

NORTHEAST VOICE

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

February 2021



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

Kick into spring with Karate at McLeod

Hey, karate kids, aged 7-70! Stuck at home and looking to stay active? Rather than watching Cobra Kai or trying that Eagle Fang thang, why not try learning the karate style that inspired Miyagi-do karate: Okinawan Goju-ryu!

Classes are online every Tuesday and Wednesday evening; come to one or both. Separate classes for youth/families (6-7pm) and adults (7-8pm). Quality instruction, affordable for all; family rates available. Once restrictions are lifted, we will welcome



back students to the physical space; those wishing to continue training virtually from home will have that option.

Work your mind, work your body. For more information, call or text 780-619-3136 or visit www.kaizendojo.ca.

McLeod Offers Free Snow Removal for Seniors

The McLeod Community League has partnered with the City of Edmonton to assist seniors and those with reduced mobility to clear snow from driveways and sidewalks. This program pairs folks that require some help with snow removal with school aged children that are ready and willing to shovel. When a snowfall occurs, that is more than a light dusting, the shovelling crews are sent out to the homes that require some assistance. This program is free to participate in

and grant funding from the city allows us to provide a small payment to the children that shovel the driveways and sidewalks.

The relatively mild weather to date has meant that there has not yet been a large uptake in this program. If clearing snow is a challenge for you, and you reside within the McLeod Community League boundary (McLeod, Matt Berry, Casselman, Miller, Hollick-Kenyon), please contact membership@mcleodcl.ca to sign up.



A graphic for NEZ PLAY BALL registration. It features the text "OUR GAMES OF SUMMER" at the top, followed by "NEZ PLAY BALL" in large, stylized letters. Below that, it says "SPORTS EDMONTON". There is a baseball icon and a box that says "EQUIPMENT & FINANCIAL ASSISTANCE AVAILABLE". At the bottom, it says "AGES 4-18" and "Online Registration is now open. Register Online then attend an in-person registration. You can attend your home community in-person registration or you can attend one of the NEZ Sports Central Registration dates." The website "www.playnezbball.ca" is prominently displayed, along with "NEZ BASEBALL NEZ SOFTBALL" and logos for "EDMONTON" and "ALBERTA".

Baseball Registration - 2021

REGISTRATION for NEZ BASEBALL & NEZ SOFTBALL for the 2021 Season is now open.

All players must register on-line.

REGISTER FOR NEZ BASEBALL & SOFTBALL: <http://nezsports.com/baseball-softball-registration/>

We are planning a full season of games, practices, tournaments, Rally Caps Days, MLB Pitch, Hit & Run Competition, the Fun-A-Rama and more. Because of the uncertainty that is Covid we are not accepting payment at this time. You will be notified how to pay your fee once we are sure that the season will go ahead.

You **must** have a current Community League Membership from your home Community League **prior** to registering. If you don't have one, you can purchase one online at: <https://efcl.org/membership>

You **MUST** attend an in-person registration before your child's registration is complete. You will need to provide your Community League Membership Card, sign up for your volunteer shift (and leave a \$300.00 deposit cheque) and if you did not pay online, you can pay at the in-person.

Register at your home Community Leagues in-person registration date or register at the NEZ Central Registration at the NEZ Office, 7515 Borden Park Road (behind the tennis courts in Borden Park).

Central Registration Dates for 2021: will be announced once we are advised that the season will go ahead.

McLeod Soccer Update

The 2020/2021 indoor season has not progressed as expected. We anticipated that we would have to suspend play for a cohort or two due to Covid-19. We did not anticipate that we would have to suspend play for all age groups starting mid-November. While we support all efforts to eliminate Covid-19, we eagerly await the resumption of play. CGSA has a prepared a plan to get teams playing quickly once given the green light. In the event the suspension of play is extended, and the indoor season is not viable, we will be contacting parents regarding next steps.

Preparations have started for the 2021 outdoor season. CGSA is looking at hosting U4-U13 teams and we would look to host older age groups if there is enough demand. Fees and registration dates are under discussion and will be posted to the CGSA and McLeod websites once finalized.

Feel free to contact me at soccer@mcleodcommunity-league.ca or contact CGSA at info@cgsa.ca if you have any questions or concerns.

