

NORTHEAST VOICE

Serving the community leagues of Evansdale, Kilkenny, and McLeod

July 2023



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2023 Evansdale Pickleball League

HOURS OF OPERATION:

The courts are open from 9 AM to 1 PM and from 5 PM to 9 PM, 7 days a week.

HOW TO BOOK A COURT:

Book online using our new calendar registration system on our webpage at <https://evansdale.ca/programs-events/pickleball/>, by phone 780-478-2577 or in person.

Note Court booking is first come first serve

MEMBERSHIP/FEES:

If you have an active 2022-2023 Evansdale Community League Membership, Pickleball is included.

If you already have an active City of Edmonton community league membership,



Pickleball is \$40.

Without a City of Edmonton Community League membership the fee is \$50 per person for the 2023 season.

Drop in rates is \$10 a day

LESSONS:

We will be offering free lessons this season for beginners and novices only.

Curling - Congrats!



Congratulations to ME LaZerte student Chloe Fediuk and her teammates, Myla Plett, Alyssa Nedohin and Allie Iskiw, as well as coaches Blair Lenton and David Nedohin, on a successful season of curling. The ladies represented Alberta at the U18 Canadian Championship in Timmins, Ontario in February and brought home the gold medal! Less than a week later they were in Charlottetown, PEI for the Canada Winter Games. After an amazing week of curling, the ladies earned a silver medal and a few weeks of rest. While most teenagers spent Spring Break sleeping in or video gaming, these girls were in Rouyn-Noranda, Quebec for the U21



Junior Nationals. After sweeping the round robin portion with an 8-0 record and earning a bye to the semi-finals, the ladies won their semi final game and curled their way to another gold medal. In December they will proudly travel to Finland and represent Canada in a U21 world qualifying tournament.

The World Junior Curling Champion will be held in Lohja, Finland in February 2024 and we wish the girls all the success they deserve. Chloe and Allie have also been chosen to represent Canada at the Winter Youth Olympic Games in South Korea in 2024. What an exciting year for all the ladies!



2023-2026
BUDGET

Your budget
at work.
See how it
works for you.

edmonton.ca/Budget



Edmonton



McLeod Community League News

EPL July 2023 At EPL Londonderry

Weekly:

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)
Mondays 10:15 AM – 11:00 AM, 2:15 PM – 3:00 PM

Tuesdays 10:15 AM – 11:00 AM, 2:15 – 3:00 PM

Wednesdays 10:15 AM – 11:00 AM

Fridays 10:15 AM – 11:00 AM

Saturdays 2:30 PM – 3:15 PM (except for June 24th)

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

Practice English @ Your Library (Adult)

Thursdays 6:00 PM – 7:00 PM

Drop in and join others who also want to practice their English.

Tech Time (All/Adult/Senior)

Fridays 3:00 PM – 4:00 PM

Need some one-on-one tech help? Bring your device (or use one of ours) and come

prepared with a tech-related question or challenge you would like to explore with a savvy staff member.

Youth Talk (Teen)

Fridays 3:30 PM – 5:00 PM

Practice your communication skills and gain familiarity with Canadian society and culture in this conversation-based program designed for newcomer youth.

Monthly Events:

Book Clubs of EPL

Wednesday July 26th, 7:00 PM – 8:00 PM

This month we will be reading *Watching You Without Me* by Lynn Coady.

Come and share your impressions, thoughts and interpretations of a book we have all read.

One-Off Events:

Make it: Construction Site (Ages 6-8)

Monday, July 10th, 3:30 PM – 5 PM

Ramp up your paper engineering skills with simple machines that will help you create a construction site.

Summer Starts at EPL!

Fly Me to the Moon (Preschool)

Tuesday, July 4th, 1:00 PM – 1:30 PM

Superhero Academy (Ages 6-8)

Thursday, July 6th, 2:00 PM – 3:00 PM

Treasure Hunt (Ages 6-8)

Saturday, July 8th, 11:00 AM – 11:30 AM

Old MacDonald Dance Party (Preschool)

Tuesday, July 11th, 4:00 PM – 4:45 PM

Parachute Party (Preschool)

Thursday July 13th, 11:00 AM – 12:00 PM

Get Your Write On (Teens)

Thursday July 13th, 1:00 AM – 3:30 PM

Kent Wong Magic Show (Family)

Saturday, July 15th, 11:00 AM – 12:00 PM

The Bug Club (ages 6-8)

