NORTHEAST VOICE

Proudly serving the community leagues of Evansdale, Kilkenny, and McLeod

November 2022

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MCLEOD COMMUNITY LEAGUE

3RD ANNUAL WINTER CLOTHING DRIVE

Accepting donations starting October 1st Please email donate@mcleodcommunityleague.ca to arrange a drop off!

MCLEOD COMMUNITY LEAGUE 14715 59 STREET EDMONTON ALBERTA



Kilkenny Events Coming Up

Oct 29, 2022 - 11am-3pmOtherHalloween Kids PartyLocNov 03, 2022- Annual Gen-tacteral Meeting 7 pmkilkenNov 19, 2022 - 11am- 5 pmTabArts and Craft Vendors andSwwww.communityleaguenews.com

Looking for Vendors Contact Anna at President@ kilkenny.ab.ca Table rental is \$20 a table. **Swim Times** Londonderry Pool Sun 4:15 to 5:45

Grand Truck Pool Friday 7pm to 9 pm O'l eary Pool Saturday

O'Leary Pool Saturday 3:45 to 5:45

Private School Coming To Evansdale

I am sure most of you noticed the For Sale sign on the corner of 88A Street and 150 Avenue. The community has been advised that this parcel of land has been sold to the Muslim Association of Canada (MAC). "Proceeding with a sale to MAC will result in the development of a school and community space.

The community space and school will provide a place for marginalized groups, new Canadians and intergenerational cohorts that may otherwise have difficulty finding programs and properties to suit their unique needs within Edmonton." (1) ment Date is scheduled for February 15, 2024 with a completion date projected for February 16, 2026. It is the hope of the Community that MAC will host an information meeting prior to commencing construction.

Our Councillor, Karen Principe, attended our Board meeting on October 11th and advised this proposal was being presented before the Executive Committee on October 12th for final approval Information received after our October 11th meeting indicated this would be a K to 9 school.

As this site was already zoned for a school, the City of Edmonton was not obligated

to hold Information Meetings regarding the development of this site.

As new information is received it will be posted on the Evansdale Facebook page as well as in the Northeast Voice.

You may contact either Karen Principe or myself if you need any other information.

Jeff Muiselaar

Evansdale Community League President 780-490-8892 president@evansdale.ca

Karen Principe

Tastawiyiniwak Ward Councillor 780-496-8128 karen.principe@edmonton.ca

(1) Excerpt from Council Report – Evansdale Surplus School Site – Sale Update

Development Commence- Edmontor

McLeod Community League to Support Seniors

For the third consecutive winter, McLeod Community League is pleased to offer free snow shovelling services for seniors and those with reduced mobility. This program is eligible to residents within the McLeod Community League boundaries and includes the communities of Miller, Matt Berry, McLeod, Casselman and Hollick Kenyon.

Our shovelling crews are

Mcleod Clothing Drive

McLeod is proud to be hosting their 3rd annual clothing drive. We are collecting women's, men's, and children's clothes and footwear until the middle of November. Volunteers are usually at McLeod hall Tuesday and Thursday evenings 6:30-7:30pm to accept donations, and you can



comprised of school aged children that are eager to help out within the community. Funding to run this program is provided by the

enter the hall using the doors by the office. The community league will invite those needing an item or two to make it through the winter and spring to come to McLeod hall November 25-27. On average, we've helped approximately 100 families per year over the past two years. We're expectCity of Edmonton, Edmonton Manning MLA Heather Sweet, and the McLeod Community League. Last year our crews shovelled a total of 148 times through the cold winter months.

Should you wish to register for this program or would like more information, please contact Richard Arnold, Membership Director, McLeod Community League at membership@mcleodcl.ca.

ing another large turnout this year, so all clothing donations are welcome.

You can email donate@ mcleodcommunityleague.ca if you questions or if you'd like to arrange another donation drop off time.

Todd McLeod Soccer

Evansdale Community League News Serving: Evansdale – Belle Rive – Eaux Claires

Hall Rentals at Evansdale Community League

Looking for a venue for kitchen and a bar with two please contact Teri Muiseyour next event? freezers. laar by phone; (780) 478-4444 or (780) 222-0474 or Our hall can accommodate For more information 180 people indoors, has a including how to book by email; hallrentals@evansprivate outdoor patio, full and our updated pricing dale.ca

Evansdale Community League Swim

Show your valid 2022-2023 Evansdale Community League membership card at any of the following City of Edmonton Leisure Centres and enjoy FREE swimming during the times listed.

