

NORTHEAST VOICE

Serving the community leagues of Evansdale, Kilkenny, and McLeod

October 2021



Published by Calder Publications. To advertise please call 780-918-0336 or email info@communityleagueneews.com

Okinawan Martial Arts at McLeod

Still looking for a fall activity for yourself, your kids or the whole family? Check out what's happening at McLeod's karate program:

Youth and family class: great for kids 7-12 years, parents are encouraged to join kids to get active and strengthen family bonds by engaging in physical literacy in an activity that can be practised at any age. Focus is in physical, mental and character development. Give your child the gifts of a positive mental attitude, goal setting/attainment, perseverance confidence and self-discipline/self-control.

Adult class (13+): take a trip out of your comfort zone and get into karate. Class content will improve flexibility and agility, help with memory and provide you with a great workout for mind and body. Work at your own pace, yet benefit from working with



more experienced students in class in solo and partner training activities. It's never too late to start karate - why not join now?

Kobudo (13+): for those with prior martial arts training, something different. Push your physical skills through studying the ancient weapons art of Okinawa? Enhance your body awareness

and overall body coordination through use of tools such as bo, sai and tonfa! Builds on the skills learned in karate and broadens the appreciation for Okinawa's Indigenous fighting arts.

All classes taught by an internationally-trained black belt instructor with over 40 years experience in the martial arts.

Kilkenny Baseball

Northeast Zone Baseball has worked hard over the last few years to develop a program that is fun and aimed at player development. Their program has over 500 players and hosts over 60 teams with athletes from 4 to 18 years old. The Kilkenny Community League participates in this program and has at least 9 teams every regular season. Even during COVID we were still able to put together 6 teams (2 Rally Cap (7U), 1-9U, 1-11U, 1-15U and 1-18U). This could not be achieved without parents volunteering their time to coach, haul equipment, or just assisting where ever needed for their team.

I would like to thank all the teams for "stepping up to the plate", "hitting that home run" and participating either

www.communityleagueneews.com

as a player or a coach. The Kilkenny 18U team took gold in Tier 2, and the Kilkenny 15U team took gold in Tier 3 this season.

Sometimes being a coach can be intimidating, but Kilkenny has a successful program. Our 15U Team had coaches who didn't even have a child on the team, and I have been told they had just as much fun as the kids did. This is also a great opportunity for recently aged out players to come back and coach, as well, it may perhaps assist with any post secondary education commitments.

I would also like to take this time to recognize three coaches who have been with Kilkenny for at least 9 years. These three have dedicated their time either directly or indirectly by developing their

team not only by teaching the baseball fundamentals, but life skills as well, such as how to be a team player, respectful to other teams, coaches and officials on the field, as well as becoming a better person off the field. And most of all, how to have fun!

As the program is growing, Kilkenny Community League is looking for another volunteer to assist with the baseball program. This person would be a part of the Kilkenny Executive as well as NEZ Baseball. This person would attend NEZ meetings and provide updates to the Kilkenny Executive. They would assist in creating the teams, organizing and disseminating equipment as well as a potential to even coach a team.

Charlene Deckert
Kilkenny Baseball Director

MCLEOD COMMUNITY LEAGUE
14715-59ST

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need to access at our free market days.
Items left over will be donated to other
amazing charities in our city.

Spread the word to family and friends
for donation drop offs please contact
donate@mcleodcl.ca

Evansdale Community League Pickleball Court Opening to Pubic

Pickleball, which is a hybrid of tennis, badminton, and ping-pong, is the fastest growing sports in America according to US Pickleball Organization. Now the enthusiasts in the City can continue to play the sports with the opening of five new pickleball courts at Evansdale Community League. Book a session with us before life gets busy again in the fall!

