

NORTHEAST VOICE

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

December 2023



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At Londonderry Public Library

Please note that our classes are on pause the 17th to 31st of the month (with the exception of English Conversation Circle LACE, which will run one additional week).

All branches are closed for Christmas Day and Boxing Day.

Christmas Eve Day Hours are 10:00am - 2:00pm.

Sing, Sign, Laugh and Learn (Baby & Toddler):

Sundays | 11:00 AM – 11:45 AM

Mondays | 10:15 AM – 11:00 AM,
1:30 PM – 2:15 PM

Tuesdays | 10:15 AM –
11:00 AM, 1:30 PM – 2:15
PM

Wednesdays | 10:15 AM –
11:00 AM, 2:30 PM – 3:15
PM

Fridays | 10:15 AM – 11:00
AM, 2:30 PM – 3:15 PM

Saturdays | 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.

Discovery Club (Child - 6-8):

Tuesdays | 4:30 PM – 5:15 PM

Full STEAM ahead! From robot battles to hovercrafts to building your own games, discover all things Science, Technology, Engineering, Art, and Math. You're invited to try new things and create stuff at this class for junior makers.

English Conversation Circle (LACE) (English Language Learners - Adult):

Thursdays | 10:00 AM – 12:00 PM

Drop-in and join others who also want to practice their English. English Conversation Circle is part of Catholic Social Services' Learning and Community Enrichment (LACE) program.

VOCABULARY CLUB: English Conversation Class (English Language Learners - Adult):

Thursdays | 6:30 PM – 7:30 PM (Adult)

Improve your English language skills through conversation and practice.

Tech Time (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.

Baby Laptime (Early Literacy Storytime - Baby & Toddler):

Fridays | 1:30 PM – 2:00
PM

Enjoy stories, songs, and rhymes in this lapsit program for babies and their caregivers.

At McConachie Public Library

Please note that our classes are on pause the 17th to 31st of the month.

All branches are closed for Christmas Day and Boxing Day.

Christmas Eve Day Hours are 10:00am - 2:00pm.

Sing, Sign, Laugh and Learn (Baby & Toddler)

Sundays | 10:30 AM – 11:15 AM

Mondays | 1:30 AM – 2:15 PM

Fridays | 10:30 AM – 11:15 AM

Sing, Sign, Laugh and Learn is a fantastic opportunity for babies and toddlers to enjoy songs, rhymes, and learn basic sign language in a playful and supportive environment.

Day Home Rhyme Time (Preschooler)

Mondays | 10:30 AM – 11:00 AM

Day Home Rhyme Time is a lively and engaging program where toddlers and preschoolers can enjoy rhymes, songs, and stories.

Baby Laptime (Baby & Toddler)

Wednesdays | 10:30 AM – 11:00 AM

Join us for Baby Laptime, a fun and interactive storytime for babies and toddlers.

Evansdale Community League Snow Removal Program



Are you Disabled or a Senior who lives in Belle Rive, Eaux Claires or Evansdale and need assistance with your snow removal this winter?

Each time it snows, when you need your sidewalks shoveled, please reach out to Jenilee, the league secretary. She will arrange for someone to shovel your city sidewalk and the sidewalk to your front door.

Email: secretary@evansdale.ca

Phone/Text: (780) 984-3298

If anyone would like to help clear sidewalks for our qualified residents, please reach out to Jenilee. Compensation will be provided.

VOLUNTEERS Wanted at Kilkenny

Want to do something with your community. Be a Board member at large and see what we are doing. Start up a committee of your interest - book club, crochet club, coffee night (decaf), Paint night. Men's club, card night, cooking we have a space for you. Contact

Anna at president@kilkenny.ab.ca

HELP HELP

John Barnett School needs your help with their Casino Dec 17 and 18.

PLEASE, PLEASE contact Donna at Area17@kilkenny.ab.ca

Evansdale Rink and Skating Oval

Our skating rink and oval are getting ready for the season! With the cooler temperatures now being more frequent and pending snowfalls in the future we antici-

pate our surfaces will be ready near the beginning of December. Visit our Facebook page and website for updates on the progress and our opening day for skating!