Tuesday, July 18th, 1:00 AM – 1:45 PM

STEAM Storytime: What is a Scientist? (Preschool)

Thursday, July 20th, 11:00 AM – 11:30 AM

Rockets (Ages 9-12)

Thursday, July 20th, 2:00 PM – 3:00 PM

Embroidery Basics (Ages 9-12)

Tuesday, July 25th, 4:00 PM – 5:00 PM

Lego Lands (Ages 6-8)

Thursday, July 27, 11:00 AM – 12:00 PM

Battle Bots (Ages 9-12)

Saturday, July 29th, 11:00 AM – 12:00 PM

Reptiles Galore (Family)

Sunday, July 30th, 2:00 PM – 3:00 PM

At EPL McConachie

Weekly:

Sing Sign Laugh and Learn (Baby & Toddler)

Mondays 2:30 PM – 3:15 PM

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

Baby Laptime (Baby & Toddler)

Wednesdays 10:30 AM – 11:00 AM

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

One-Off Events

Summer Starts at EPL!

Once Upon a Storytime (Preschool)

Thursday July 6th, 2:00 PM – 2:45 PM

Kompany Family Theatre (Family and Preschool)

Saturday, July 8th, 11:00 AM – 12:00 PM

Fly Me to the Moon (Preschool)

Monday, July 10th, 11:00 AM – 11:30 AM

Superhero Academy (Ages 6-8)

Friday, July 14th, 11:00 AM – 12:00 PM

The Bug Club (Ages 6-8)

Saturday, July 22nd, 1:00 PM – 1:45 PM

Rockets (Ages 9-12)

Tuesday, July 25th, 2:00 PM – 3:00 PM

Lego Lands (Ages 6-8)

Saturday, July 29th, 11:00 AM – 12:00 PM

McLeod Outdoor Soccer

It's hard to believe the outdoor season is quickly coming to an end. Thank you to the coaches for volunteering this season, we couldn't run this program without you. We had a few coaches take on new age groups, others were first-time coaches and absolutely loved it. The players had a good time learning new skills, making new friends and had lots of fun. Many games were rescheduled due to air quality issues, and we thank you for your patience and understanding. The season is tentatively scheduled to end mid July assuming the weather holds. I hope everyone enjoys the summer and we'll see you at an indoor registration session.

Todd

McLeod Soccer Director



McLeod Indoor Soccer Registration

Please mark your calendars, McLeod soccer registration dates are August 24, August 29 and September 9. Fees will be posted once they've been finalized. Teams will likely play Saturdays or Sundays in the outlying recreation centres; Sherwood Park Millenium Place, Fort Saskatchewan DOW Centre, and St. Albert Servus Place. To register, families should purchase a community membership with an August 2024 expiry date of

the community they live in. If a family lives in a CGSA community, then they should attend their home community's registration session to pay their soccer fees and sign up for a volunteer commitment. If a family lives in a non-CGSA community, then they can attend any CGSA community league registration session to pay their soccer fees and sign up for a volunteer commitment. More information will be shared in the coming weeks.

Todd

McLeod Soccer Director

McLeod Dance

McLeod Dance is gearing up for their 7th season of the McLeod Dance Program. They are currently accepting pre registration. Please e-mail dance@mcleodcommunityleague.ca or call Amy at 780-893-5151 for more

information. McLeod Dance offers class in Ballet, Hip-Hop, Jazz, Lyrical, Mini Movers, Modern & Tap. They also offer Adult Hip-Hop, Adult Jazz, Adult Lyrical and Adult Tap. Come join our amazing dance family!!



Are you struggling with gambling?

Gambling is risking money or something else of value on an activity that has an uncertain outcome. That can mean a lot of things. Playing cards or videogames for money, buying raffle tickets, betting on who's going to win a pool match, or betting your in-game video purchases or digital currency on a hockey game—it's all gambling.

People with gambling problems may also have trouble in other areas of their lives where they need support.

These could include health concerns, financial problems, feeling lonely, mood swings, school issues, using digital technology too much, or, in the case of young people, school issues or conflicts with parents or guardians.

Where to get help

If you are worried that you or someone you know may be having problems with gambling, there is help available. Addiction treatment services are voluntary and confidential. For more information and



to find an addiction services office near you, call the Addiction Help Line at 1-866-332-2322. Help is available 24 hours a day, seven days a week.