Location: Evansdale Community League
Address: 9111 – 150 Ave
Time: 10:00 AM – 1:00 PM and
5:00 PM – 9:00 PM Monday to Saturday
Fee: FREE
Booking 780-478-2577 (primary)
Phone: 780-478-1759 (alternative)

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
Elaine Sarac	Membership Director	780-476-7442	membership@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/Poplar 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
Cassandra Rijavec	Club Coordinator, Boys & Girls Club/Big Brothers Big Sisters	780-822-2560	Cassandra.Rijavec@bgcbigs.ca

Call for Volunteers 11111 103 AVE NW Edmonton, AB T5K 2P1, Phone: 780-429-2020

Fax: 780-424-5561 www.mealsonwheelsedmonton.org emow@mealsonwheelsedmonton.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 Re-

launch Strategy published 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.

Visit Our Website and Facebook Page

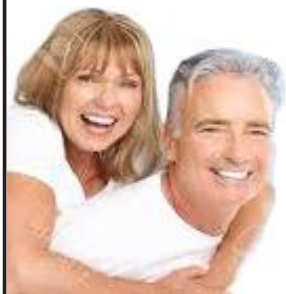
Get the latest information, our most recent newsletter, contact information and lots of other great stuff! Also get involved, join us on Facebook!

Website: www.evansdale.ca

Facebook Page: www.facebook.com/evansdalecommunityleague

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Dear Evansdale Community League

Hello from your friends and neighbors at Edmonton Meals on Wheels!

We're kicking off the "What Will You Deliver?" volunteer recruitment drive later this month with the goal of bringing 100 new volunteers onboard to prepare, package and distribute the daily meals that seniors and homebound members of our community count on. We're looking for committed individual and group volunteers to roll up their sleeves in our kitchen as well as hit the road delivering meals to our clients.

Our kitchen volunteers are hard at work every day preparing healthy and nutritious meals right here in our downtown-based food production facility. From there, our incredible network of volunteer drivers deliver more than just a meal, providing daily social interactions and wellness checks that allow our clients to be connected and engaged with the community. Experience firsthand the difference you'll make – even in your own neighborhood!

We appreciate your help in getting the word out, including posting this information on your website, social media, and any upcoming e-newsletters or other publications. We are available for any community information nights and other events you have coming up to provide details about our organization and answer any questions league members might have about this incredibly rewarding opportunity. Join us and we can work together for the benefit of homebound Edmontonian in Evansdale and beyond.

For additional details visit mealsonwheelsedmonton.org/volunteer or contact volunteer@mealsonwheelsedmonton.org.

We hope to hear from you soon!

Sincerely,

Tim Hanson

Community

Engagement

and Fund De-

velopment Manager

Edmonton Meals on Wheels

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



Breast cancer screening and you

Breast cancer is the most common cancer found in women and the second leading cause of female cancer deaths in Alberta.

The good news: Having regular screening mammograms is the best way to find breast cancer early, before there are symptoms and when treatment may work better.

Remember, breast cancer screening is for people who may feel healthy and have no symptoms.

If you're 50 to 74 years of age, you are encouraged to make screening mammograms part of your regular health routine. Get screened every two years or as decided by you and your healthcare provider. Talk to your healthcare provider if you have questions or concerns about your breast health.

Visit screeningforlife.ca to learn more and to see when the mobile units are coming to a community near you.

www.communityleagueneews.com

Newborn Screening Awareness

September is Newborn Screening Awareness Month. If you are a new or expectant parent, it is important to know about newborn screening and the provincial programs available for Alberta babies.

Newborn screening is the best way to find out if your baby has a condition that you, your doctor or midwife might not know about. It's possible to have one of the screened conditions even if there is no family history.

Screening helps your baby have the best start to life possible. The tests are quick and safe, and they can be done shortly after birth.

About Alberta's newborn screening programs

AHS provides these services free of charge through our two provincial programs.

Alberta's Early Hearing Detection and Intervention (EHDI) Program: This program identifies permanent hearing loss as early as possible in a baby's life. This is one of the most common conditions found in newborns.

