fire-related events compared to the 148 fire-related events between November 2020 and April 2021. The largest increase in fire frequency are those that occur in vacant structures and outside fires, with suspicious and deliberately set fires being the fastest growing fire cause in the area as a whole.

Work is underway in EFRS to identify the root cause or causes of increased fire events and by improving data collection, sharing and reporting systems.

All details of fire incidents, regardless of severity or cause, are now logged, compiled and analyzed. This



ensures that the data can accurately describe the fire problem and be the basis for prevention initiatives.

All fire incidents, regardless of cause, criminality or severity are now reported directly to Edmonton Police Services' (EPS) Operational Incident Command Centre in real-time, creating the opportunity for efficient reactive policing, and proactive community-focused policing efforts.

"We recognize that there has been an increase in fire frequency in the northeast and I want to reassure Edmontonians that we are

working closely with other emergency service agencies and municipal agencies to mitigate fire risk in all areas of the city, with a strong emphasis on the northeast vacant property and arson fire problem," said Fire Chief Joe Zatylny. "Citizen safety and community risk reduction is and continues to be our primary focus."

EFRS is working closely with Edmonton Police Service, Alberta Health Services and the City of Edmonton Community Standards and Neighbourhoods branch to address this issue with a more holistic approach.

"We've just launched this joint effort with Edmonton Fire Rescue Services so we cannot speak to specific actions but our collective goal is to look at ways to address this growing problem," said Keith Scott, Director of Complaints and Investigations with the Community Standards and Neighbourhoods branch.

In addition, there has been an increase in the frequency of intentionally set fires across all building classifications across the city.

Edmontonians can continue to help by being the first line of prevention. Please ensure your property is clean and clear of garbage, piles of brush, flammable liquids, gasoline containers, used furniture, old vehicles and other materials that could be used to start fires. Become familiar with your neighbours and report any suspicious activity to EPS.

## Waste collection winter schedule begins November 9

With winter approaching, residents are encouraged to visit [edmonton.ca/waste](http://edmonton.ca/waste) to learn more about changes to their waste collection schedule as well as how to set out their carts in snowy conditions. From November 9 to March 25, the food scraps cart will be collected once every two weeks, and never on the same week as the garbage cart. Food scraps carts are collected less frequently in the winter as the volume of organic waste decreases in winter, and odour is less of an issue. The reduced collection frequency also helps the City limit costs and keep waste rate increases low and stable. To help ensure waste can be safely collected in winter, please clear snow and ice away from your collection area and place your cart in front of windrows or snowbanks. The schedule change makes it eas-

ier to set out waste as you only need to shovel space for one cart. Please avoid storing food scraps carts indoors between collections, as liquid from wet food scraps can collect at the bottom of the cart and freeze when moved outdoors. This makes it difficult to empty the cart. The City offers an Assisted Waste collection service for customers with mobility challenges who have difficulty getting their recycling, garbage and food scraps out for collection. This service is available seasonally or year-round.

Visit [edmonton.ca/waste](http://edmonton.ca/waste) for more tips on safe and effective winter waste collection or to apply for the Assisted Waste program. To help make sure you never miss a collection, sign up for reminders and notifications for your specific collection days through the WasteWise app.





Emergency Medical Services (EMS) respond to a number of cold weather emergencies every winter. However, you can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress with warm insulating layers closer to the body, covering with wind and waterproof layers on the outside. Don't forget a toque. Carry an emergency road side kit in your vehicle containing extra clothing, blankets, and emergency supplies. Make sure that your cellular device is completely charged.

## Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

## Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water, until fully re-warmed;
- Seek further medical attention as required.

## Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

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

## Physical activity improves health at any age

Everyone needs to be physically active. Why?

- It keeps your bones and muscles strong and healthy
- It improves your balance
- It helps you move easier
- It keeps your heart and lungs healthy
- It increases your energy

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

- It helps you sleep
- It improves your confidence when walking

At any age, your body can get stronger with activity. It is never too late to start.

- Do at least 150 minutes of activity every week if you are over 18 years old. These

activities should make you sweat a little and breathe a little harder. You can break this into 10-minute periods. If you are just getting active start slowly, and add a few minutes each day.

- Being active will help you with your daily living tasks

like getting up from a chair or into a car. Activities should strengthen both your arm and leg muscles. Arm strength is needed just as much as leg strength for daily tasks.

- If it is hard to get started, find a buddy to encourage you, make a plan or try some-

thing new to keep it interesting.

