

# NORTHEAST VOICE

Serving the community leagues of Evansdale, Kilkenny, and McLeod

August 2023

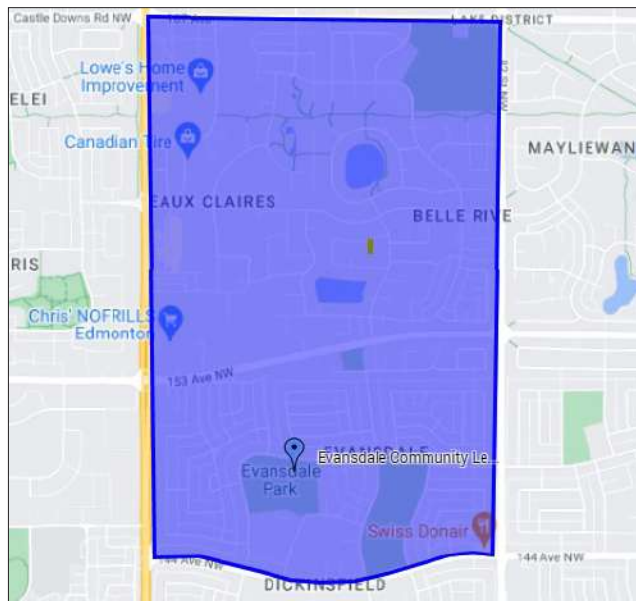


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## Evansdale Community League Boundaries



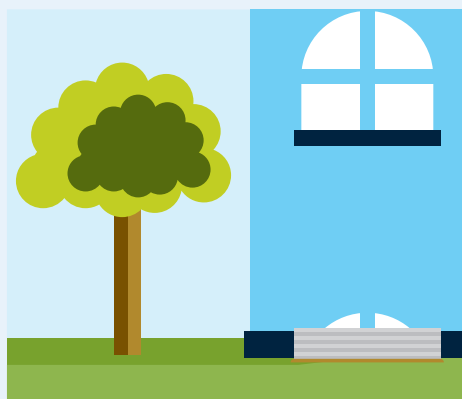
Did you know? Evansdale is your designated Community League if you live within the area bounded by 167th Ave on the north, 82nd Street on the east, 144th Avenue on the south and 97th street on the west. This includes the Neighborhoods of Belle Rive, Eaux Claire and Evansdale.



## BOOK A FREE FLOOD PREVENTION INSPECTION

Recovering from a flood can cost you thousands of dollars, but you can prepare your home and help reduce your risks. EPCOR offers a free inspection program to help identify your risks and options to help protect your property.

Book a free inspection with one of our flood prevention advisors to help identify individual property risks and recommendations to mitigate those risks. A subsidy for a backwater valve, which helps to protect your home from a sewer line back up, is also available.



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Contact us at [floodprevention@epcor.com](mailto:floodprevention@epcor.com) or visit [epcor.com/floodprevention](https://epcor.com/floodprevention) to learn more.

To book by phone, call 780-944-7777.

**EPCOR**

Join us as for our annual community festival!

This year we will be celebrating the 50's, an era renowned for its music, dance, fashion, and automobiles.

All Car Models Welcome!

No entrance fee, ITS FREE!

Cars will be parked and showcased in the McLeod School Parking Lot ( 14807 59 St NW, Edmonton, AB T5A 1Y3 )

## Kilkenny Events Coming Up

### CGSA Soccer Registration

Thursday Aug 30 6:30pm to 8 pm

Thursday Sept 7 6:30pm to 8 pm

Saturday Sept 9 11am to 1 pm

### Community Day

Saturday Sept 16 12pm to 3pm

### Swim Times

Londonderry Pool Sun 4:15 to 5:45

Grand Truck Pool Friday 7pm to 9 pm

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

Kilkenny Craft sale Nov 18 2023 11-4 pm

Vendors wanted \$20 a table

Call Anna 780-478-3269



# McLeod Community League News

## AUGUST/SEPTEMBER at Londonderry Branch

### Settlement Practitioner (Adult)

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

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):

Tuesdays | 10:15 AM – 11:00 AM  
Tuesdays | 2:15 PM – 3:00 PM  
Wednesdays | 10:15 AM – 11:00 AM  
Fridays | 10:15 AM – 11:00 AM  
Saturdays | 2:30 PM – 3:15 PM  
Sundays | 11:00 AM – 11:45 AM  
Mondays | 10:15 AM – 11:00 AM

You and your child from birth to age three are invited to join us for songs, rhymes, and signs.