Finding permanent hearing loss early gives your baby the best opportunity to develop language and learning skills and prevent possible developmental delays. It's best for your baby to be screened for permanent hearing loss by one month of age.

Alberta's Newborn Metabolic Screening (NMS) Program: This program uses blood spot screening to find certain serious conditions soon after birth that can't be seen just by looking at your baby.

Finding these conditions early ensures that treatment can begin sooner to prevent irreversible problems, improve health and maybe even save your baby's life.

It's best for your baby to have newborn blood spot screening between 24 and 72 hours after birth.

Where is screening offered?

You'll be offered to have your baby screened in hospital before discharge or given information on where to get screening done in the community.

Learn more at ahs.ca/newbornscreening.

www.communityleagueneews.com



Emergency Medical Services



Halloween Safety



Alberta Health Services EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31st approaches. Take some time to review these simple tips and reminders to help ensure your Halloween is a fun and safe night for everyone.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within, and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.

www.albertahealthservices.ca

About Screen Test Mobile

Screen Test Mobile is a service provided by AHS as part of the Alberta Breast Cancer Screening Program. Staffed by a team of technologists, the two 53-foot mobile screening units are "clinics on wheels."

AHS continually strives to help reduce barriers to health-care by providing free breast cancer screening where women live. The mobile units visit 120

rural and remote communities across Alberta, including 26 Indigenous communities, to offer high quality digital screening mammograms that consistently meet or exceed national standards.

Since launching the mobile mammography service in 1991, Screen Test has completed more than 308,500 screening mammograms (breast x-rays) and found 1,845 cases of breast cancer.



McLeod Community League News

McLeod Community Safety Director Message

October 2021 Alberta Traffic Safety Calendar's 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 and 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 on your iPod 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 at all times.

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 a year from 7:30 AM to 9:00 PM. Please follow the Maximum 30 Km/hr. speed limit.

Speed Limit Change

Unless posted, the speed limit is now 40 km/h on most residential and downtown streets in the City of Edmonton.

By reducing speed limits on residential streets, the downtown, and high pedestrian areas it makes our streets safer, calmer, and quieter for everyone. Slowing down vehicles gives drivers more time to react and dramatically reduces the chances of severe injuries or death.

Speed Limits on Township and Range Roads

Township and Range Roads speed limit is 80 Km/Hr. unless otherwise posted.

Smoking in Vehicles with Minors present

In 2014, Alberta banned smoking in a car when anyone aged 17 and younger is present. In section 3.1 of the Tobacco, Smoking and Vaping Reduction Act it states, "no person shall smoke in a vehicle in which a minor is present. If caught you may be issued a ticket for \$300.00."

Winter is Coming: Be Prepared

Prepare for an emergency. You could get a flat tire, get stuck in traffic, get into an accident, have your car break down or slide into a ditch on a less traveled road. Therefore, it's important to always be prepared with an emergency kit. Stock it up with a first aid kit, bottled water, snacks, flashlight, batteries, tire gauge, jumper cables and blankets.

Have your vehicle serviced by a licensed mechanic shop to ensure all necessary repairs are done. If you can afford it, purchase winter tires.

Do not drive your vehicle with your windows still obscured with fog, snow or ice. This puts you and everyone else at risk on the road. The ticket that can be issued for this is \$162.00.

Home Safety

Theft from garages, vehicles and yards remains an issue in our community. Please double check and ensure all vehicle and house doors are locked, do not leave your garage door openers in your vehicles, ensure bags of bottles or outdoor tools and bikes are not visible in your yards. Secure your gates or sheds with locks and consider installing motion sensor lights and or security systems in your home. Trim trees or bushes away from doorways or windows.

Halloween Safety Tips For Parents

Costumes should fit properly to prevent trips and falls. Avoid items such as oversized shoes, high heels, long dresses and long capes.

Dress your child for the weather. Add layers if needed.