Evansdale Community League Board

Address: 9111 150 Ave, Edmonton, AB T5E 6J2			
Mailing Address: Box 71023 Northwood Mall Post Office, Edmonton, AB T5E 6J8			
Hall Phone: 780-457-0948		Rink Phone: 780-478-2577	
Website: www.evansdale.ca			
Position	Name	Phone Number	Email Address
President	Jeff Muiselaar	780-478-1759	president@evansdale.ca
Past President	Shawna Walsh	780-237-2169	coolwheelspl@hotmail.com
Vice President	Chris Nielsen	-	chris.nielsen@telus.net
Secretary	Jenilee Caterina	780-984-3298	secretary@evansdale.ca
Treasurer	Shawna Walsh	780-237-2169	coolwheelspl@hotmail.com
Membership Director	Elaine Sarac	780-476-7442	membership@evansdale.ca
Bingo/Casino Chair	Shawna Walsh	780-237-2169	coolwheelspl@hotmail.com
Program Director	David Gagne	-	dgagne@shaw.ca
Newsletter & Social Media	Cora Gagne	-	newsletter@evansdale.ca
Director of Sustainability	David Dodge	780-478-6162	sustainability@evansdale.ca
Area 17 Representative	Hassan Fayad	-	-
Belle Rive/Poplar Park Signs	<i>Vacant</i>	-	signs@evansdale.ca
Evansdale Sign (153 Ave)	<i>Vacant</i>	-	signs@evansdale.ca
Hockey Director	N/A		
Soccer Director	N/A		
Hall Rentals	Teri Muiselaar	780-478-4444	hallrentals@evansdale.ca
Credits	Sue Harris	780-473-8796	credits@evansdale.ca

If you are interested in any vacant position please reach out to our President

Evansdale Community Winter Carnival

On January 20, 2024 from 3-6pm we will be hosting a winter carnival at the Community League Hall!

We will have family fun scheduled for both indoor and outdoors! Including

bouncy castles, face painting, ice skating and so much more! (weather permitting for outdoors)

Stay tuned to our Facebook page and website for updates!

Community League Memberships

Get your community league membership anytime! Membership makes you part of an amazing community of people who care and help look after our community. Free community swimming times at local City of Edmonton facilities, discounts on community programs and on Edmonton City wellness programs along with hall/sports building rentals and the enjoyment of ice skating in the winter and pickleball in the summer at outside of our hall! Your Community League membership is valid for one year from September 1st to

Aug 31st.

\$25 Family

\$15 Single Family/ Senior Couple

\$10 Single Person

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.

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

Evansdale Community League Swim

Show your valid 2023-2024 Evansdale membership card at any of the following City of Edmonton Leisure Centres and enjoy FREE swimming during the times listed.

Facility	Day and time
Grand Trunk Fitness and Leisure Centre (13025 112 Street)	Closed for maintenance until January 2, 2024
Londonderry Leisure Centre 14528 66 Street	Sunday 4:15-5:45PM
O'Leary Leisure Centre 8804 132 Avenue	Sunday 4:00-5:45pm



Wishing you a wonderful Holiday Season and a New Year filled with Peace and Happiness.

Blake Desjarlais, MP
EDMONTON GRIESBACH

BlakeDesjarlais.ndp.ca  Blake.Desjarlais@parl.gc.ca
 [@BlakeDesjarlaisNDP](https://www.facebook.com/BlakeDesjarlaisNDP)  [@DesjarlaisBlake](https://twitter.com/DesjarlaisBlake)
 [@blakedesjarlais](https://www.instagram.com/blakedesjarlais)  780-495-3261

10212 - 127th Avenue NW, Suite 102
Edmonton AB T5E 0B8



Venue Rentals at Evansdale Community League

Looking for a venue for your next event? Our main hall and sports building can accommodate a variety of capacities for your gatherings.

For more information including booking please contact Teri Muiselaar by phone at (780) 478-4444 or (780) 222-0474; or by email at hallrentals@evansdale.ca

Sports Building – Capacity 50	Rates	Damage Deposit
Meeting	\$25/hr	
Function	\$35/hr	
Weekdays - All Day	\$125	\$100
Weekends – Full 3 days	\$350	\$300
Main Hall – Capacity 230	Rates	Damage Deposit
Individual Weekday/Weeknight (Monday-Thursday)	\$350/day	\$350
Single Day Over Weekend (Friday-Sunday)	\$450/day	\$400
Full Weekend (3 Days)	\$650	\$600
Use of Dishes	\$100	
Use of BBQ	\$75	
Meeting	\$50/hr	

Kilkenny Community League Main Hall



Meeting Room

Times

Weekday/ Weeknights

Fridays (after 5pm)

Saturdays

Sunday

Two Day Wedding Sat/Sun

Full Weekend Fri@6pm to Sun 6pm

Hourly rate (4hour min.)