City of Edmonton Leisure Centre	Day of the week	Swim Times
Grand Trunk Fitness and Leisure Centre 13025 112 Street	Friday	7:00-9:00pm
	Sunday	4:15pm-5:45pm
Londonderry Leisure Centre 14528 66 Street	**Shut down until December 16**	
O'Leary Leisure Centre 8804 132 Avenue	Saturday	3:45-5:45pm

Evansdale Community League History



Evansdale Community League was founded in 1971 and the first President of Evansdale was Ian Hamilton.

Evansdale was one of the first community leagues to establish itself in the wing of a local school (Evansdale Elementary). In 1970 Parks & Recreation, the Edmonton Federation of Community Leagues and the school boards came up with a plan to allow new community leagues to use schools after hours for meetings only. The gymnasium was also used

as required. The community league had to rent other facilities for social events. In 1984 the tennis courts and basketball courts were constructed. In 1985 construction of the community hall began.

Social activities over the years included family picnics, a popular Grey Cup Pre-Game Warm Up dance, Perogie Suppers, Halloween Parties, New Year's Eve Dances were many of the social events held at Evansdale in addition to talent shows held in tandem with Northmount.

Evansdale had a strong Ukrainian dance program which was renowed for the quality of the dancers it produced. At the 1984 Cheremosh Western Canada Dance Festival an Evansdale dance group won a gold metal and four other groups took home silver metals!

Submitted by Pat S

Source: Edmonton Federation of Community Leagues. A History of the Largest Volunteer Organization

In North America, First Printed in 1986

Eating healthy in winter and on a budget



When it comes to choosing vegetables and fruit to eat, a variety is best. By choosing a variety, you'll be packing your diet with fibre, vitamins and minerals. At mealtime, try to fill half your plate with vegetables and fruits.

Fresh produce is always a healthy choice but canned and frozen vegetables and fruits are also good options. Canned vegetables and fruit can last for months and can be just as nutritious as fresh plus, they may cost less. They are also pre-washed, cut, and cooked, saving you time when making meals.

Many types of frozen and canned produce are available throughout the year, so even when produce is not in season, there are lots of options to choose from. A few of our favourites:

· Use frozen fruits in baking.

 Thaw frozen fruit such as peach slices, and then add to

yogurt or oatmeal for a breakfast or snack.

· Make an easy side dish from steamed frozen vegetables.

· Use frozen vegetables such as peppers when making a stir-fry.

• When boiling pasta, add frozen vegetables such as broccoli to the pot near the end of cooking, and then top with pasta sauce after draining.

· Use frozen dark leafy greens such as kale and spinach in an omelet or smoothie. Ways to use canned veg-

etables and fruit:

• Use canned vegetables such as green beans, asparagus, carrots and peas in pasta dishes or an omelet.

· Combine canned vegetables and canned beans for a quick lunch.

• Use canned corn, peas, or tomatoes in a stir fry.

• Use canned mushrooms or other vegetables in a chili.

· Add canned corn to a quesadilla.

• Make a guick vegetable soup by adding canned corn, tomatoes and pinto beans to low-sodium chicken broth.

• Top your favourite canned fruit with some yogurt for dessert.

Be aware of the sodium (salt) and sugar content in canned or frozen vegetables. Choose canned vegetables with low-, reduced-, or no added sodium and then rinse the vegetables before using to lower the sodium content further.

Choose fruit canned in water instead of syrup or rinse it if it's in syrup. Choose frozen vegetables and fruit without added seasonings, breading, sauces, or sugars.

The nutrition facts table can always be used to compare similar foods. Aim for products that have less than 15 per cent DV (daily value) in sodium or sugar.