### STEAM Lab (Child 9 - 12):

Tuesday (Starts Sept 12) | 4:00 PM – 5:00 PM  
Full STEAM ahead! From robot battles to hovercrafts to building your own games, discover all things Science, Technology, Engineering, Art, and Math.

### 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.

### 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.

### Practice English at Your Library (Adult):

Thursdays | 6:00 PM – 7:30 PM Improve your English language skills through conversation and practice.

### English Conversation Circle (LACE) (Adult - Newcomers):

Thursday (resumes in September) | 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. Call Catholic Social Services at 780-424-3545 for more information

### Summer Starts at EPL:

Upcycled Art (Family) - Tuesday, August 01 | 1:00 PM – 2:00 PM

Musical Inventors (Child - 6-8) - Thursday, August 03 | 11:00 AM – 12:00 PM

Balloon Twisting with Demmi Dupri (Family) - Thursday, August 03 | 2:00 PM – 3:00 PM

Marble Run Challenge (Child - 6-8) - Tues-

day, August 15 | 1:00 PM – 2:00 PM

Superhero Academy (Child - 6-8) - Tuesday, August 08 | 1:00 PM – 2:00 PM

Make Some Noise (Preschooler) - Thursday, August 10 | 11:00 AM – 11:45 AM

Giant Games (Child - 6-8, Child - 9-12) - Thursday, August 10 | 1:00 PM – 2:00 PM

Unicorn Party (Preschooler) - Thursday, August 17 | 11:00 AM – 11:45 AM

Friendship Bracelets (Child - 9-12) - Thursday, August 17 | 2:00 PM – 3:00 PM

### Make It: Paper Catapults (Child - 9-12):

Monday | September 18 | 3:30 PM – 5:00 PM  
Are you planning siege warfare on a tiny castle? Or looking for a new way to entertain the family pet? Inspired by the recipes of cool maker Engineering with Paper, library staff will show you how to design and construct your own catapult...

### Book Club:

The Glass Room - Wednesday, August 23 | 7:00 PM – 8:00 PM

## AUGUST/SEPTEMBER at McConachie Branch

### Baby Laptime - In Person (Baby & Toddler):

Wednesdays | 10:30 AM – 11:00 AM  
Enjoy delightful stories, songs, books, rhymes, finger plays and more, especially for babies.

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

Fridays | 10:30 AM – 11:15 AM  
You and your child from birth to age three are invited to join us for songs, rhymes and signs.

### Lecture et bricolage (Child - 9-12, Teen):

Thursday, August 10 | 2:00 PM – 3:00 PM  
L'EPL est en partenariat avec le Projet ESPOIR d'AHS pour aider les jeunes francophones à parler de santé mentale et de pleine conscience pendant l'été. Rejoignez-nous pour des bricolages et d'autres activités de renforcement de la santé mentale.

### Summer Starts at EPL:

Making Music with Beth Portman (Family) - Saturday, August 05 | 11:00 AM – 12:00 PM

Marble Run Challenge (Child - 6-8) - Tuesday, August 08 | 2:00 PM – 3:00 PM

Fly Me to the Moon (Preschooler) - Saturday, August 12 | 11:00 AM – 11:30 AM

Friendship Bracelets (Child - 9-12) - Tuesday, August 15 | 2:00 PM – 3:00 PM

Glow Yoga Kids (Child - 6-8, Preschooler) - Friday, August 18 | 1:00 PM – 2:00 PM

Musical Inventors (Child - 6-8) - Monday, August 21 | 11:00 AM – 12:00 PM

Closing Fair! (Child - 6-8, Child - 9-12) - Saturday, August 26 | 12:00 PM – 5:00 PM

## McLeod Pancake Breakfast Serves up 85 Meals

On Saturday, July 22nd, McLeod Community League hosted its annual pancake breakfast. The weather was perfect and we had a great turnout from our volunteers. About 85 people stopped by, including many families.