Todd
McLeod Soccer Director

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
Todd Sharkey	Hockey Director	780-238-3910	hockey@evansdale.ca
Shawna Walsh	Bingo Director		bingomanager@evansdale.ca
Jeff Muiselaar	Programs/Sport Explorers Director	780-478-1759	programs@evansdale.ca
Jim Ragsdale	Director at large		
Yi Louise Liu	Newsletter & Social Media	780-952-0580	newsletter@evansdale.ca
Jeff Muiselaar	Area 17 Representative	780-478-1759	pastpresident@evansdale.ca
Shannon Moses	Belle Rive/Park Sign Volunteers		signs@evansdale.ca
Jim Young	Evansdale Sign Volunteer		signs@evansdale.ca
N/A	Eaux Claires Playground	780-641-6171	ecbr@evansdale.ca
Terri	Hall Rentals	780-478-4444	hallrentals@evansdale.ca
N/A	Skating Rink	780-478-2577	
Cassandra Rijavec	Club Coordinator, Boys & Girls Club/Big Brothers Big Sisters	780-822-2560	Cassandra.Rijavec@bgcbigs.ca

Community League Memberships

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

- \$25 family
- \$10 single
- \$10 seniors

\$15 single parent
\$15 couple with no children
Contact Elaine Sarac at membership@evansdale.ca or 780-476-7442 to get your Evansdale Community League membership. Please leave a voice message if you cannot reach Elaine by phone.

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

Evansdale Hall Rental Information

Hall capacity follows Gathering Restrictions.

- \$50/hr meeting
- \$350/day Mon-Thur, \$350 damage deposit
- \$450/day Fri/Sat/Sun, \$400 damage deposit

All weekend \$650, \$600 damage deposit

- Dishes \$100
- BBQ \$75

Sports Building capacity follows Gathering Restrictions from Stage 2 of Alberta's Relaunch Strategy published by Government of Alberta
\$25/hr meeting



- \$35/hr function
- \$125/day, \$100 damage deposit
- 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 stuff! Also get involved, join us on our most recent newsletter, contact information and lots of other great stuff! Also get involved, join us on Facebook!
Facebook Page: www.facebook.com/evansdalecommunityleague
Website: www.evansdale.ca

Share kindness to boost your happiness

Kindness is defined as the quality of being friendly, generous and considerate. Every day we hear stories about people trying to make the world a better place. Together, we can make the world a little bit kinder for all of us.

Just one act of kindness a day can help reduce stress, anxiety and depression.

- Feel calmer, healthier and happier
- More loving and loved
- More energy, with less



aches and pains

Kindness helps you and others by:

- Enhancing positivity
- Changing your perspective
- Helping us feel connected to others

Simple ways to spread kind-

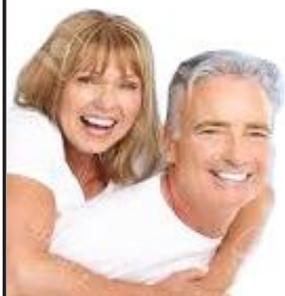
ness:

- Volunteer
- Help a friend or neighbor
- Make someone laugh
- Be generous with compliments

Kindness is contagious. Pass it on!

Denture Specialist - Over 35 Years Experience

Londonderry Denture Clinic



FREE CONSULTATION

M. Lucyshyn DD
R. Lucyshyn DD

780-476-2529

- New dentures in one day
- Repairs in 30 minutes
- Emergency after hours appointments

SENIORS
Ask how you may receive your dentures AT NO COST TO YOU*

*Some conditions and restrictions apply.

www.londonderrydentureclinic.com 13594 Fort Rd. Northeast Edmonton



Yoga for: Strength, Kids, Fun, Beginners, Relaxation...and more !

780-885-6222

start anytime :)

<https://karmaproject.as.me/schedule>



A Message from the McLeod Safety Director

Looks like a cold snap has finally come our way. One of the most common complaints that increases during cold snaps is pets left outside and in some cases are in distress. If you see a dog or cat in distress in the frigid temperatures, please call 311 immediately.

Information they will require: the address where the pet is at, description of pet and how long you have observed the pet outside.

Signs of distress that you should be looking for: pets lifting their paws, licking their paws, limping, shivering, shaking, whining or whimpering and or trying to curl up into a ball.

Under the Alberta Animal Protection Act:

Animal care duties Section 2.1

A person who owns or is in charge of an animal:

(a) must ensure that the animal has adequate food and water,

(b) must provide the animal with adequate care when the animal is wounded or ill,

(c) must provide the animal with reasonable protection from injurious heat or cold, and

(d) must provide the animal with adequate shelter, ventilation and space.

I strongly recommend bringing your dog indoors. Dogs that live outside require, as a minimum, a dry, draft-free doghouse that is soundly built of weatherproof materials with the door facing away from prevailing winds. The doghouse should be elevated and insulated, with a door flap and bedding of straw or wood shavings. Fabrics and or Blan-

kets are not sufficient. The dog may track snow and any moisture on the dog, whether snow or sweat, can cause the blanket to become frozen.

Pets must always have access to water. Check your pet's water frequently to ensure it is not frozen and use a tip-resistant plastic or ceramic bowl, rather than metal, to prevent your dog's tongue from sticking to the cold metal surface. There are also heated and/or insulated bowls available that prevent water from freezing.

Fines for violations under the Animal Protection Act can be up to \$20,000 for each offense and you could be banned from owning animals in Alberta. Additional fees can include vet exams, treatments and kennel costs.