Main hall Kitchen

	Main	Meeting Room	Both
Weekday/ Weeknights	\$200	\$100	N/A
Fridays (after 5pm)	\$400	\$100	\$500
Saturdays	\$550	\$100	\$650
Sunday	\$400	\$100	\$500
Two Day Wedding Sat/Sun	\$750	N/A	\$850
Full Weekend Fri@6pm to Sun 6pm	\$1,000	N/A	\$1,100
Hourly rate (4hour min.)	\$50	\$25	N/A

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R. Lucyshyn DD

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*Some conditions and restrictions apply.

www.londonderrydentureclinic.com 13594 Fort Rd. Northeast Edmonton

Swim Times

Londonderry Pool
Sundays
4:15pm to 5:45pm

Grand Trunk
Closed

O'Leary
Saturdays
3:45pm to 5:45pm

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Trustee Sandra Palazzo Ward 72

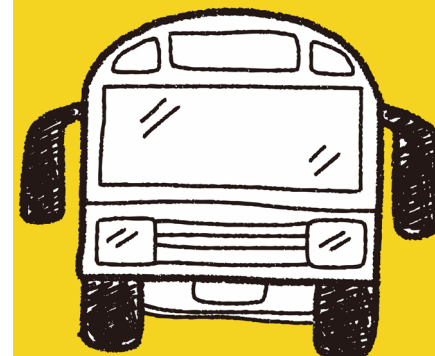
Wishes you and your Family a

MERRY
CHRISTMAS
&
HAPPY NEW YEAR

You can reach me at
Sandra.Palazzo@ecsd.net



ETS fall service changes start December 3



Beginning Sunday, December 3, Edmonton Transit Service (ETS) winter service changes take effect.

Service adjustments are made across the transit network to help improve schedule reliability. Riders will see more service during off-peak hours on some of ETS' most popular routes, including busy school routes. Extra service added throughout September and October is now permanent. Improved and expanded service will continue to help riders get to their destinations, conveniently and reliably, this winter season.

Key Updates

Valley Line Southeast - The newest LRT line opened on November 4 and is a significant addition to the City's integrated transit network. It runs 13 kilometres from Downtown to Mill Woods, making it easier for riders to access the entire city via public transit. In alignment with previous line extensions, bus service (Route 73) will continue to operate along the Valley Line Southeast LRT route until February 2024 in order to allow riders time to transition to the LRT service.

Routes 52, 53, 54, 55 and 56 - These routes will see additional weekday evening and weekend morning and evening trips added to address overloads and growing travel demand. Route 56 will have more trips extended to the Meadows Transit Centre during morning peak hours.

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WHERE ARE WE HEADED AFTER THE PANDEMIC? NEW ONLINE COURSE TAKES A HARD LOOK

Dr. Anne Fanning has been a volunteer committee member, attendee, and course organizer for the Edmonton Lifelong Learning Association (ELLA) ever since she retired.

With a background in infectious diseases, she became immersed in global health issues.

Her latest course tackles broad issues. After the Pandemic: what have we learned to help us deal with the coming crises? Is one of nearly 20 courses offered as part of ELLA's online winter session.

She's assembled quite a who's who of the health and government world, including the WHO's current Director General

for COVID and Special Envoy, David Nabarro – discussing what went well and what didn't globally.

"This course is a tremendous opportunity to contemplate big issues assisted by the reflections of experts" Says Dr. Fanning.

After the Pandemic plus many other ex-

citing courses are available to members of ELLA for a reasonable cost. Memberships are \$25/year.

All courses are listed at my-ella.com, and registration opens December 5 with classes underway January 15 – March 8.

Deborah Forst

ETS Service Changes (cont.)

Glenriding On Demand Transit stops will move from Rabbit Hill Road to Glenriding Ravine Road SW with the completion of new roads in the neighbourhood.

On Demand Transit bus stops near Strathearn LRT stop will activate for the Cloverdale and East Seniors hubs.

Other service changes

Routes 2 and 101 - These routes went back to their original routing at the end of October due the completion of the Latta Bridge construction.