Always talk to your health-care provider before starting a new physical activity. Examples of physical activity include:

- Strength and balance activities such as Tai chi, stair

climbing, exercising with weights or exercise bands, and doing wall pushups

- Endurance (heart) activities such as walking, dancing, gardening, and swimming

- Flexibility activities such as Tai chi, yoga and stretching.



# McLeod Community League News

## McLeod Community Safety Director's Message

### Alberta Traffic Safety Calendar Focus- Impaired Driving

As of December 18, 2018, new federal legislation for mandatory alcohol screening authorizes law enforcement officers to request a breath test for blood alcohol concentration from any driver they lawfully stop. If you are found guilty of driving over the criminal limits for alcohol or drugs, you will face serious criminal penalties in addition to any provincial sanctions that apply.

#### Alcohol

Federal limits In all Canadian provinces, the maximum legal blood alcohol concentration (BAC) for fully licensed drivers is 80 milligrams of alcohol in 100 millilitres of blood or 0.08. Driving with a BAC of 0.08 or more is a criminal (federal) offence and the penalties are severe.

#### Provincial limits

In Alberta, and in most other Canadian jurisdictions, if your BAC is between 0.05 and 0.079, you will also face provincial consequences through the Immediate Roadside Suspension Program.

#### Drugs

If police determine you are driving while impaired by any drug, including illegal drugs, cannabis, prescription and over-the-counter medications, you will face severe consequences, including federal criminal charges and penalties and provincial sanctions.

### Commercial Vehicle Drivers

The Immediate Roadside Sanctions (IRS) Program of IRS ZERO: Commercial aligns with Alberta Transportation's mandate to improve road safety for all users. Commercial drivers, operating in a commercial capacity, are held at a higher standard due to the complexity and size of commercial vehicles. Commercial industry stakeholders supported a zero-tolerance approach for commercial drivers. This change also aligns with other Canadian jurisdictions who currently have a zero-tolerance

approach for commercial drivers who operate in a commercial capacity.

The IRS ZERO: Commercial Program is administered under section 88.02 of the Traffic Safety Act and applies to drivers when law enforcement has reasonable grounds to believe that a commercial driver has operated a commercial vehicle in a commercial capacity with any alcohol or drug in their body.

The IRS ZERO: Commercial Program applies to any driver who is operating a:

commercial vehicle, or combination of commercial vehicles, that has a registered gross vehicle weight of more than 11,794 kg

commercial vehicle that has a manufacturer's seating capacity originally designed for 11 or more passengers, including the driver

Commercial drivers must have a zero (0.00) blood alcohol concentration or blood drug concentration when driving a commercial vehicle.

#### Substances

The IRS ZERO: Commercial Program applies to all alcohol and drugs.

Under the IRS ZERO: Commercial Program, there is a zero-tolerance approach for any alcohol or drugs, or both, for commercial drivers operating a commercial vehicle in a commercial capacity.

#### Immediate roadside appeal

You can request a second breath test on a different instrument to confirm your blood alcohol concentration or a blood test for drugs to confirm your blood drug concentration. If the results of your second test is less than any prohibited drug or alcohol concentration, your Notice of Administrative Penalty in the IRS ZERO: Commercial Program will be cancelled by law enforcement. If the results of your second test is equal to or greater than any prohibited drug or alcohol concentration, your Notice of Administrative Penalty in the IRS ZERO: Commercial Program will be confirmed by law enforcement.



#### Sanctions

Once the Notice of Administrative Penalty is issued by law enforcement, the driver's license suspension or disqualification begins immediately. A Confirmation of Suspension will be sent to the last known address listed on your motor vehicle file. If you reside outside of Alberta, your home jurisdiction will be notified of the suspension or disqualification. Repeat alcohol driving occurrences show a pattern of high-risk driving behaviour and therefore the penalties escalate with each prior occurrence.

If you are issued a Notice of Administrative Penalty under the IRS ZERO: Commercial Program, you will receive the following sanctions:

First occurrence in a 10-year period

You will receive:

an immediate 3-day driver's licence suspension where you are unable to drive under any circumstances

a \$300 fine plus victim of crime surcharge of 20%

Second occurrence in a 10-year period

You will receive:

an immediate 15-day driver's License suspension

where you are unable to drive under any circumstances

a \$600 fine plus victim of crime surcharge of 20%

Third and subsequent occurrence within a 10-year period

You will receive:

an immediate 30-day driver's licence suspension where you are unable to drive under any circumstances

a \$1,200 fine plus victim of crime surcharge of 20%

Class 5 GDL/Class 7 Learner's license

The Immediate Roadside Sanctions (IRS) Program of IRS ZERO: Novice is administered under section 88.01 of the Traffic Safety Act. It applies to drivers when law enforcement has reasonable grounds to believe a driver operated a motor vehicle with any amount of alcohol or drugs in their body while they were a novice driver with a Class 7 Learner's license or a Class 5 GDL license. These drivers must have a zero (0.00) blood alcohol concentration or blood drug concentration when driving.