Driving and Vehicle Safety

I am still seeing many vehicles traveling at night or early morning with no taillights on. Ensure your switch is on automatic or actually on. The fine for driving with no taillights on is \$155.

In addition, I see a lot of license plates covered in snow or dirt. The fine amount for having an obscured license plate is \$155.

Vehicle Tint

Having any tint on the front door windows of your vehicle is illegal. In addition, any tint added to the top or bottom of your windshield (commonly referred to as brows) is also illegal. Fine amounts can be up to \$155, which could include the officer giving you an order to remove the tint. A common excuse I hear is, "I got it this way from the dealership". That does not make it legal and you are responsible to ensure your vehicle is following

the rules of the Alberta Vehicle Equipment regulations.

I have seen a couple of windshields that have tint on the entire windshield. These vehicles could be deemed unsafe by the officer. If the officer deems the vehicle unsafe the vehicle would then be towed at the owner's cost, with the license plate and registration seized by the officer, making the vehicle undrivable until the tint is removed.

Home Safety Tips

- Ensure the sidewalks adjacent to your property are free from snow and ice. I encourage you to assist your neighbours in removing the snow and ice from their sidewalks, especially if they are disabled, out of town, or even just to be a good neighbour.

- Ensure you are checking your intake and exhaust furnace pipes to remove any buildup of ice.

- Check your furnace filter regularly.

- If you are warming up your vehicle in your garage, ensure your garage door is fully open. I do not recommend this due to risk of carbon monoxide building up in the garage or getting into your home.

- Ensure your home has the numbers clearly displayed. If you have a back alley, I recommend having the number of your house also displayed on the rear garage. If there is an emergency this will assist first responders in finding your location.

Stormwater Facilities

- EPCOR is reminding residents to stay off stormwater facilities, which to most people would be described as ponds in Edmonton. Ice depths can vary due to contaminants in the water and continuous water flow from inlet and outlet pipes below the surface. Ice depths are not monitored so please be safe and stay off the ice.

Anyone found using its stormwater ponds for recreational purposes is in violation of the City of Edmonton EPCOR Drainage Services Bylaw and could be fined for trespassing.

Be safe out there.

McLeod Moving to Electronic Community Memberships



The McLeod Community League is transitioning to selling community league memberships electronically through the Edmonton Federation of Community Leagues website (www.efcl.org) as opposed to selling paper copies at sports registrations. This transition will occur for the remainder of this membership year and will be fully implemented when sales of 2021-2022 memberships begin this summer.

Moving to electronic membership sales will make our sports registrations more ef-

ficient as memberships will be purchased in advance of the registration in most cases. It is also more likely that community league members will have easier access to their membership card as a photo of the membership card can be stored on a cell phone. In rare cases, where a community league member cannot purchase a membership electronically, a paper copy can be purchased at any SERVUS Credit Union.

Community league membership does have many advantag-

es, including the ability to access the McLeod Rinks through cohort skate times, discounts at local businesses and reduced costs at City of Edmonton Recreation Centres when they are operating. A McLeod Community League membership also allows access to a tool library operated by Bellevue Community League.

We look forward to working with our community league members during this transition. If you have any questions, please contact membership@mcleodcl.ca.

McLeod Board Positions

For me, the pandemic has emphasized the importance of community and opportunities for family recreation. The most rewarding part of my experience with McLeod Community League is being part of facilitating events that get families involved. During pandemic times, we've had to curtail a lot of our activities, but I was still involved with the Edmonton Arts Council's Festival in a Box parade in McLeod this summer, and have put a lot of volunteer time in to getting the rink up and running in a COVID-safe manner. Our dance program continues to run strong over Zoom, and karate provides a valuable Zoom class as well.

None of these programs can run without a strong Board. We are currently recruiting Board members for the following positions:

Softball Rep: This Board member works with the Northeast Zone (NEZ) sports council and ensures that McLeod fields youth softball

teams. The busiest time for the softball rep is early spring. The softball rep attends NEZ meetings and McLeod meetings. Duties include assigning players to teams, distributing equipment, attending games, and helping to resolve issues that arise through the season. Richard, the previous softball rep is still active on the Board, so this position allows you to learn from an experienced person.

Baseball Rep: The baseball rep's role is very similar to the softball rep's role. NEZ is a highly respected sports organization with a well-tenured board. Almost any youth athlete from Northeast Edmonton has likely participated in NEZ-run events.

Grants Director: The grants director position is great for somebody who is organized and good at administration. This position involves consolidating information for grant applications and liaising with City of Edmonton staff and representatives of other or-

ganizations. Fadi, our current president, previously served in this role, so training is easily available.

Service Commitments Director: The service commitments director is a valuable hub for all the programs McLeod runs. This person works with the board volunteers to ensure that events for the coming year have enough service commitments to make them successful. The service commitments director should be somebody with patience and good people skills who is also organized and thorough. Julie, our previous service commitments director, is no longer on the Board, but she is still connected to McLeod and would be a resource for anybody in this role.