Route 998 was also concluded.

Routes 106, 150X, 613, 624 and 625 - These routes went back to their original routing at the beginning of November.

Route 112 - Midday service added to its Sunday schedule.

Route 500X - Frequency improvements for both morning and evening peak times.

Route 907 - All evening trips are now extended to Westmount Transit Centre.

Route 923 - Additional service during midday and early evening times.

More information on December holiday seasonal service adjustments will be announced in mid-December.

Riders are encouraged to plan their trips early by using the trip planner on edmonton.ca/transit or Google Maps and selecting a date after December 3.

Word Search

Words go left, right, up, down, not diagonally, and can bend at a right angle. There are no unused letters in the grid, every letter is used only once.

Word search grid and list of words to find. The grid is a 15x15 square. The words to find are: BAUBLES, CANDY CANE, CAROLS, CHRISTMAS LIGHTS, CHRISTMAS TREE, DECEMBER, ELVES, GIFTS, GINGERBREAD, GREETING CARDS, HOLLY, MISTLETOE, NORTH POLE, NUTCRACKER, ORNAMENTS, POINSETTIA, REINDEER, ROBIN, SANTA CLAUS, SNOWFLAKES, SNOWMAN, TOY FACTORY, WINTER. The grid contains the following letters (row by row): Row 1: S R E T W F L A P O; Row 2: T W I N O N S K H L; Row 3: H G I L S A M E T E; Row 4: S S S T F I T S R O; Row 5: T E B E C G S R E N; Row 6: N L A M E C I G E S; Row 7: E B U B D H R R T D; Row 8: M S R E S A N E I R; Row 9: A U A L C A T I N A; Row 10: N R O R E E D N G C; Row 11: E R O W M A N R B R; Row 12: K S N T S I M E G E; Row 13: C A R L E T O E N A; Row 14: H C C T U N S S I D; Row 15: R S E T T I E L G E; Row 16: I N I O P A V O C N; Row 17: S T M A S E L R A A; Row 18: T E E R T Y C A N C; Row 19: O A C T O R N I D Y; Row 20: Y F Y L L O H B O R.

ANSWER:

Word search grid and list of words to find. The grid is a 15x15 square. The words to find are: BAUBLES, CANDY CANE, CAROLS, CHRISTMAS LIGHTS, CHRISTMAS TREE, DECEMBER, ELVES, GIFTS, GINGERBREAD, GREETING CARDS, HOLLY, MISTLETOE, NORTH POLE, NUTCRACKER, ORNAMENTS, POINSETTIA, REINDEER, ROBIN, SANTA CLAUS, SNOWFLAKES, SNOWMAN, TOY FACTORY, WINTER. The grid contains the following letters (row by row): Row 1: S R E T W F L A P O; Row 2: T W I N O N S K H L; Row 3: H G I L S A M E T E; Row 4: S S S T F I T S R O; Row 5: T E B E C G S R E N; Row 6: N L A M E C I G E S; Row 7: E B U B D H R R T D; Row 8: M S R E S A N E I R; Row 9: A U A L C A T I N A; Row 10: N R O R E E D N G C; Row 11: E R O W M A N R B R; Row 12: K S N T S I M E G E; Row 13: C A R L E T O E N A; Row 14: H C C T U N S S I D; Row 15: R S E T T I E L G E; Row 16: I N I O P A V O C N; Row 17: S T M A S E L R A A; Row 18: T E E R T Y C A N C; Row 19: O A C T O R N I D Y; Row 20: Y F Y L L O H B O R.



Have a Merry Kick-mas! Get into Karate @ McLeod for a new year and a new you!

Karate makes the perfect gift for everyone. It's always the right size, style and colour (of belt, that is)! Get your kids involved. Or yourself. Or make it a family affair. Get a quality karate experience at a reasonable price!. Family discounts are available.

2024 will be a great year to work on yourself – mentally and physically. Karate is good for increasing flexibility, coordination and muscle tone. And the harder you work, the more you'll sweat. For kids it helps with focus/ concentration and discipline. Karate practice has so many other benefits!

Classes at McLeod are held every Tuesday; separate classes for adults and youth (parents can join the youth class and work



with their kids). We also practice Ryukyu Kobudo for those who have experience in martial arts and want something different – or for the new student who wants to expand their martial journey.