Children under 12 should be accompanied by an adult for trick or treating. By the age of 12, some children are ready to go trick-or-treating with a group of friends. Make sure your child is in a group of at least 3 people. Make a plan with your child that includes which areas they will be going to and what time to return at. Ensure they have a cell phone if they need to

contact you or call for help. If possible, leave the find my phone app on in case of emergency.

Remove make-up before bedtime to prevent possible skin and eye irritation.

For homeowners:

Turn on outdoor lights and replace burnt-out bulbs.

Remove items from your yard or porch that might trip a child.

Sweep wet leaves from your steps and driveway.

If you don't plan on participating, then please leave your lights off.

Ensure pets are put away to avoid them getting out, avoid anyone getting attacked and will help relieve the stress or anxiety of the yelling, doorbell and strangers attending the property.

For Drivers:

Drive slowly through the residential neighborhoods. Add extra time to your trip for increased pedestrians crossing the roads, increased traffic with lower speeds.

For Residents

Whether you're participating or not, be a good neighbor and watch for any suspicious persons or activities even on Halloween. If something doesn't seem right it usually isn't. Report any sus-

picious persons or activity to the Edmonton Police at 780-423-4567.

Bullying in Sports

Now this hits home as this just happened to my daughter at her hockey tryouts. Bullying is not acceptable period. Here are some warning signs to look for if your child is being bullied.

Changes in behavior

No longer wants to participate or has lost interest in their favourite sport

Avoids or doesn't want to see a friend or group of friends

Tells you they have stomach aches and or other health symptoms at the thought of or at or near the time to go the place where the sport is taking place.

If bullying is happening, take a deep breath. Let the coach or manager knows what's happening right away. Give them a chance to rectify the situation. If your child is doing the bullying, ensure you speak to them about it and ensure it stops.

In closing I am sure everyone is sick and tired of COVID-19 and the restrictions. I encourage everyone that can get the vaccine to please do so. Let's get through this Pandemic together!



IN-PERSON & ONLINE!
YOGA AT MCLEOD!
STARTS IN OCTOBER

- YogaFIT
- YogaRelax
- YogaKIDS!

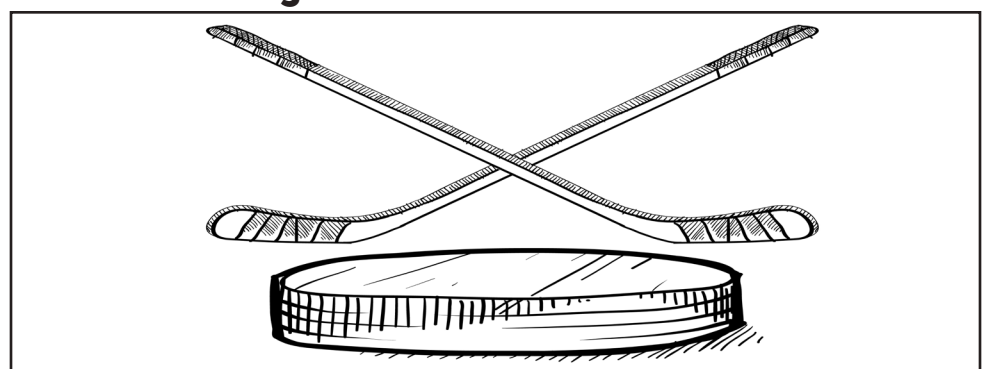
<https://thegoodvibetribe.as.me>

McLeod Annual General Meeting



McLeod Community League will conduct its Annual General Meeting the evening of 28 October. We will most likely conduct this event via Zoom. This is a great opportunity to learn more about the activities of your League, and to volunteer as well. Please watch our Facebook page and website for more details.

McLeod Seeking Rink Attendant for the 2021-2022 Year



The McLeod Community League plans to operate our two outdoor arenas again this season. We are hopeful that the rinks will operate in a normal fashion this year, but will also comply with whatever public health orders are

in place.