If you're interested in volunteering for any of these positions, or are looking for more information about volunteering with McLeod Community League in some other capacity, please email secretary@mcleodcl.ca



Stay safe, stay off the ice



Edmonton Fire Rescue Services urges Edmontonians to stay off the North Saskatchewan River.

Edmonton Fire Rescue Services has responded to seven river rescue calls in the last two weeks, an almost 50 per cent increase in call volume compared to the same time period last year.

"I am gravely concerned about the individual who doesn't adhere to the warnings that result in river rescues which put the safety of citizens and our first respond-

ers in jeopardy," said Bruce McWhinnie, Chief of Special Operations, Edmonton Fire Rescue Services. "If you are pulled under an ice shelf, we can't get to you."

Walking on the ice is never safe. No matter how thick ice appears, there can be weak areas that can give way at any moment.

This is true for all bodies of water including the North Saskatchewan River, creeks and stormwater facilities.

Additionally, you can face the risk of hypothermia

which reduces the ability to pull yourself out of the water.

Residents who witness someone fall through the ice are urged to:

- Call 911 immediately.
- Establish and maintain a point of reference where the individual was last seen.
- Never attempt to rescue an individual or pet that has fallen through the ice.

For more information: edmonton.ca/activities_parks_recreation/be-safe-on-ice

Celebrate our winter city with Winterscapes!



The City of Edmonton's Winterscapes photo contest is back to recognize Edmontonians who beautify their neighbourhoods and build community spirit. Even while covered in snow, a yard can be a wonderful canvas to create beautiful scenes to add colour and joy to your area and for your neighbours to safely enjoy.

A winterscape can include snow, ice, lights, ornaments and winter-themed scenery and can be built in a front yard or in a public space. Participate by filling out the nomination form and submitting a photo of your own or someone else's winterscape at edmonton.ca/winterscapes in one of three categories: Winter Art, Winter Garden or

Winter Play.

Nominations are accepted until February 28. All submitted photos will be posted on the City of Edmonton's Facebook page for public voting. Prizes will be awarded to the top three yards in each category, and a special award will be given to the Winterscapes judging panel's favourite yard.



Knock knock!

Open your door to one of our best deals ever.

telus.com/wholehome



* On 2 and 3-year terms. Conditions apply. Offer subject to change without notice, and may not be combined with other offers. Available to customers who have not subscribed to Internet, Optik TV, and SmartHome Security in the past 90 days. \$15/mo. for Smart Automation Plus available to customers signing up for Internet and Optik TV services on a new 2-year term, and SmartHome Security on a 3-year term. Offer includes Optik TV Essentials, and Internet 25. From months 1-24, a \$15/mo. discount applies to Optik TV, and a \$25/mo. discount applies to Internet. Mobility customers get an extra \$10/month discount applied to the home services bill for 24 months (or as long as they subscribe to eligible services). Eligible home services products include TELUS Home Internet 15 and higher, Optik TV, Home Phone or a combination thereof. This is a total discount of \$50/mo. (\$1,200 savings over two years). Current regular price of Internet 25 is \$90/mo. and Optik TV Essentials is \$40/mo. All prices do not include applicable taxes. Minimum system requirements apply. TELUS reserves the right to modify channel lineups and packaging without notice. Final eligibility for the services will be determined by a TELUS representative. Downgrading to Lite after accepting a promotional offer will trigger the cancellation fees for Optik. A cancellation fee applies to the early termination of your internet and Optik TV service agreement, which will be the sum of \$720, declining by \$30 for every month of Internet and Optik TV service and reducing to \$0 at the end of your commitment term. If you cancel a single service (Optik TV or Internet), the service cancellation fee is \$360 declining by \$15 per month and reducing to \$0 at the end of your commitment term. Rental equipment must be returned in good condition upon cancellation of service, otherwise the replacement cost will be charged to the account. Equipment may not be as shown. Regular price for Smart Automation plan applies after the end of the 3 or 5-year service agreement, and is currently \$38/mo. Regular price is subject to change without notice. A cancellation fee applies for early termination of the 3-year or 5-year Security service agreement equal to \$35/mo. for all plans excluding Smart Camera, and \$10/mo. for Smart Camera, multiplied by the number of months remaining in the service agreement (with a partial month counting as a full month), plus applicable taxes. TELUS SmartHome Security installation fee applies and is \$100 for customers subscribed to one or more of the following services: TELUS postpaid mobility, SmartHub or High Speed Internet. The installation fee for all other customers is \$450. TELUS, the TELUS logo, telus.com, TELUS PureFibre, and the future is friendly are trademarks of TELUS Corporation, used under licence. All rights reserved. © 2021 TELUS. 21-0017

Using cannabis precautions

Are you thinking of using cannabis? Are you already using?