McLeod Community League News

At EPL Londonderry

Practitio-

Weekly:

Settlement ner (Adult)

***Check in with the LON branch for ongoing schedule updates.

 $\label{eq:stars} \begin{array}{l} \mbox{Tuesdays} \mbox{ Wednesdays } 9:00 \\ \mbox{AM}-5:00 \mbox{ PM} \end{array}$

Fridays 9:00 AM – 5:00 PM We offer Settlement Services to help you with common questions about moving to Canada and settling into a new home.

Sing Sign Laugh and Learn (Baby & Toddler)

Mondays 10:15 AM – 11:00 AM, 2:15 PM – 3:00 PM Tues. 10:15 AM – 11:00 AM Wed. 10:15 AM – 11:00 AM Satur. 2:30 PM – 3:15 PM You and your child from birth to age three are invited to join us for songs, rhymes and signs.

STEAM Lab (Ages 9-12)

Tuesdays 4:00 PM – 5:00 PM From robot battles to hovercrafts to building your own games, discover all things Science, Technology, Engineering, Art and Math.

LACE Conversation Circle (Adult)

Thur. 10:00 AM – 12:00 PM Drop in and join others who also want to practice their English.

Teen Lounge (Teen)

Thur. 6:00 PM – 7:00 PM Join other teens in the program room to play video games, make a DIY project, meet friends or just hang out.

Tech Time (All/Adult/Senior)

Fridays 3:00 PM – 4:00 PM Need some one-on-one tech help? Bring your device (or use one of ours) and come prepared with a tech-related question or challenge you would like to explore with a savvy staff member.

Youth Talk (Teen)

Fridays 3:30 PM – 5:00 PM Practice your communication skills and gain familiarity with Canadian society and culture in this conversation-based program designed for newcomer youth.

Preschool Problem Solvers (Ages 4-5)

Thurs. 4:00 PM – 5:00 PM Preschool Problem Solvers introduces shapes, numbers, colours and classroom behaviour to children aged four to five.

One-Time Events:

Book Clubs of EPL Wed 10/26/2022, 7:00 PM – 8:00 PM

Come join us for lively discussions on all types of fiction and non-fiction.

October's Book: Silent Patient by Alex Michaelides

November's Book: The Remains of the Day by Kazuo Ishiguro

At EPL McConachie

Weekly:

Sing Sign Laugh and Learn (Baby & Toddler)

Mondays & Fridays 2:30 PM – 3:15 PM

You and your child from birth to age three are invited to join us for songs, rhymes and signs Baby Laptime (Baby & Tod-

dler) Wed. 10:30 AM – 11:00 AM Enjoy delightful stories,

Enjoy delightful stories, songs, books, rhymes, finger plays and more, especially for babies.

Everyday English & Homework Help

Need Help with English? Come and learn skills you need to work, study, and participate in everyday life in Canada.

If you work during the day or have limited time to study, our evening program is ideal for anyone who has demands on their time. Classes are relaxed, friendly places for you to practice your English, get homework help, and make friends with people from other countries.

Starting The Week of October 3

McLeod Community Safety Director

Alberta Traffic Safety Calendar November 2022 Focus is: Child Safety Seats.

The correct use of child car seats and booster seats is one of the most important and easiest ways of reducing death and injury from vehicle collisions.

Rear Facing

Before you install a rear facing car seat you need to do the following : If the seat is not purchased

new, check and ensure it is not expired. On the back of the seat there should be a manufacture and expiry date. Do not use a car seat that is expired or been in a collision.

Read the manual for the car seat on how to install. If you cannot locate them, you can search for the manual online. Read your vehicle's manual

McLeod Indoor Soccer Update

The U17's kicked off the indoor season on October 21. It's exciting to see so many returning players, and it promises to be an exciting season with CGSA fielding more teams than the 2021 indoor season. U6 and U8 teams will meet once a week, and U10 and up teams may Everyday English offers three sessions per year, every Monday from, 6:30 pm - 8:30 pm as follows:

Fall 2022: October 3 – December 5, 2022

Winter 2023: January 9 -March 13, 2023

Spring 2023: March 27 -May 15, 2023

Admission Requirements

This program is available to anyone. Our classes are free, but donations are welcome if you can give. The recommended registration donation

be used to install the car seat.

must be at or below the

shoulders of the child

Rear Facing the harness

Check the tightness of the

car seat harness near the

child's chest and shoulder's

once buckled. Attempt to

pinch the webbing of the har-

ness with your thumb and

forefinger. If you can hold onto

a horizontal fold of the har-

ness, it is too loose. Tighten

it further. Do not over tighten.

at armpit level.

flat

Chest Clip should be placed

Harness Straps have to be

Your child should wear

thin, warm layers of clothing.