For more information, call/ text 7806193136 or email kaizen.dojo@shaw.ca.

McLeod Indoor Soccer Update

CGSA will be taking a break from December 24 to January 4 for Christmas and U15's will kick off the new year on January 5. The indoor season is tentatively scheduled to conclude at the end of February.

For those who registered for other sports and programs for the winter, we

look forward to seeing you in February when we start taking registrations for the 2024 outdoor season.

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

Todd
McLeod Soccer Director

Promoting Fun

In talking to parents at recent games, one of their primary objectives when they registered for soccer is for their children to have fun. Let us talk about fun and how as parents we can promote fun.

Coaches can promote fun to a certain degree, but coaches cannot do it alone and we need parents to help achieve FUN. A recent study showed that one of the major reasons kids withdraw from sports is the fear of making mistakes, which leads to not having fun, and that usually comes from pressure. Let us picture this; a parent and child are getting ready to leave for a practice or a game, or in the car on the way to a game, a parent (with good intentions) might start a conversation to cover some of their child's supposed deficiencies and give them advice or say something along the lines of "score a goal for me", "be the best". Kids who are talked to in this way, tend not to play badly, they just tend not to play, mostly to avoid making mistakes. So as parents let us help promote fun and this



can start with saying the following 6 sentences before and after each practice or game:

Before:
I love you.
Good luck.
Have fun.
After:
I loved watching you play.
Did you have fun?
What do you want to eat?
Todd
McLeod Soccer Director

17TH ANNUAL FAMILY DAY FESTIVAL

SPORTS

FEBRUARY 19, 2024
12:00 – 4:00 PM

ENTRY BY DONATION

– DOOR PRIZES – SLEIGH RIDES – FOOD – CRAFTS – GAMES – ENTERTAINMENT: FEATURING "BARE N'VON HAIR"

BRING YOUR SLEDS AND SKATES FOR OUTDOOR FUN
COMPLIMENTS OF THE MCLEOD COMMUNITY LEAGUE!

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GET MORE INFO @ SHBC.CA OR CALL 780.478.1553
STEELE HEIGHTS BAPTIST CHURCH 5812-149 AVE.



Drop-in Recreational Co-Ed Adult Volleyball

Oct-May, every Monday, 7:30-9:00pm.

New players welcome!

\$5.00 suggested donation fee.

Community Corner

Free program that includes sports in our gym, and a variety of other activities such as crafts, baking, board games and sewing.

Youth 8+. 7:00-8:30pm every Monday night.

TRINITY CHURCH
13427-57 Street

Please contact Carolyn, 587-784-4235 or email fcvanboom@gmail.com for more information

McLeod Community Safety Director

Alberta Traffic Safety Calendar November 2023 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 the your vehicle's manual to find out which locations can be used to install the car seat.

Rear Facing the harness must be at or below the shoulders of the child

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 harness with your thumb and forefinger. If you can hold onto a horizontal fold of the harness it is too loose. Tighten it further. Do not over tighten.

Chest Clip should be placed at armpit level.

Harness Straps have to be flat

Your child should wear thin, warm layers of clothing. After the harness system is fastened properly then blankets may be put on top. Bulky clothing may interfere with the harness straps.

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 cm). 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.

Forward Facing Car Seats

Before you install a Forward 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 the your vehicle's manual to find out which locations can be used to install the car seat. In Canada all forward facing harnessed seats must be tethered. The tether reduces the amount of a child's head can move forward in a crash. Tethers must be connected to the designated tether anchor for the seating position being used. Do not use cargo hook or other vehicle components for tether anchors.

Harness Straps must sit just above or at the child's shoulders.

Tips of the child's ears must be below the top of the shell (unless otherwise indicated in the car seat manual)

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 harness with your thumb and forefinger. If you can hold onto a horizontal fold of the harness it is too loose. Tighten it further. Do not over tighten.

Chest Clip should be placed at armpit level. Child's bum should be at the back of the seat.

Harness Straps have to be flat

Your child should wear thin, warm layers of clothing. After the harness system is fastened properly then blankets may be put on top. Bulky clothing may interfere with the harness straps. Rear Facing Seats are outgrown when weight limit or height limit has met the maximum of the seat. Also some rear facing seats have a "fit requirement" which is if the top of ears become level with the car seat reference point or/and the shoulder's creeping above the top harness position then the seat has become outgrown.