Cannabis is a psychoactive substance that has many short- and long-term health risks including: impairment, memory issues, mental health problems, lung damage and risk of dependency and cannabis use disorder.

If you are using, ensure that you read the product labels. Know what and how much you're using. Choose products that have lower levels of tetrahydrocannabinol (THC) or a higher ratio of cannabidiol (CBD) to THC.

If trying a new form of cannabis, remember that some people who consume edibles (such as brownies, cookies or drinks) may consume too much and experience bad reactions. It is important to start with a low dose and go slow.

Cannabis use can cause severe nausea and vomiting for some people. This is called Cannabinoid Hyperemesis Syndrome (CHS).

The risk of experiencing CHS increases when cannabis use is frequent (weekly

or more), long-lasting (over a year or more) and may be associated with using cannabis products that contain higher levels of THC.

To avoid experiencing CHS: Limit your cannabis use as much as possible, such as one day a week or less, on the weekend or days off. Frequent use is associated with a higher risk of health problems.

Keep all your cannabis, regardless of type, locked up, in their original containers/packages and out of sight and out of reach of children.

Remember that edibles such as brownies, beverages or soft chews can look appealing to children. It's important not to leave these products in areas that are easy to access – countertops, for instance, cupboards, pockets or backpacks.

If you choose to use cannabis, remember that sharing your inhaled device (joint, vape, pipe, bong, etc.) increases your risk of COVID-19. Now is a good time to use the "one device, one person" rule.

Smoking cannabis can sup-

press your immune system and make you more prone to infection. Because COVID-19 is a respiratory illness, the healthier your lungs are, the better. Now is a good time to take a break from smoking or vaping.

While edible products provide a lower-risk alternative to smoking/vaping, they can affect you much differently. Here are a few steps to reduce your risks with edibles: Remember that it can take up to four hours to feel the full effects of edible cannabis. Taking more within that time can increase the risk of adverse effects. Be patient, start low and go slow. Edibles may affect you for up to 12 and even 24 hours. Be aware that you may be impaired for a significant time. For more information about health effects or lower-risk use of cannabis, visit DrugSafe.ca/cannabis. If you are concerned about your own or someone else's use of alcohol, cannabis, or other drugs, please contact the Addiction Helpline at 1-866-332-2322 (available 24 hours a day, seven days a week)

Cervical Cancer Screening

January is Cervical Health Awareness Month. If you have a cervix, it is important to get cervical cancer screening.

Almost all cases of cervical cancer are caused by the human papillomavirus (HPV), and the types of HPV that can cause cervical cancer usually don't cause symptoms, so most people don't even know they have it.

The good news is that cervical cancer is one of the most preventable cancers. Regular cervical cancer screening (Pap tests) is effective in reducing cervical cancer incidence and mortality. In fact, 90 per cent of cervical cancer can be prevented with regular screening and following up on any abnormal results.

A Pap test checks the cervix for any abnormal cells. It's a quick test that can be done right in your healthcare provider's office or at a women's health clinic. By screening regularly, any cell changes can be followed closely to make sure they clear up or are treated, if needed.

If you're between the ages of 25 and 69 and have ever



been sexually active, start having Pap tests at age 25, or three years after becoming sexually active, whichever is later.

Plan to be screened once every three years unless your healthcare provider tells you otherwise. And once you start, continue having Pap tests until you're 69 years of age.

Is it safe to go for screening during COVID-19? Enhanced health and safety measures

are in place to keep patients and staff safe and help prevent the spread of COVID-19. Your healthcare provider's office may provide more details about these safety measures.

Getting screened can save your life. Remember to book your screening appointment and talk to your healthcare provider if you have any questions or concerns.

Visit screeningforlife.ca to learn more.

Relief for Back Pain

Does back pain or back tension have you tied up in knots? Back strain happens when you overstretch, or pull, a muscle in your back. You may hurt your back in a fall or when you exercise or lift something. Most back pain will get better with rest and time. You can take care of yourself at home to help your back heal.

When you first feel back pain, try these steps:

Walk. Take a short walk (10 to 20 minutes) on a level surface (no slopes, hills, or stairs) every two to

three hours. Walk only distances you can manage without pain, especially leg pain.

Relax. Find a comfortable position for rest. Some people are comfortable on the floor or a medium-firm bed with a small pillow under their head and another under their knees. Some people prefer to lie on their side with a pillow between their knees. Don't stay in one position for too long.

Try heat or ice. Try using a heating pad on a low or medium setting,

or take a warm shower, for 15 to 20 minutes every two to three hours. Or you can buy single-use heat wraps that last up to 8 hours. You can also try an ice pack for 10 to 15 minutes every two to three hours. You can use an ice pack or a bag of frozen vegetables wrapped in a thin towel. You may also want to try switching between heat and cold.

Other suggestions:

Stretch and exercise. Exercises that increase flexibility may relieve your pain and make it easier for your muscles to keep your spine in a good, neutral

position. And don't forget to keep walking.