Some were long-time McLeod residents, such as Past Presidents Del Golinowski and Lionel Stenberg. Some were newcomers to McLeod. Many families stayed and used the playground after the event.

Thanks to all those who made this event a success! See you next year.



## Okinawan martial arts at McLeod Hall

Break a sweat without breaking the bank! A workout for your body and your brain!

Did you know you and your family can study classical Okinawan karate with an internationally ranked instructor right here in North Edmonton? Did you know the dojo has separate classes for adults and youth/families? Did you also know that you can learn traditional Okinawan kobudo as well?

Learn new from the past. Karate provides a host of benefits for all practitioners, including balance, self control, focus/concentration, self-confidence, stretching/ strengthening and self-protection. Classes are held every Tuesday night at McLeod Hall; however, membership allows you to train at our other



locations free of charge! That's three nights a week under the expert instructions of a 5th degree black belt with over 40 years of experience in Canada and Japan.

Classes start first week of September. To register or for more information, contact Jamie at 780-619-3136 or email kaizen.dojo@shaw.ca.



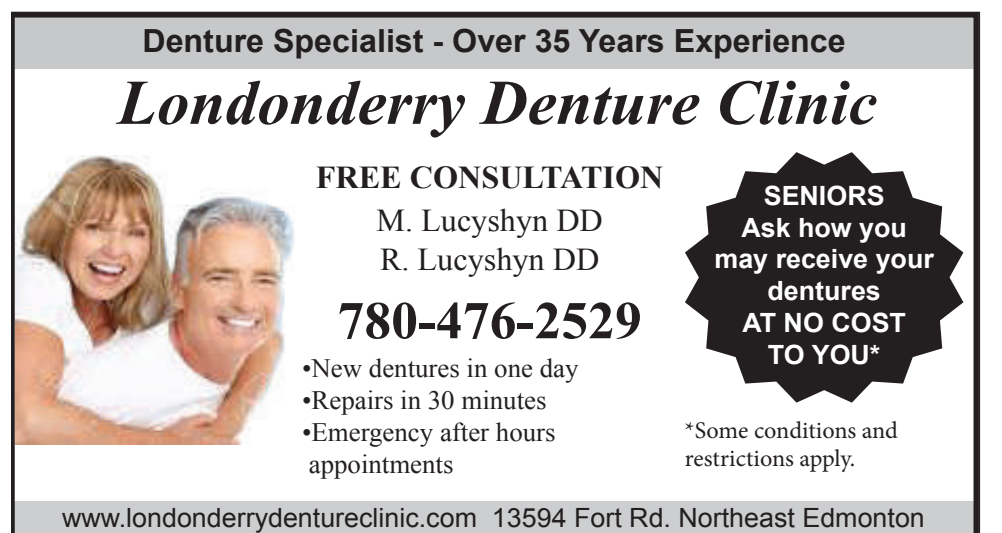
**Neighbourfest 2023**

**SPLASH BASH!**  
6:30PM-8:30PM  
AUGUST 9TH

**SHAKE RATTLE & ROLL**  
AUGUST 16TH  
6:30pm-8:30pm

**RAWR!**  
AUGUST 23RD  
6:30PM-8:30PM

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\*Some conditions and restrictions apply.

www.londonderrydentureclinic.com 13594 Fort Rd. Northeast Edmonton



McLeod Indoor Soccer

I'm pleased to announce McLeod's indoor CGSA soccer registration dates at McLeod hall:

August 24 6:00-8:30pm  
August 29 6:00-8:30pm  
September 9 1:00-3:30pm  
Fees are:

Games will be played Friday evening, Saturday or Sunday. In past seasons, games have been played at the DOW Centre, Millennium Place and Servus Place. Practices will be in school gyms and will vary by age group.

To register, families will require a community membership with an August 2024 expiry date and can be purchased from the EFCL website (www.efcl.org) prior to attending an in-person registration date. The player registration portal can be found on the CGSA website (www.cgsa.ca)

Please remember families must register in their home CGSA community but are welcome to request a transfer to a partner CGSA community if they have a friend they would like to play with. For those joining us from non-CGSA communities, you can register with your preferred CGSA community.