#### Substances

The IRS ZERO: Novice Program applies to all alcohol and drugs. Under the IRS

ZERO: Novice Program, there is a zero-tolerance approach for any alcohol and drugs for novice drivers in the Class 7 Learner's license or a Class 5 GDL license category.

#### Immediate roadside appeal

You can request a second breath test on a different instrument to confirm your blood alcohol concentration or a blood test for drugs to confirm your blood drug concentration.

If the results of your second test is less than any prohibited drug or alcohol concentration, your Notice of Administrative Penalty in the IRS ZERO: Novice Program will be cancelled by law enforcement. If the results of your second test is equal to or greater than any prohibited drug or alcohol concentration, your Notice of Administrative Penalty in the IRS ZERO: Novice Program will be confirmed by law enforcement.

#### Sanctions

Once the Notice of Administrative Penalty is issued by law enforcement, the driver's license suspension or disqualification begins immediately. A Confirmation of

Suspension will be sent to the last known address listed on your motor vehicle file. If you reside outside of Alberta, your home jurisdiction will be notified of the suspension or disqualification.

If your driver's license has been suspended under the IRS ZERO: Novice Program, you will receive the following sanctions:

an immediate 30-day driver's licence suspension where you are unable to drive under any circumstances

a 7-day vehicle seizure

a \$200 fine plus victim of crime surcharge of 20%

#### 24 Hours Suspension

Drivers who are suspected of being impaired by alcohol, drugs or a physical or medical condition that affects their ability to safely operate a vehicle are subject to a 24-hour driver's license suspension. Drivers who receive a 24-hour driver's license suspension for medical reasons may have their file reviewed by Alberta Transportation's Driver Fitness and Monitoring staff to determine their fitness to drive.

#### Parking Bans

Parking Bans can be declared between November 5 and March 15 with 8 hours notice to conduct snow plowing or removal. Bans remain in effect until the city declares it is over. Please don't park on a plowed bus route until the ban has been officially lifted. Failure to comply with the Parking Ban may result in a fine of \$100 plus the cost of tow.

#### Snow on Sidewalks

Please maintain your sidewalk adjacent to your property. It is your responsibility and failure to do so can result in a fine of \$100.00 plus the cost of the city hiring a contractor to remedy the situation which then gets put on the homeowner's tax roll. I encourage you as neighbours to help your fellow neighbours who may struggle or cannot shovel or remove ice from their sidewalks due to injury or disability. Unfortunately, the City of Edmonton does not have a Snow Angels Programs. If



you choose to report snow covered or icy sidewalks that are the responsibility of a homeowner, business owner or the city you can call 311.

#### Putting Snow on Roadway

Snow cannot be put on the roadway from the sidewalk or your driveways. This action violates Edmonton By-laws and could result in a fine of \$250. Putting snow on the road contributes to unsafe driving and walking conditions, increases the cost of providing winter road maintenance and can lead to blocked storm drains. If you do not have room for snow on your property, you can haul it to one of 4 snow dumps in Edmonton free of charge. Phone 311 or go to City of Edmonton website to get locations.

#### Parking on/across Sidewalks

Please do not park on or across a sidewalk. You could be fined up to \$100.00. I encourage you as neighbours, if you have an issue and you feel comfortable talking to your neighbour, to speak to them directly about it. If you don't feel comfortable you can call 311 or download the 311 APP and make a com-

plaint.

#### Pets and Cold Weather

The Cold temperatures are here and in Alberta that can be dangerous for your pet. The best place for your pet is inside, except when you take it outside to walk it or get exercise or if the breed of the dog can survive outdoor cold weather. In saying that, there are requirements under the Alberta Animal Protection Act you need to follow to help keep your pet safe. Shelter: Your dog needs to have a proper doghouse. The doghouse needs to have proper bedding such as straw or blankets. Straw is recommended over blankets which can soak up moisture and then turn to ice. The doghouse should have a door to stop any wind. L-shaped entrances work well to reduce wind chill. Water:

Your Dog must always have access to water. Frozen water or snow does not count. Consider getting a heated bowl to avoid freeze up. Avoid using metal bowls that dogs' tongues can stick and freeze to. Food: Your dog must be fed food every day. When the temperatures get cold, ensure you add extra

food to assist in the necessary energy to keep your dog warm. If your dog is an indoor dog, ensure when you let them outside that you let them in right away during frigid temperatures once they are done going to the bathroom. Do not leave dogs in cold vehicles. If you believe a dog or cat is in distress, please report it to 311 and if 311 is closed please report to Edmonton Police at 780-423-4567.