After the harness system is

fastened properly then blan-

kets may be put on top. Bulky

clothing may interfere with

practice once a week and

play once a week. CGSA will

be taking a break from De-

cember 19 to January 5 for

Christmas. and U17's will

kick off the new year on Jan-

For those who registered

for other sports and pro-

grams for the winter, we

uary 6.

to find out which locations can the harness straps.

is \$20 for the whole year.

How to Join Our Classes

more about the schedule for

our classes, please contact

Marcella Ratzlaff via text at

(780) 217 4282 or email at

Everyday English and

5812 149 Ave NW, Edmon-

(780) 478-1553 or email

Baptist

cella@shaw.ca

Homework Help

ton, AB T5A 3A7

office@shbc.ca

Church

Steele Heights

If you would like to learn

Rear Facing Seats are outgrown when weight limit or height limit has met the maximum of the seat. Some rear facing seats have a "fit requirement" which is the how close the top of the head is to the top of the car seat reference point. Typically it is 1" (2.54 cms). You can find this information in your car seat manual. If it is less than the distance set in the seats manual, then the seat is outgrown.

Not every car seat fits well with every vehicle. Different approved locations in the vehicle work better than others.

It is a myth that if your child appears to run out of leg room that the child's legs will break in a crash. Rear Face as long as possible to the limits of the seat.

look forward to seeing you in February when we start taking registrations for the 2023 outdoor season.

Please do not hesitate to email soccer@mcleodcommunityleague.ca if you have any questions.

Todd

McLeod Soccer Director





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Bundle and Save On A New Lennox Furnace and Air Conditioning System



Receive up to \$1,200 in rebates on the Lennox Ultimate Comfort System

> AND Make **No Payments** Until 2023!



STAY AND PLAY

PARENT AND CHILD DROP-IN GROUP

Every Monday 10:00 am - 12:00 am

and Thursday 10:00 am - 1:00 pm

McLeod Community Hall 14715 59 Street



FREE drop-in parent and child play group. Snacks are provided. All are welcome; play spaces are designed for ages birth to 6 years old.

Child and Family Resource Centre

Image: With the construction of the

4 Northeast Voice November 2022

For more information call:

780-471-3737

Kilkenny Community League News

Kilkenny Hall Rentals



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 Open- ing (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

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! 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.

We would like you to help Kilkenny



Looking to become a bigger part of our community? Needing to fulfill volunteer requirements? Have a passion you would like to share? Kilkenny Community League is looking for amazing community members join our team!

We currently have a vacancy for our Baseball/Softball Director. The position would come with training from our outgoing director. Questions, always feel free to ask any of our amazing team!

Are you that "techy" person? We aren't! Our website give is looking for some TLC. If eve you love mixing tech with a see touch of design, have we got We *www.communityleaguenews.com*

a position for you! We would need some items updated periodically, which are provided by our various directors.

Not looking for a specific position? Have some ideas you think we would love to hear? We also have Directors-at-Large positions open. This position gives you a chance to join the board, and see if you can find your place within it!

Our board meets the 2nd Tuesday of the month. If you're interested, but not sure, let us know and we can give you more detail. You can even come to a meeting to see if it is a good fit for you! We hope to see you soon! com

Heather Sweet

MLA Edmonton-Manning FB: Heather Sweet for Edmonton-Manning TW: @heathersweetab

We're here for you & your family.

Family Supports is a voluntary, early intervention program that provides support to families with children 7-18 years old to strengthen family functioning. Parents are supported to create a nurturing and safe family environment, build resiliency within themselves and their children, build new social connections, and learn about positive parenting and child development.

How can a worker help you and your family?