Thanks, Todd  
McLeod Soccer Director



The Day the Volunteers Quit

One day, Mr. & Mrs. Extremely Busy were up early getting ready for work. Mr. Busy states, "I have several meetings today, I am going to get the oil changed on my lunch break, and I have several projects due by the end of the week". Mrs. Busy replies, "After I drop off the kids, I also have several meetings, I need to get groceries on my lunch break, a meeting with our littlest's teacher, make supper and get homework done". Mr. Busy asks, "Have we heard when Junior's soccer is starting yet?" "Well, we got an email looking for parents to volunteer to coach, but I did not reply as we are too busy. I will try to find a spare minute during my day to send an email inquiry." With that, Mr. & Mrs. Extremely Busy were off in their separate directions to start their very busy day.

On the other side of the community, Mrs. Whiny was also getting ready to start her day. Over a cup of coffee and cereal she thinks to

Age Group	Birth Years	Fee
U5	2019-2020	\$120.00
U7	2017-2018	\$120.00
U9	2015-2016	\$205.00
U11	2013-2014	\$205.00
U13	2011-2012	\$205.00
U15	2009-2010	\$205.00
U17	2007-2008	\$205.00

herself: "We were one of the first people at registration, I paid my fees, I should have heard something by now. I know they were looking for volunteers, but I don't know anything about softball, they must have found someone by now? I am going to email at lunch, this is getting ridiculous". Mrs. Whiny continued on with her day.

Lastly, Mr. & Mrs. Overwhelmed are pondering the upcoming day. Mr. Overwhelmed has a good job in an office with regular hours. However, he finds his job quite draining and when he comes home in the evenings he really looks forward to relaxing. Mrs. Overwhelmed has very young children, two are now old enough for soccer. She is looking forward to the upcoming soccer season where she can have a break for at least an hour a day! She will send an email at the end of the day to find out when the season will be starting.

In the middle of the community, the President is also starting his day. He is in the middle of packing up his house, preparing to move. He has been working many hours of overtime, his elderly mother is sick and has been spending most weekends tending to her house and needs. The President has a family with children in activities. He has not been able to watch their events; his VOLUNTEER DUTIES attending community league meetings, area meetings, president meetings are in regular conflict. The President is really passionate about growing a strong community where everyone can feel safe in a friendly, neighbourly area. Today, though his mom has a doctor's appointment, his child has an important event, he will be working late, and there is a presidents meeting. He

has had enough, something needs to give: The President quits.

On the edge of the community lives the Soccer Director. She has slept in and is scrambling to get her children out the door to school. She was up until the very early morning hours completing her school assignments. The Soccer Director is also very committed to the community. She believes her efforts can help enrich the lives of many children. Today her neck is stiff as she was hunched over books until 3 am. After she takes her kids to school, she will have just enough time to get a coffee on her way to work. She works full-time, her husband works out of town and all the parenting and household responsibilities fall to her. Her only time for herself is after the kids are in bed, which she needs for studying and laundry. Today the Soccer Director has a performance review at work, an exam at the end of the week, she is out of laundry soap, her husband's time away has been extended, no one has responded to her emails regarding coaching and has received 3 emails wondering why their team hasn't started practicing yet. She takes a deep breath and quits.

The President and Soccer Director have quit. The reset of the community board can't cover such major roles. They also have jobs, families, and other responsibilities. Given the ever increasing volunteerism demands, they decide to quit.

Suddenly, 100 children from the community who were registered in Scouts, Beavers, Brownies, and dance have nowhere to gather. The President always came to open the community league building for them. 20 ladies, including Mrs. Extremely Busy can no attend Yoga on Tuesday evenings. Mr. Overwhelmed can no longer go for evening stakes at the community rink. Mrs. Overwhelmed is no longer able to walk her kids to the community preschool. The lives of hundreds of children and their families were affected the DAY the VOLUNTEERS QUIT.

Please consider attending a McLeod board meeting and volunteering for one of our vacant board positions.



Our program runs from September-June. We offer dance training in a variety of dance genres for children and adults!