Do self-massage. Try self-massage to unwind after work or school or to energize yourself in the morning. You can easily massage your feet, hands, or neck. Self-massage works best if you are in comfortable clothes and are sitting or lying in a comfortable position. Use oil or lotion to massage bare skin.

Reduce stress. Back pain can lead to a vicious circle: Distress about the pain tenses the muscles in your back, which, in turn, causes more pain. Learn how to relax your mind and your muscles to lower your stress.

For more help, contact the AHS Rehabilitation Advice Line at 1-833-379-0563, Monday to Friday, 9 a.m. to 5 p.m.

This free telephone rehabilitation service is available for Albertans 18 years of age and over living with pain, decreased mobility, reduced endurance or strength related to a health condition. It provides access to occupational therapists and physical therapists for advice, education and information on how to access services in your community.

The Rehabilitation Advice Line is also available for community care providers seeking help for patients.

CN Tax & Accounting

Maximum Tax Refund



Trusted Accounting Firm

Specialized in Personal Tax Business Tax Tax Saving Planning

780-289-3870



Jon Dziadyk Ward 3 Councillor

Property Assessments are mailed Feb 12.
For 2021 your taxes will increase

0%

My hope is that this is a new trend!

Phone: (780) 496-8128
Email: Jon.Dziadyk@Edmonton.ca
Social Media: @JonDziadyk

Recovering from COVID-19

Nutrition is important when it comes to recovering from COVID-19. Here are a few suggestions from the team at Alberta Health Services:

- Try to eat every two-three hours, and include a protein when you eat. Try a higher-fat milk than usual, or a higher-fat cheese. Or choose Greek or Icelandic yogurt instead of regular yogurt.

- Remember to drink enough fluid. Try water, milk, broth, sports drinks or nutrition supplement drinks. Take sips every few minutes if you cannot drink all at once.

- Keep liquids by your bedside so you can sip them if you wake up at night. Try water, fruit juice or sports drinks.

- Even a small increase in protein may help you maintain or gain weight and strength. Choose nuts or trail mix as a snack, add nut butter to crackers or toast, or add skim milk powder or protein powder to smoothies.

- A healthy diet helps keep your immune system at its best. Your body needs more protein and calories when fighting an infection such as COVID-19. Try adding extra beef, chicken or tuna to casseroles, stew, vegetable dishes or soups.

If you are struggling, 211 Alberta is a free, confidential service that offers info on food hampers, and free or low-cost meals and school meal programs. Call 211 or text INFO to 211 or go to www.ab.211.ca and click on "live chat."

Winter Eye Care

Your eyes need extra care in the winter. We asked ophthalmologist Dr. Jessica Ting, from the Eye Institute of Alberta, and optometrist Dr. Scott Lopetinsky for advice to keep your eyes at their best all season long.

Wear sunglasses. In winter, around 80 per cent of the sun's UV rays bounce off the snow and into our eyes.

Those UV rays increase the risk of cataracts and macular degeneration. Polarized lenses block harmful rays. If you're skiing or snowboarding, don't forget goggles.

Use good eye drops and turn on the humidifier. Cold, dry winter air can dry your eyes. Ask your eye doctor about lubricating eye drops. Consider getting a humidifier to keep air moist.

Wash your hands. Pinkeye, also known as viral conjunctivitis, is common during flu season and is very contagious. If you have it, avoid touching your eyes and wash your hands often.

If you have non-urgent health questions or concerns, call Health Link at 811 or visit myhealth.alberta.ca

Beat the Seasonal Blues

Many people feel sluggish in the winter, but for those affected with Seasonal Affective Disorder (SAD), the problem goes beyond being gloomy. People with SAD can experience depression, fatigue and a lack of motivation. Here are eight ways to brighten your outlook this winter:

- Be active. It relieves stress, builds energy, and increases your resilience.

- Soak up some sun. Make sure blinds are open during the day, with a direct path to where you sit or work. Better yet, get outside in the sunshine.

- Try artificial light for 30 minutes each morning. Consider a SAD lamp that has 10,000 lux, the measurement of the light's intensity. You'll

find them at medical supply stores and many drugstores.

- Take a Vitamin D supplement—3000 IU per day may help lift your mood in winter.

- Eat three healthy meals a day, and have healthy snacks between meals. For information, visit www.healthyeating-startshere.ca.

- Stay hydrated. Most adults need nine to 12 cups of water per day.

- Cut down on alcohol and caffeine. They can worsen SAD symptoms.

- Try practising mindfulness. Accept your thoughts without judging. Even 15 minutes per day can lift your spirits.

If you are concerned about your mental health, call Health Link at 811.



Emergency
Medical
Services

Burns and Scalds



Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- **1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- **2°:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- **3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call **9-1-1**

www.albertahealthservices.ca

Battery Safety

Button batteries are used to power items such as watches, cameras, calculators, hearing aids, and computer games. Because of what they look like and their size, children can mistake button batteries for food or candy.