Booster Seats

Before you install a Forward 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 it properly. If you cannot locate it you can search for the manual online.

Read the your vehicle's manual to find out which locations can be used to install the car seat. Ensure the should belt is centred over the collarbone and touching the chest, not on face or neck, not slipping off shoulder, not floating off chest. Lap belt should sit low on child's hips and touching thighs. It should not be far down on the thighs and should not be riding up on the belly.

Booster seat is outgrown when Weight or

Height limit has been met, fit requirement when the child's ears are above the shell of the seat or the vehicle head restraint or belt fit becomes poor

Adult Seat Belt

A person may safely ride in a lap/shoulder belt when all FIVE conditions of the Five-Step Test are satisfied.

Back must be able to fully rest against the vehicle seat back

Knees bend comfortable at the edge of the vehicle seat with feet touching the floor

Should Belt makes contact with chest and is centred at the collarbone

Lap Belt must sit low across the upper thighs and make contact with the hip bones

Person must remain seated in position as described in steps 1-4 for the entire ride

Lights at Dusk and Dawn

Still seeing lots of vehicles driving around in the early morning or at night when its dark with no taillights on. The most common reason I find is the driver is not familiar with their vehicle and their headlight switch is to the off position. With newer vehicles the dash lights and daytime running lights will be on but the taillights will not be. Before you drive ensure you physically turn on the headlights on with your switch or even better leave your switch if equipped to the automatic position. Refer to your owners manual if you are unsure.

Vehicle Safety

While warming up your vehicle only use remote starters. Do not leave keys in the ignition. Do not leave children unattended at anytime in a vehicle. If you observe a child left unattended in a vehicle please call the police at 911. Please do not leave until police or the parents arrive. Do not engage the parents. While away from your vehicle doing your shopping if you need to leave bags or packages ensure you leave them out of sight. This also applies to loose change, garage door openers, wallets or purses. Ensure your vehicle is locked at all times.

Winter Driving

I recommend getting an app on your cell phone and keeping up to date on the weather conditions. This will help you to plan ahead. When the weather takes a turn for the worse here is some tips to help keep you safe on the road. Slow Down. The speed limit listed is for ideal conditions.

Give yourself extra space between vehicles

Slow down approaching icy intersections. Avoid spinning when attempting to accelerate from an intersection when the light goes green. This creates ice.

Do not use cruise control in winter conditions

Signal Well in advance before turning

Turn on your headlights and ensure your taillights are on.

Unless travel is necessary during storms please stay off the roads

In addition as the temperatures start to go down ensure your vehicle is in good operating condition. Take it to a trusted mechanic or shop and have it serviced. Now while saying that now is the time to ensure you have an emergency safety kit in your vehicle. Things to include are

Food that won't spoil, such as energy bars

Water—plastic bottles that won't break if the water freezes

Blanket

Extra clothing and shoes or boots. Extra pair of thick socks as well.

First aid kit with seat belt cutter

Small shovel, scraper and snow brush

Candle in a deep can and matches

Flashlight

Whistle—in case you need to attract attention

Road maps

Sand, salt or cat litter (non-clumping)

Antifreeze and windshield washer fluid

Tow rope

Jumper cables

Fire extinguisher

Warning light or road flares

Cannabis in vehicle

Edmonton Police did a great campaign advising to put your "Skunk in the trunk". Cannabis cannot be in open packaging and/or within reach of an occupant in the vehicle. Violation Ticket may be issued and your Cannabis can be seized.

Commercial Vehicle Drivers

Did you know that if the registered weight of the vehicle you are driving is over 11,793 Kgs you are required to produce Schedule 1 of NSC Standard 13 Part 2 to a Peace Officer on demand. Schedule 1 of NSC Standard 13, Part 2 identifies the list of minimum daily trip inspection items to be inspected and what is a minor or major defect. Did you know that you cannot use bungee cords to secure any cargo on your Commercial Vehicle. Bungee Cords do not have a Working Load Limit.

Online Buying or Selling

When Buying or Selling items online it is recommended that you meet in a public location during the daytime and preferably somewhere with video surveillance.

If you feel something doesn't seem right or too good to be true it probably is. Trust your instincts. If you're not sure ask questions to determine where the item came from, why the seller is selling it, and ask for an original receipt so you can confirm the item isn't stolen. Finally don't e-transfer money till you have the item in hand.



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