The Family Support program offers in-home support for families. All services offered as part of the Family Connect are completely free, including:

- Supportive counselling and goal setting
- Consultation and support to improve parent-child interactions
- In-home support
- Parent education
- Family interactive programming and activities
- Personal and family advocacy
- Information and referrals to additional resources



Family Supports by YMCA Family Connect

Castle Downs Family YMCA 11510 153 Avenue, Edmonton, AB T5X 6A3 **780–377–3730**

infohub@ymcanab.ca ymcanab.ca/familyconnect



Crossword Answers (from page 3)

1. Telescope 2. Constellation 3. Saturn 4. Comet 5. Rocket 6. Sun



Why is sleep so important for kids?

to help your child get enough

sleep is to have a bedtime

routine. Doing the same

things in the same order ev-

ery night helps children know

Having a bedtime routine

for your child also helps you.

If your child is sleeping well,

you'll have fewer worries and

How can you get started?

to help your child get ready for

bed and sleep. For example,

read together, cuddle, and lis-

ten to soft music for 15 to 30

minutes before turning out the

lights. Do things in the same

order each night so your child

• Set up a bedtime routine

may also sleep well.

what to expect.

Children between three and 12 years old need 10 to 12 hours of sleep to grow and develop.

Children may have trouble learning and developing socially if they do not get enough sleep. They may be tired during the day and not able to pay attention in school.

As your child gets older, you will probably notice changes in their sleep patterns. Your child may want a nap one day and resist the nap another day. Sometimes children refuse to go to sleep as a way to show their independence. At other times, they may simply need extra attention or reassurance before they feel safe and comfortable enough to sleep well. knows what to expect. The best thing you can do

o Have your child go to bed at the same time every night and wake up at the same time every morning.

o Keep your child's bedroom quiet, dark or dimly lit, and cool. You may need to remove the TV, computer, telephone, or electronic games from the room to avoid problems with bedtime.

o Limit activities that stimulate your child, such as playing and watching television, in the hours closer to bedtime.

o Limit eating and drinking near bedtime.

· Encourage your child to be active for at least an hour each day. Your child may like to take a walk with you, ride a



COLOR BY NUMBER

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bike, or play sports. What do you do if your child has trouble sleeping?

• If your child wakes up and

calls for you in the middle of the night, make your response the same each time. Offer quick comfort, but then

leave the room.

 Avoid reading scary stories and watching scary programs. Scary stories and programs can cause your child to worry.

3

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5

· Do not try to wake your child during a night terror. Instead, reassure and hold your child to prevent injury. During a night terror, your child may scream while sleeping, and then once awake, may not remember crying or what caused it.

• If your child sleepwalks, keep the windows and doors locked during sleep time.

For more suggestions, ask your family healthcare provider or call Health Link 24 hours a day, seven days a week, at 811.

Overcaffeinated?

Many people don't realize that caffeine is a drug. It's a stimulant that's found in many types of pain and cold medicine as well as in foods and drinks, including coffee, tea, chocolate, some energy drinks and some painkillers.

What are the short-term effects?

The effects of caffeine usually start within five to 30 minutes and can last from eight to 12 hours.

Larger amounts of caffeine can:

cause shaking

• make you have trouble sleeping

make you very agitated

• cause a fast, irregular heartbeat (might feel like your heart is racing)

• make you feel irritable, restless, and nervous

People who have panic attacks shouldn't use large amounts of caffeine. It can trigger nervousness and anxiety, and they might be more sensitive to its effects.

It's rare for adults to die from a caffeine overdose. However, children can die from as little as one gram of caffeine. A single cup of coffee contains between 40 and 180 mg.

Caffeine doesn't decrease your appetite so there's no point in using it to diet or decrease your hunger.

Caffeine doesn't help you sober up if you are drunk.

As your body gets used to caffeine, it needs more and more of it to get the same effect. As the amount of caffeine goes up, so does the risk of side effects.

You can become mildly dependent on caffeine from regularly drinking 350 mg (about two to four cups of coffee) a day. If you suddenly stop drinking caffeine, you might have withdrawal symptoms such as:

- headaches
- problems sleeping

• feeling irritable, tired, and depressed





Yielding to Emergency Vehicles

For everyone's safety, it is important motorists understand how to correctly yield right-ofway to emergency vehicles with their lights and sirens activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

• If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;

• On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal;

 Move right or left to the nearest curb on one-way streets;

• On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;

• Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before reentering traffic flow. Remember to signal;

• Emergency vehicles might use *any* available road space to maneuver. This could include shoulders or turning lanes, etc., in order to pass other traffic.