We do require a rink attendant and will be seeking someone to lead the ice making process, maintain the arenas and run the general day to day activities during regular hours of operation. This position will

require a suitable individual with the bulk of the work taking place during weekends and evenings this winter. Please watch our Facebook page for more information as our board hopes to have an attendant in place in the near future.

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What to Know About Ovarian Cancer

September is Ovarian Cancer Awareness Month. Ovarian cancer is the tenth most common cancer among women and people with ovaries in Alberta. It is important to be able to recognize the symptoms and to learn about lowering your risk.

Epithelial ovarian cancer is the most common type of ovarian cancer and occurs most often in post-menopausal women and people with ovaries.

This kind of cancer occurs when abnormal cells grow inside or near your ovaries, the two small glands located on either side of the uterus. The role of your ovaries is to store and release eggs (ova), and to produce female sex hormones.

Symptoms of ovarian cancer can include:

Recent frequent bloating.

Pain in the belly or pelvis.

Feeling full quickly or having trouble eating.

The need to urinate more often than usual or an urgent need to urinate.

If any of these symptoms are new and occur for two to three days, consider booking an appointment with your family healthcare provider.

Factors that can increase your risk

Inheriting gene changes such as a BRCA gene change.

Family history of ovarian cancer. Having more than one relative with ovarian cancer

further increases your risk.

Having never given birth or being unable to get pregnant.

Having started menstrual cycles before age 12 and experiencing menopause past age 50.

How to lower your risk

About 21 per cent of ovarian cancer cases in Alberta are preventable. To reduce your risk:

Be active.

Avoid or stop smoking.

Eat a healthy and balanced diet.

Maintain a healthy weight.

Screening for ovarian cancer

Screening tests are used to detect health issues before symptoms appear. If a doctor suspects ovarian cancer, they will likely refer a patient for diagnostic testing. They may recommend a test called CA-125, which measures the amount of cancer antigen 125 present in the blood.

Too much cancer antigen 125 in the blood can be a sign of ovarian cancer, but high levels can also be caused by other factors such as the menstrual cycle, endometriosis, and uterine fibroids.

Talk to a healthcare provider if you have questions or concerns about ovarian cancer or if you have symptoms.

Visit myhealth.alberta.ca to learn more about ovarian cancer.

Run for the cure

This year marks three decades that the CIBC Run for the Cure has united and inspired people across the country to help make a difference for those affected by breast cancer.

We've made lots of progress, but we're not done yet. Every day, more than 75 people are diagnosed with breast cancer in Canada. By joining the CIBC Run for the Cure on October 3rd, 2021, you can help ensure no Canadian has to face breast cancer alone.

Once again, we've transformed Run Day into a one-of-a-kind experience with both physical and virtual components. These include a refreshed app and avatar, a live-streamed opening ceremony and a celebration kit for fundraisers who will run or walk in their own neighbourhoods.

Join us and run or walk your way on October 3. Register or donate at cibcrun-forthecure.com.



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Kilkenny Community League News

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.

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

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.

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 bookings as well.

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

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

Coping with stress

Summer and early fall are times when people get out and enjoy the nice weather and warm sun.

However, it's not that way for everyone.

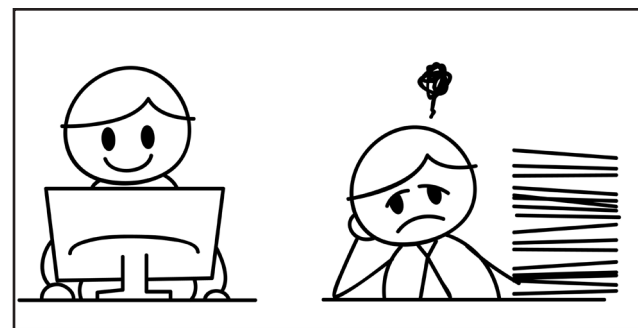
This time of year can be very stressful on many, especially agricultural producers who may be struggling with harsh weather conditions, including drought.