- Ballet
- Hip-Hop
- Jazz
- Lyrical
- Modern
- Tap
- Technique
- Mini Movers (Ages 3-5)
- Adult Hip-Hop
- Adult Jazz
- Adult Tap
- Adult Lyrical
- Dance Dads



Registration at McLeod Community Hall:  
August 24th and 29th-6:00-8:30pm  
September 9th- 1:00-3:30pm



Contact us at:

dance@mcleodcommunityleague.ca  
780-893-5151





## Choosing the best plant-based beverages

Someone may choose to drink plant-based beverages because of allergies, vegetarian diet, intolerance to cow milk, or cultural or personal taste preferences. These beverages look like milk and are often called “milks” but the nutrients they provide may be different.



Plant-based beverages are made from legumes, nuts, seeds and grains, such as oat, soy, coconut, cashew or almond.

Guide to choosing a plant-based beverage

With so many options, it is important to pick a plant-based beverage that meets your nutrition needs. Read the Nutrition Facts table on beverages before you buy and then select a beverage that:

- Is unsweetened or has less than 15 per cent Daily Value (less than 15 g) of sugar per one cup (250 mL).
- Has at least six grams of protein per one cup (250 mL).
- Has at least 23 per cent Daily Value of calcium per one cup (250 mL).
- Has more than 10 per cent Daily Value of vitamin D per one cup (250 mL).

Read the ingredient list to see if vitamins and minerals have been added to the drink. If they have been added, the drink has been fortified. This information usually appears on the ingredient list as “Vitamin and Mineral Blend.”

If you choose plant-based beverages, serving advice is as follows:

### Children under the age of two

Plant-based beverages do not contain enough fat, calories and nutrients to help children’s brains and bodies grow and develop. Feed your child breastmilk or infant formula.

### For others

- Offer two cups of a fortified plant-based beverage daily to children aged two and up.
- Older adults can meet their needs with one to two cups of a fortified plant-based beverage while also eating other protein foods as part of their diet.
- Two cups of a fortified plant-based beverage and a daily vitamin D supplement of 400 IU will help meet your nutrient needs when pregnant.

In addition to selecting a nutritious plant-based beverage, choose a variety of protein foods at meals and snacks. Try beans, lentils, tofu, eggs, nuts and seed butter, fish, poultry, and lean meats.

## Tips on cutting down on your tobacco use

Every year, more than 4,000 Albertans die because of commercial tobacco use, while tens of thousands more Albertans have serious tobacco-related illnesses. Tobacco and tobacco-like products can cause lung, heart, fertility and other health problems.

If you want to cut down on your tobacco use but aren’t yet ready to quit:

- Lower the number of cigarettes or other tobacco products you use.
- Add more time between cigarettes or tobacco products.
- Smoke or use tobacco only during odd or

even hours.

- Limit your smoking or using tobacco to certain places.
- Wait as late in the day as you can before use.

If you are ready to quit:

- Create a quit plan. AlbertaQuits.ca has a Tobacco Change Plan to help you quit.
- Make a list of reasons to quit smoking or using tobacco and reflect on them.
- Set a quit day. Think about when your quit date should be. Try within the next three weeks. Let someone close know you are mak-

ing a quit attempt. Try to have your quit day when your stress levels are lowest.

Here are more resources to help you quit:

- AlbertaQuits.ca provides information and tools to prepare for your quit.
- Talk to a counsellor at the AlbertaQuits helpline (1-866-710-7848). Free for all Alberta residents, it’s open from 8 a.m. to 8 p.m., seven days a week.
- Register for QuitCore (albertaquits.ca), a free virtual or in-person group support program that provides Albertans (18+) with the tools and skills they need to quit using tobacco.

- Ask your doctor or other healthcare provider for one-to-one tobacco counselling.

• Sign up for AlbertaQuits by Text. It’s a free, three-month text messaging program that delivers motivational messages, advice and tips to your cell to help you quit. Text the word ABQUITS to number 123456 to register.

• Get support 24 hours a day, seven days a week through the Addiction Helpline, 1-866-332-2322, or Health Link at 811.

• Talk to your healthcare provider or pharmacist about medications that can help you quit.