Dogs or Cats in distress can be one or all the above issues. Signs of distress can be shivering excessively, lifting its paws, licking or biting its paws, whimpering, howling or excessively barking (dogs) and or not moving. Animal Owners can be charged under Alberta Animal Protection Act with fines up to \$20,000 and could be banned from owning animals. In addition, if an owner of an animal causes the distress they could be charged criminally and could face jail time. Consider using dog friendly ice salt on your sidewalks, even if you don't have a dog, to be a good neighbour. Regular ice salt can irritate dog's pads on

their feet.

#### Crime Prevention

When you leave or go to bed, ensure all your doors and windows are locked. Ensure your vehicle doors are locked. If you have a security system, ensure it is armed. After Christmas is over, avoid placing high-ticket boxes or store bags out on the curb that are visible to everyone. Take larger boxes to the recycle depot and place store bags and wrapping paper in black garbage bags before putting in blue or clear recycle bags. Do not place presents under a Christmas tree that can be easily viewed from the outside of your home. Be cautious with candles, do not leave them unattended.

This is the season of giving and if you're able to support your favorite charity or can donate to any of them, which includes the Christmas Bureau, Santa's Anonymous, The Food Bank, Mustard Seed or The Hope Mission, to name a few please consider doing so if you can. If you have already, I thank you. Hope everyone has a Merry Christmas and a Happy New Year!!! Be safe!!!

## Ask Charles - Real Estate Advice



I'm shopping for a vacation home on Vancouver Island, and I'd like my Alberta real estate agent to help me, can she?

No, unfortunately, she can't. To work in another province, someone needs to be licensed in that province. Real estate has different licensing rules and criteria from province to province, and while there are a lot of similarities, individuals need a licence in a jurisdiction before working there.

The fact is, if you're buying a property in B.C., or any other place outside of Alberta, don't you want someone looking out for your interests who is familiar with the market and the rules in the area in which you want to buy? While I'm sure your Alberta real estate professional is a consummate professional and knows the ins and outs of our industry, the fact is, she knows Alberta real estate and Alberta real estate rules.

You will be better represented by working with someone in the area in which you're buying, someone who is licensed by the provincial authority in that province (in the case of B.C., it's the Real Estate Council of British Columbia).

However, there are other things that your Alberta real estate professional can do to assist you. Many real estate professionals have networks

of professionals in other provinces and your real estate professional may be able to make suggestions of someone to work with. Alternatively, if you have friends or family that live there, you can ask them for a recommendation and of course, you can do Internet searching on your own.

I also suggest that you do as much as you can to research the market in which you're looking for a property.

Real estate transactions are significant commitments, with a full slate of obligations and responsibilities. And, things can certainly be a bit trickier when you're buying in a location in which you don't primarily live. The best advice I can give you is to do all you can to ensure you're represented by a licensed industry professional who is knowledgeable about the market in which you are about to trade.

You've got questions. He's got answers.

*Charles Stevenson is the Registrar at the Real Estate Council of Alberta. Charles knows that buying and selling a home can be confusing, but it doesn't have to be. "Ask Charles" is a question and answer column for consumers about buying and selling property in Alberta.*

*If you have a new question for Charles, please email ask-charles@reca.ca.*

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To receive the 12-year Parts Limited Warranty, online registration must be completed within 60 days of installation.

\*\*conditions may apply

## Okinawan martial arts at McLeod Hall

Looking for something that is heavy on learning, physical activity and fun, but is light on the wallet?

McLeod Hall is offering a quality, practical, non-competitive martial arts program that is affordable for the whole family.

A small dojo with a welcoming, family atmosphere. Study karate from the birthplace of the art - Okinawa.

All classes taught by fifth degree master instructor with over 40 years experience in the martial arts.

Get active, reduce your stress, improve flexibility and focus. Classes available for adults as well as youth/families.

Adults - want a deeper challenge? Why not explore Ryukyu kobudo, the indigenous weapons art of Okinawa?

Study one or both arts for the same price. For more information, visit [www.kaizendojo.ca](http://www.kaizendojo.ca) or call/ text 7806193136.





# 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 Londonderry 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

## Casino Volunteer

Kilkenny is looking for volunteer for our Casino for the November 1 and Novem-

ber 2 at Century Casino on Fort Road.