Stress can be overwhelming, but understanding what you can do to help reduce stress is important.

Simple steps can make a big difference.

Here are some positive ways to help you reduce your stress:

Start by talking to someone you trust — your spouse, a family member or close friend.



Get enough sleep.

Find an exercise or activity that helps you relax.

Eat healthy foods.

Reduce consumption of alcohol and/or drugs.

Take up a hobby such as gardening or making home repairs.

Practice deep breathing, meditation, or muscle relaxation.

Listen to music.

Seek counselling if you continue to struggle.

For more information on how to reduce stress or how to get help, call Health Link toll-free at 811 or visit www.myhealth.ab.ca.

Free virtual courses such as Transform Your Stress are also available through Alberta Health Services. Visit www.ahs.ca/helpintoughtimes for more information.

Casino Volunteer

Kilkenny is looking for volunteer for our Casino for the November 1 and November 2 at Century Casino on Fort Road. Please contact Anna 780-478-3269 if you can help. Big thank you.

Save The Date

Kilkenny AGM – Thursday, November 4, 2021 @ 7:00pm at Kilkenny Community Hall

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New beginnings and new opportunities in Ward 72

Edmonton Catholic Schools Trustee Sandra Palazzo

Welcome to the 2021-2022 school year! With a new school year upon us, I wish to extend a heartfelt welcome to new and returning students, families and staff. The Edmonton Catholic School Division (ECSD) theme for this year is "God Calls Us Each By Name". At its core the theme is a message that instills our schools with a renewed sense of hope as we return to school this year.

The Division has created a Back to School Plan designed to support our schools in reducing the risk of transmission of illness through the community, and maintaining a safe and healthy environment for our students and staff. With our provincial government having allocated funds to address the gaps in literacy that have arisen due to the instability that arose last year, as we pivoted between in-person and remote learning, the Division is in the process of ensuring this initiative is supported in our schools.

At our September Public Board Meeting we were proud

to share high stakeholder satisfaction results in both the ECSD Assurance Survey Results and Alberta Education Assurance. These amazing results given the many challenges and adversity our students may have faced during the pandemic affirms the needs of our students were addressed and nurtured and further validates the outstanding dedication and commitment of our staff along with the great efforts of all our students, parents, guardians and families.

Another beautiful testament of Edmonton Catholic Schools is our Social Justice Project 2021 which speaks volumes about our kind and caring staff who continue to carry out acts of social justice in their response to God's Call to Serve our community with compassion and love.

With the invitation from our provincial government to expand the School Vaccination COVID -19 clinics in our schools with students over the age of 12, ECSD is pleased to assist any students with parental consent, staff, and families to receive vaccines

beginning the week of September 7. This will remove barriers to vaccine access and are a major support to keeping our schools safe and healthy for all.

We are further pleased to announce that our Genesis Catholic Online School for elementary and junior high students choosing an online environment is officially open to serve the families of Edmonton Catholic Schools. Our opening enrolment was 1,183 students.

The ECSD Division Plan for Continuous Growth 2020-2023 was prepared under the direction of the Board of Trustees in accordance with the responsibilities under the Education Act and the Fiscal Planning and Transparency Act. This plan was developed in the context of the provincial government's business and fiscal plans. The Board has used its performance results to develop the plan and is committed to implementing the strategies contained within the plan to improve student learning and results. Our work for this year is directed by our four priorities: Growing

in Faith, Student Success, An Excellent Place to Work and Learn, and Building our Future Together. More details can be accessed at Division Plan for Continuous Growth.

The Government of Canada has proclaimed September 30th as the National Day for Truth and Reconciliation. The day serves to honour survivors of residential schools, their families, and their communities and to commemorate that the tragic and painful history and legacy of residential schools remains a vital component of the reconciliation process. At the June 23, 2021 Public Meeting, the Board of Trustees approved the 2021-2022 school year calendar, adding the new national day on Thursday, September 30th.