When operating a vehicle:

 Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.

• Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;

• Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300.00 and three demerit points;

• Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

www.albertahealthservices.ca

lack of energy

feeling down

• having trouble focusing or concentrating

Withdrawal symptoms begin 12 to 24 hours after you stop caffeine. Most symptoms go away within a few days. What are the long-term ef-

fects of caffeine? More than 300 mg of caffeine (about two to three cups of coffee) in a day may be linked to miscarriages and low-birth weight babies. Caffeine is passed through breastmilk, which might make your baby irritable or have trouble sleeping. If you're pregnant or breastfeeding you may want to limit or avoid all caffeine.

Some women who drink

(more than three cups a day) sure may be at risk of bone frac-

tures as they get older. Regular use of more than 600 mg of caffeine might cause long-term effects including chronic insomnia, constant anxiety, depression, and stomach problems. It can also cause high blood pressure or make high blood pressure worse.

Caffeine and young people Because their bodies are smaller, caffeine may have a stronger effect on a child than on an adult. Children who drink pop or energy drinks with caffeine might feel anxious, be irritable, have trouble sleeping, or wet the bed.

Some teens and young

adults who use a lot of caffeine may have health problems like an increased or abnormal heart rate or chest pain. If this happens, they may need to go to the hospital or need an ambulance.

For more information on caffeine and health, call the 24-hour Addiction Helpline at 1-866-332-2322.



780-463-3096

OUR FAMILY HELPING YOUR FAMILY SINCE 1977.



Blake **Desjarlais**

Member of Parliament Edmonton Griesbach

Constituency Office 10212 - 127th Avenue NW, Suite 102 Solution 780-495-3261

BlakeDesjarlais.ndp.ca

- Blake.Desjarlais@parl.gc.ca
- @BlakeDesjarlaisNDP
- 🕑 @DesjarlaisBlake



Celebrating New School Beginnings in 2022-2023

Edmonton Catholic Schools Trustee Sandra Palazzo

This past month has been a very busy time for Edmonton Catholic Schools (ECSD). We were delighted to be back in schools during Read-In Week and celebrate the gift of literacy for students to gain an appreciation about how stories have the power to teach lessons, broaden perspectives and foster empathy.

We were also proud to showcase our new Lumen Christi Catholic Education Centre on October 12 and 15 and to welcome, celebrate and tour with dignitaries from all levels of government, clergy, Elders, staff, alumni, and the community. We are extremely proud knowing that Edmonton Catholic Schools will continue its legacy of providing an excellent Catholic education for our students now and in the future.

During September and October, ECSD also celebrated the opening of many new learning and play spaces that provide vital outdoor activity options for our students. Our new outdoor classrooms and playgrounds are places where students can connect with the natural world and use these experiences to develop numeracy, literacy, science, and social skills. It is our hope that by providing more engaging outdoor learning environments and inspiring our youngsters to head outdoors and gain an appreciation for nature, we are nurturing them to become good stewards of the earth.

Building new play spaces involves a tremendous amount of work and commitment over a long timeframe and is a testimony to what a caring community can achieve. It is through the collective efforts and vision of so many including the dedication, and fund raising efforts



of our school parent advisory councils for these projects, along with the commitment of our administration, staff, donors and volunteers that our children have safe and inclusive outdoor environments to imagine, grow, and learn.

Edmonton has become the first Canadian city to join UNESCO's network of top learning cities in the world. ECSD was extremely pleased to attend the official announcement of the UNESCO designation of the City of Edmonton as the first Canadian city to be part of the Global Learning Network. We were pleased to support this application along with various other educational partners and organizations in continuing the excellent tradition of providing exceptional learning experiences for Edmontonians of all ages. As the northernmost big city in North America, Edmonton plays a key leadership role in provincial, national, and international contexts as an inclusive centre of learning, innovation, creativity, and technology.

Wishing you all the best as we continue to celebrate the joy of learning! I welcome the opportunity to engage with our community as I am committed to making decisions that are in the best interests of all and ensuring the wellbeing of our students is at the forefront of all that we do!

Paid by Sandra Palazzo