Please contact Anna 780-

478-3269 if you can help. Big thank you.

## Hall Rentals

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

The website will also show you when the hall is available.

Feel free to call 780-478-2481 to leave a message for

Times	Auditorium	Meeting Room	Both
Weekdays / Weeknights	\$200	\$100	N/A
Fridays (after 5 pm)	\$400	\$100	\$500
Saturdays	\$550	\$100	\$650
Sundays	\$400	\$100	\$500
Two Day Wedding & Gift Opening (Sat – Sun)	\$750	\$100	\$850
Full Weekend (Fri @ 5pm – Sun @ 6pm)	N/A	N/A	\$1000
Hourly Rate (4 hour min.)	\$50	\$25	N/A

bookings as well.

Discounts available for those who hold a consecu-

tive membership for a minimum two years with Kilkenny Community League.

## New beginnings and new opportunities in Ward 72

Edmonton Catholic Schools Trustee Sandra Palazzo

Despite COVID-19, great things continued to happen in Edmonton Catholic Schools. We opened a Catholic online school to provide opportunities for our students to engage in high quality faith based online learning. We opened Divine Mercy Catholic Elementary School. We had our first meeting with our Student Voice Team of the 2021-2022 school year where a group of 2 student representatives from each high school provide the Division with important insights on various topics where student perspective is influential. We create innovative ways to celebrate the gifts and talents of our students through spectacular virtual productions such as the second annual Art of Advent Calendar

that can be accessed on [www.ecsd.net](http://www.ecsd.net) and our livestreamed 31st Annual was another true celebration of the tenacity and adaptability of our youth!

On November 24th, The Edmonton Catholic School Division (ECSD) was also pleased to present the Annual Education Results Report (AERR) for 2020-2021. In the process of shifting from accountability to the assurance model, students, parents, staff and community members were engaged in the planning process to establish the key priorities outlined in the Division Plan for Continuous Growth 2020-2023 (Year 1). The AERR speaks to the exceptional work of our Division towards these priorities and we are proud to celebrate these achievements.

Our administrators, teachers, staff, and families of our

schools have demonstrated an unwavering dedication over the past year. Everyone involved in the delivery of Catholic education participated positively in the overall success of the Division out of a spirit of collaboration, by caring about the well-being of all in their communities, and with a commitment to making a difference in the lives of our students. ECSD being named as a Top 70 Alberta Employer for a sixth consecutive year is a testament to our remarkable Division.

At the October 2021 Public meeting, the Board of Trustees received the annual Student Learning Report, which highlights the Division's response to the identified areas of need in addressing student growth and achievement. Members of the Student Learning Team

## Kilkenny Outdoor Rink

Hours of Operation – Monday to Friday- 5Pm to 9 pm.

Saturday and Sunday 12pm- 5pm.

Depending on weath-

er- Closed during adverse weather conditions (storms, temperatures above +5 C or a combined temperature and wind chill factor below -20 C.

Proper Skate Tags must be displayed Membership and Skate tags available for sale at rink

## Thank you



Casino Volunteer - Thank you to all the volunteer that assisted with our

Casino on Nov 1 and 2.

AGM- Thank you to all that

attended the Online AGM meeting on Nov 4th

Soccer- Thank you to all our coaches. The CGSA committee for all their work. Our

Soccer Director and Amanda. Kilkenny Executive -For all

their assistance in the pass 1 fyear. It been an unusual time for everyone.

## Spring Sport Registration

Please check our website for when dates are available. Later in December early January.

## 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 Kilkenny Publicity Director at [publicity@kilkenny.ab.ca](mailto:publicity@kilkenny.ab.ca).

## 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.



shared the baseline assessment data that has been gathered this fall in the following areas: Literacy and Mathematics, the kindergarten screening program and the new First Nations MfIs Inuit Literacy Project and the Mental Health Division Survey. The entire report is available on the Board of Trustees' page on The Board of Trustees is committed to providing a variety of supports for families and was honoured to host a virtual engagement session for parents on November 22. The session focused on parents

as partners with Edmonton Catholic Schools in supporting the mental health of our children and youth exploring the concept of resiliency, forming trusted relationships, and nurturing positive mental health. As we begin preparing for the Christmas season, I wish to take the opportunity to wish you all a Merry Christmas

and Happy New Year! I look forward for the opportunity to engage with our school communities as I am committed to making decisions that are in the best interests of our students and ensuring the well-being of our Division is at the forefront of all that we do!

Article sponsored by Sandra Palazzo