Every October 2, National Custodian Day, we take time to recognize the people who diligently work to ensure our schools and workplaces are clean, spotless and in excellent shape. Custodians are our first line of defense that cause infectious diseases and we are thankful to them for their commitment to ensuring our schools and worksites are healthy, safe and welcoming



places.

As we begin a new school year, we are full of hope despite the continued uncertainty the pandemic imposes on us. I want to welcome all new and returning principals, administration, teachers, staff, students, and families in Ward 72 and Edmonton Catholic Schools this school year and for being incredible stewards

and ambassadors of our Division during these extraordinary times.

I welcome 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 we do!

Sponsored by Sandra Palazzo

Edmonton Election official candidate list now available



The official candidate list for the 2021 Edmonton Election was published today on edmonton.ca/forvoters. The nomination period ended on September 20 and a total of 133 candidates are running:

11 Mayoral candidates

74 City Councillor candidates

8 Edmonton Catholic School Board Trustee candidates (including six acclamations)

40 Edmonton Public School Board Trustee candidates

The following Edmonton Catholic School Board Trustee candidates have acclaimed their positions since no other candidates in their ward filed

nomination papers.

Terence (Terry) Harris, Ward 71

Sandra Palazzo, Ward 72

Carla Smiley, Ward 73

Debbie Engel, Ward 74

Alene Mutala, Ward 75

Lisa Turchansky, Ward 76

All eligible voters can cast their ballot for Mayor, Councillor and School Board Trustee as well as their ballot for the senate election and referendum vote during Advance Voting from October 4 to 13 or on Election Day on October 18. Voters can find their voting station for both voting opportunities at edmonton.ca/wheretovote.

K9 Marshal joins the Edmonton Fire Rescue family

Edmonton Fire Rescue Services (EFRS) welcomes its newest recruit to the Fire Investigations team, K9 Marshal.

Marshal, a 21-month-old Belgian Malinois, is a fully trained Accelerant Detection Canine who received his initial training from Alberta K9.

"Marshal is a great asset to our Fire Investigations team," said Canine Handler Captain Ian Smith, with EFRS. "He has unique scent abilities to help us detect accelerants at structure fires and is trained to detect the presence of 12 ignitable liquids."

Marshal and Ian became a Certified Accelerant Detection Canine Team in July. This certification is valid for one calendar year and must be renewed annually.

"To become certified, an Accelerant Detection Canine Team must complete five tests including: Pinpoint Accuracy, Open Area Search, Building Search, Clothing Search and Scent Discrimination," said Kelsey Boettcher with Alberta K9.



K9 Marshal is EFRS' first food reward canine and as such, must follow a strict regime during his working hours. This means that no one except his handler, Ian, can give him food or treats.

If members of the public see K9 Marshal on duty, they are encouraged not to pet or feed him; however, they can still take photos and wave.

For more information: edmonton.ca/boards

Look both ways before crossing LRT tracks



It's Rail Safety Week in Edmonton! The City reminds people about the importance of always being safe around trains, tracks and rail crossings.

This year's campaign focuses on using designated rail crossings only, and looking both ways before safely crossing LRT tracks at designated rail crossings. LRT trains operate on two sets of tracks, so it's important to look both ways before crossing each one. Warning bells and lights are there to warn you, not protect you. Until they turn off, the safest place to be is behind crossing arms and gates. Just because a train clears one set of tracks,

it does not mean a second train isn't coming from the other direction on the other set of tracks.

The campaign also encourages transit riders to always walk their bike, scooter, skateboard, etc. on LRT platforms out of consideration for others when a train is approaching or stopped at a station.

Crossing and trespassing incidents are preventable. With increased LRT frequency this fall, another train is just minutes away. If you need to make a connection, consider giving yourself more time by leaving a little sooner.

For more information: edmonton.ca/SafeRide

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