Alberta Health  
Services

Emergency  
Medical  
Services



## Back to school safety



Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

### Motorists

- Distracted driving carries a \$300 fine and 3 demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

### Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines;
- Obey pedestrian lights at intersections. Cross the street only when you see the ‘walk’ sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child’s hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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





# Kilkenny Community League News

## Hall Rentals

The Kilkenny Hall is available for rental!! It is the perfect space for your special event, meetings, weddings and any other social event. Please go to <http://www.kilkenny.ab.ca/facilities/> view to have a look and click on "Book Facility" to...you guessed it... book the facility! Feel free to call 780-478-2481 to leave a message for bookings as well.

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

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 is looking for some TLC. If you love mixing tech with a touch of design, have

we got 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!



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# Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires



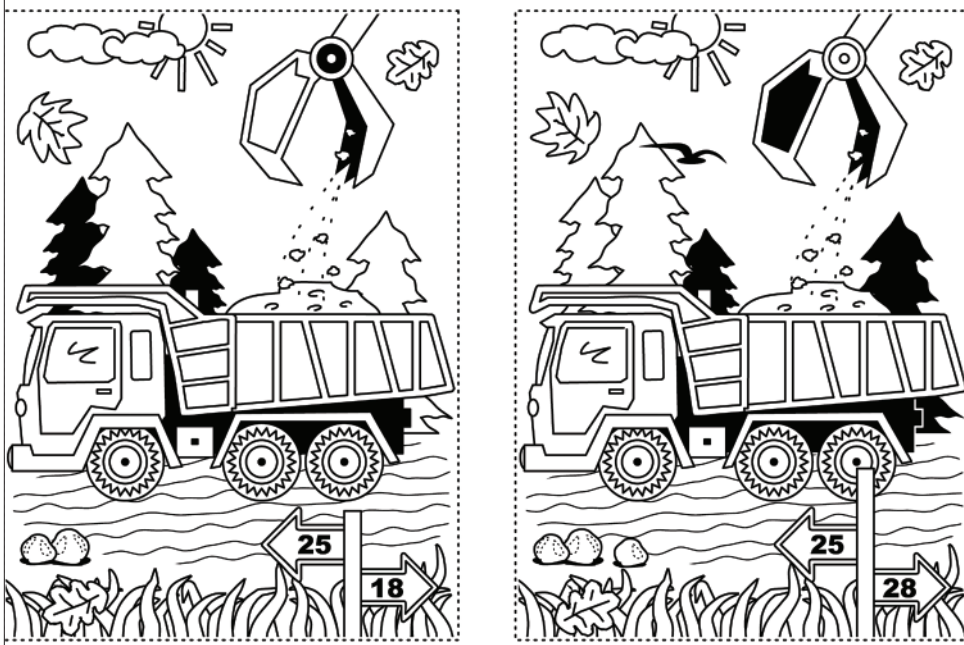
## Evansdale Community League Board

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:			
Position	Name	Contact	Email Address
President	Jeff Muiselaar	780-478-1759	
Past President	Shawna Walsh	780-237-2169	
Vice President	Chris Nelson	-	-
Director of Sustainability	David Dodge	780-478-6162	
Soccer Director	<i>Vacant</i>	-	-
Treasurer	Arrey Tabot	780-604-7072	
Membership Director	Elaine Sarac	780-476-7442	
Bingo/Casino Chair	Shawna Walsh	780-237-2169	
Secretary	Jenilee Caterina	780-984-3298	
Program Director	David Gagne		
Newsletter & Social Media	Cora Gagne		
Area 17 Representative	Hassan Fayad	-	-
Belle Rive/Poplar Park Signs	<i>Vacant</i>		
Evansdale Sign (153 Ave)			
Hockey Director	Todd Sharkey		
Hall Rentals	Teri Muiselaar	780-478-4444	
Credits	Sue Harris	780-473-8796	

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

\*if you have any questions, comments or concerns within our community please reach out to us via the email addresses listed above or on our Facebook page\*

Find the ten differences between the two pictures.



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

## 2023 Community League Day

This year Community League Day is scheduled for Saturday, September 16th. Many Community Leagues across Edmonton celebrate this family friendly day by hosting events where you

can come out and meet your League and other members of your community! Stay tuned to our Facebook page (<https://www.facebook.com/evansdalecommunityleague>) for updates.