Swallowing button batteries is dangerous. Even if a button battery appears to be dead or expired, it is still dangerous if swallowed.

Serious injury can occur within two hours of the battery being swallowed.

Button batteries can get stuck in your airway and can:

cause chemical burns

damage your internal organs. If your child swallows a button battery it can cause burning, corrosion, or completely destroy the tissue in the upper digestive tract. This damage can happen very quickly and is likely to be worse if the battery gets stuck in the esophagus (throat) instead of moving into the stomach.

After swallowing a button battery your child might have one or more of these symptoms:

-trouble breathing
-wheezing, drooling



-coughing and gagging when eating
-trouble swallowing
-chest pain
-belly pain
-nausea, vomiting
-no appetite
-fever
There might not be any

symptoms after swallowing a button battery, but injury can still occur.

If you think someone has swallowed a button battery:
-do not try to make them vomit
-take them to an emergency department immediately.



Kilkenny Community League News

Kilkenny Community League Memberships

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

Benefits of membership include:

Free community league swim at:

Londonderry Fitness & Leisure Centre, located at 14528-66 Street NW, every Sunday from 4:15 pm – 5:45 pm.

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

– 9:15 pm.

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

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

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

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

Please come out and support your community!

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

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 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.

Making positive steps toward your health goals



To make a change, use goals to chart your path to success. Two types of goals can help you do this: long-term and short-term.

Don't forget to write down your goals. They may change, but you'll want a record. Writing them down is a great way to start your plan to improve your health.

No matter what your health goal is, creating a specific plan can help you succeed. Follow the steps below to create your plan. This will put you on a path toward meeting your goal. With the help of goals, you can go as far as you want!

Step 1: Know your reason.

Why is this change important to you? Make sure it's something that you really want to do.

Step 2: Set a specific long-term goal.

A long-term goal is not something you can do all at once. It's the goal that inspires you and that will show how far you've come when you complete it. It's usually a goal you hope to reach in six months or a year.

A long-term goal could be to walk for one hour, three times a week. To keep going, think how proud you'll be when you reach this goal.

When you reach your long-term goal, you can keep things fresh by setting new goals.

What is a long-term goal

that you can reach in about six to 12 months?

Step 3: Set your short-term goals

Short-term goals help you accomplish your long-term goal. They keep you going day to day. They are usually goals you hope to reach tomorrow or next week.

One example would be to start using the stairs at work, or to take one 10-minute walk and build up to walking three times a week. Short-term goals should be easy to do and will grow as you make progress.

How can you create short-term goals that you take week by week to reach your long-term goal?

Step 4: Prepare for slip-ups or setbacks

What might get in the way of your reaching this goal? You may already know that things like time, money, or emotions could get in the way. How might you get around these things?

Step 5: Plan for support and rewards

Who can help you meet your goals? Maybe friends, family, or a support group? And how will you reward yourself? A movie, a special meal, an hour to yourself can be a treat.

Step 6: See your success

How will your life be different after you make this change?

New Beginnings and New Opportunities

Edmonton Catholic Schools Trustee Sandra Palazzo

Happy New Year to you from Edmonton Catholic Schools (ECSd). We reflect, with gratitude, upon the resilience and adaptability that our students, guardians, educators, administrators and staff have shown throughout the challenges encountered in 2020. We are also grateful for the potential promise the New Year holds. As delivery of the vaccine against COVID-19 progresses, we are hopeful that we will soon be able to gather again in person. However, until our provincial health officials provide that direction, it is important for all of us to do our part to remain safe and healthy.

Edmonton Catholic schools are back in full swing and already preparing for the 2021-22 school year. To prepare for the upcoming academic year, our schools will be hosting virtual open-house learning sessions to inform students and families about the school and the programs they offer. This will allow students to make appropriate educational decisions based on personal goals. Please check our website at www.ecsd.net to locate schools of interest and the dates for their open house sessions. Additionally, our schools will be accepting registrations online again this year. If you are new to Edmonton Catholic Schools, visit register.ecsd.net to find your school and follow the steps to register.



ECSd is delighted to be building a K-9 school in the Keswick community and a new high school in the Heritage Valley community. We invite students, staff, parents/guardians and the local community to suggest names for the new schools. Visit www.ecsd.net and click on the 'name our schools' graphic to view the guidelines for submitting a name. Submissions will be accepted until 4 pm on January 31, 2021. For north end students our advocacy for a high school is currently the

first priority on our Capital Plan.

We were excited to offer our Catholic school community another virtual engagement event: Supporting Your Child & Youth's Mental Health: Increased Screen Time: Now What? It was a successful learning session held on January 19 and provided parents with some tools to help support their children in establishing and maintaining good mental health in an increasingly digital world. Thank you to all those who participated in this virtual

session.