## 2023 Summer Green Shacks within Evansdale

Green Shack Programs are continuing at our parks provided by the City of Edmonton. The schedule is Monday through Friday and the last day of operation is August 24, 2023.

Evansdale 9123-150 Avenue (10:30am-5:30pm)

Eaux Claires 16003-95 Street (10:30am-1:30pm)

Belle Rive at Poplar Park 16410-82 Street (2:30pm-5:30pm)

## Spending time in the sun

A sunburn is skin damage from the sun's ultraviolet A and ultraviolet B (UVA and UVB) rays. Most sunburns cause mild pain and redness but affect only the outer layer of skin (first-degree burn). The red skin might hurt when you touch it. These sunburns are mild. They can usually be treated at home.

Skin that is red and painful and that swells up and blisters may mean that deep skin layers and nerve endings have been damaged (second-degree burn). This type of sunburn is usually more painful and takes longer to heal.

Other problems that can occur along with sunburn include:

- Heatstroke or other heat-related illnesses from too much sun exposure.

- Allergic reactions to sun exposure, sunscreen products, or medicines, such as antibiotics, some acne medicines, and some diabetes medicines.

- Vision problems, such as burning pain, decreased vision, or partial or complete vision loss.

Long-term problems include:

- An increased chance of having skin cancer.
- Having more cold sores.
- More risk of problems related to a health condition, such as lupus.
- Cataracts from not protecting your eyes from direct or indirect sunlight over many years. Cataracts are one of the leading causes of blindness.
- Skin changes, such as premature wrinkling or brown spots.

People with white or freckled skin, blond or red hair, and blue eyes usually sunburn easily.

People with darker skin don't sunburn as easily. But they can still get skin cancer. It is important to use sun protection, no matter what your skin colour is.

Your age also affects how your skin reacts



to the sun. Children's skin is more sensitive to sunlight.

You may get a more severe sunburn depending on:

- The time of day. You are more likely to get a sunburn between 11 a.m. in the morning and 3 p.m., when the sun's rays are the strongest. You might think the chance of getting a sunburn on cloudy days is less, but the sun's damaging UV light can pass through clouds.

- Whether you are near reflective surfaces, such as water, white sand, concrete, snow, or ice. All of these reflect the sun's rays and can increase your risk of getting a sunburn.

- The season. The position of the sun on summer days can cause a more severe sunburn.

- Altitude. It's easy to get sunburned at higher altitudes. That's because there's less of the earth's atmosphere to block the sunlight. UV exposure increases in elevation.

- How close you are to the equator (latitude). The closer you are to the equator, the more direct sunlight passes through the atmosphere.

- The UV index of the day, which shows the risk of getting a sunburn that day.

Preventive measures and home treatment are usually all that's needed to prevent or treat a sunburn.

- Protect your skin from the sun.
- Don't stay in the sun too long.
- Use sunscreen and wear clothing that covers your skin.





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Green Shack Program

Edmonton

**FREE DROP-IN**

# GREEN SHACK PROGRAM

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play!

This program is targeted for **children aged 6-12**, but all children accompanied by an adult are welcome to attend.

**Belle Rive**  
 Poplar Park  
 16410 - 82 St  
 2:30pm - 5:30 pm, Monday - Friday  
 July 4 - August 24



*The City of Edmonton would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.*

**Get in touch with us:**  
 Email: [greenshack@edmonton.ca](mailto:greenshack@edmonton.ca)  
 For more information, call 311 or visit:  
[edmonton.ca/Greenshacks](http://edmonton.ca/Greenshacks)



Green Shack Program

Edmonton

**FREE DROP-IN**

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**Eaux Claires**  
 16003 - 95 St  
 10:30 am - 1:30pm, Monday - Friday  
 July 4 - August 24



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 For more information, call 311 or visit:  
[edmonton.ca/Greenshacks](http://edmonton.ca/Greenshacks)

## 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  
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FREE DROP-IN

## GREEN SHACK PROGRAM

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play!

This program is targeted for **children aged 6-12**, but all children accompanied by an adult are welcome to attend.

### Evansdale

9123 - 150 Ave  
10:30 am - 5:30pm, Monday - Friday  
July 4 - August 24



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### Get in touch with us:

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