In closing, I want to take the opportunity to share my appreciation for the outstanding commitment of our staff, students and families as they continue to serve and support our students and school community during these extraordinary times.

We are blessed to have such incredible stewards and ambassadors whose commitment to ensuring the well-being of our Division is at the forefront of all that we do. Wishing everyone all the best in 2021!



Northmount Community League News

Northmount Board of Directors as of September 15, 2020

POSITION	NAME	Contact
President	Meagan Plamondon	president@northmount.ca
Vice President Operations	James Crocker	Vp-operations@northmount.ca
Vice President Programs	Robin Wheatley	Vp-programs@northmount.ca
Treasurer	VACANT	
Acting Treasurer	Margaret Warwick	treasurer@northmount.ca
Secretary	Margaret Warwick	secretary@northmount.ca
Area 17 Council Rep.	Karen Plamondon	
Adult Programs Director	Robin Wheatley	
Bingo Director	VACANT	
Acting Bingo Coordinator	James Crocker	bingo@northmount.ca
Casino Director	Sid Plamondon	casino@northmount.ca
Children's Program Director	VACANT	
Civics Director	Kim Manzo	
Communications Director	VACANT	
Communications Chair	Michele Crocker	newsletter@northmount.ca
Facilities Director	Sid Plamondon	facilities@northmount.ca
Family Programs Director	VACANT	
Memberships	Robin Wheatley	memberships@northmount.ca
Past-President	Terry Kitching	
Seniors Programs Director	VACANT	
Soccer Director	VACANT	
Sports Explorers	Karen Plamondon	

Follow us on Social Media

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

Join our Facebook page at

<https://www.facebook.com/groups/NorthmountCommunityLeague/> Join in the conversations, RSVP to Events

we are hosting, and connect with fellow community members. We'd love to see you there!

Supporting a friend with mental health issues

Do you have a friend who just doesn't seem to be their usual self?

Something about them has changed, and you're wondering what's going on?

Many people turn to their friends for help if they're having a problem. Knowing how to support someone is an important part of being a friend.

Signs a friend may need some support:

- They don't seem to enjoy activities as much anymore.
- They seem distracted or are having trouble staying focused.
- They are unusually worried about things that don't seem to be a big deal to you or others.
- Their eating habits have changed—they avoid hanging out at lunchtime or make excuses as to why they're not

eating.

• They're always tired or complain they aren't sleeping well.

• They're missing more and more time from school or work.

• They're drinking more alcohol or using other drugs more.

• They're sad much of the time and find it hard to see any positives in their life.

• They are spending more time alone—they don't want to hang out with friends or do any of their usual activities.

If you've noticed changes in a friend that have been going on for a while or seem to be getting worse, it's time to do something. Speak up! Start by sharing with your friend what you have noticed and why it concerns you. Have this conversation in a comfortable but

private place, where the two of you can talk without being interrupted. Let them know that you care about them and you're worried about them.

• Build confidence. Identify your friend's abilities and strengths, build on them, and encourage your friend to do their best.

• Give compliments. Compliments help us to remember the positives in our lives, especially when times get tough.

• Give and accept support

• Manage stress. Help your friend to learn what stresses them and how they can manage it in healthy ways before it overwhelms them.

If you or if your friend needs more help, call Health Link at 811 or the Mental Health Help Line at 1-877-303-2642, available 24 hours a day, 7 days a week.

President's Message

Hello everyone, I hope everyone is keeping safe and connected in a socially distanced way.

With things always changing, some programming will continue to be on hold to do our part as we keep the cases of Covid-19 down.

Yoga and Hapkido started up again, but with limited capacity to ensure everyone's

safety. At this time we are not taking new registrations, but will keep class running for the current students registered. If you would like to be added to the waitlist once registration opens up again, please email president@northmount.ca

All future board meetings will continue to be held virtually and this will stay in place until at least April 2021. Board

meetings are held the third Tuesday of every month, if you are wanting to attend a board meeting please email president@northmount.ca by 5 PM the Thursday before the meeting to be added to the virtual invite list.

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

Northmount, Beyond COVID

Our next AGM will be held in April. At this time, we are asking members to seriously consider volunteering for board positions. The community league can only be run with YOUR help. All programs and functions have been on hiatus because of provincial health restrictions, but when COVID restrictions change, and social gatherings and

sports start to resume, we will need to have plans for programming and events in place. We desperately need help from community members for this!

This year's AGM will have the following key positions up for election, President, Treasurer, Secretary and Bingo Director.

We also currently need a

communications director and have many other directorships vacant due to lack of volunteers. If you would like more information on how you can be part of the community leagues plan for the future, please email Meagan at president@northmount.ca or reach out to any current board members you may already know.

Struggling with DEBT?



Help With Debt Alberta

Connect with a new, FREE set of resources, information and legal advice designed to navigate this stressful scenario and empower you towards independence and economic recovery.

visit

www.helpwithdebtalberta.com