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McLeod Community Safety Director

July’s Alberta Traffic Safety Calendar focus is Impaired Driving. The information listed below is taken word for word and directly from the Alberta Government Transportation Website. To view or would like more information go to <http://www.transportation.alberta.ca/impaireddriving.htm>

The new rules allow police to demand a breath sample from anyone they pull over for a traffic stop, even if there’s no reasonable suspicion that driver is intoxicated.

Implemented April 9, 2018

For drivers with blood alcohol of .08 or over, who are impaired by alcohol, drugs or their combination, or who fail or refuse to provide a breath or blood sample

Alberta Administrative Licence Suspension:

As of April 9, 2018, the Alberta Administrative Licence Suspension is two-staged, fixed-term driving suspension consisting of two distinct parts:

a 90-day driving suspension where the suspended driver is unable to drive under any circumstances, AND

a further one-year driving suspension where the suspended driver may be eligible to drive on a condition that they participate in Alberta’s Ignition Interlock Program. If they choose not to participate, they will remain suspended during this one-year term with no ability to drive to legally.

Escalating Vehicle Seizures:

1st Alberta Administrative Licence Suspension: 3-day vehicle seizure

2nd and subsequent Alberta Administrative Licence Suspension: 7- day vehicle seizure

Penalties Under the Criminal Code (Canada):

1st Criminal Code (Canada) Conviction: Driver’s Licence Suspension, completion of the “Planning Ahead” Course, and 1 year of Mandatory Ignition Interlock Program Participation.

2nd Criminal Code (Canada) Conviction: Driver’s Licence Suspension, completion of the “IMPACT” Program, and 3 years of Mandatory Ignition Interlock Program Participation.

3rd or Subsequent Criminal Code (Canada) Conviction: Driver’s Licence Suspension, completion of the “IMPACT” Program, and 5 years of Mandatory Ignition Interlock Program Participation.

A preceding Criminal Code (Canada) conviction for impaired driving, and participation in the Mandatory Ignition Interlock Program will supersede a new Alberta Administrative Licence Suspension.

If a driver is serving both a provincial Ignition Interlock Program term and one imposed by the Courts, Ignition Interlock Program participation may run concurrently.

If the client wishes to participate in the Alberta Administrative Licence Ignition Interlock Program during the 2nd phase of the driving suspension (of the 1 year term), the client is required to purchase and submit an Ignition Interlock Program Application to Driver Fitness and Monitoring.

If the same client wishes to participate in the Mandatory Ignition Interlock Program as a result of the criminal conviction, the same client would then be required to purchase and submit another Ignition Interlock Program Application to Driver Fitness and Monitoring, along with a legible copy of the “Order of Driving Prohibition Against an Offender” from the Courts (once they have 30 days or less remaining in the federal driving prohibition term.

Implemented April 9,2018

For new (GDL drivers with cannabis or illegal drugs over .00

Any driver with the Graduated Driver Licence (GDL) Program found with any level of blood drug concentration over .00 will be subject to the same sanctions they currently are for alcohol - Immediate 30-day Driver’s Licence Suspension and 7-day vehicle seizure.

It should be noted that GDL drivers who meet the requirements for criminal level impaired driving will be subject to any and all provincial sanctions and criminal penalties that apply.

Impaired Driving effects us all. With so many options out there is no excuse to get behind the wheel while impaired.

Construction Zones

Please do not speed in construction zones. When workers present the fine amount doubles . Please help ensure you and the workers stay safe. Even if a construction workers are not present the posted lower speed limit will still be in effect if there is safety hazards in that construction zone.

Dog Attacks

If a dog attacks you or your dog here are some tips to assist

-If the dog is attempting to bite you try to remember the one weapon to control is their mouth. Give them a target to bite such as a purse or jacket

-Try and put a barrier between you and the



dog such as a bike, tree, chair or powerbox
-If are knocked to the ground or fall ensure you protect your face and ears

-If a dog does bite you do not pull yourself from the dog’s mouth. This will cause more damage to you. If it is attached to one of your arms try to push your arm further in the dog’s mouth to minimize damage and possible cause the dog to release.

-If you are chased on a bike, dismount from the bike and use it as a shield between you and the dog

-If a dog is fighting with your dog do get in between the two dogs. Most likely you will be bit by one or both dogs. If you are attempting to save your dog use your dog spray, fists, feet or anything you have to strike the other dog till it releases your dog. Ensure you are yelling for help to get attention and hopefully assistance.

If a dog is attempting to attack or bite you call 911.

If bitten by any animal please contact Alberta Health Services at 1-833-476-4743 or submit a request online at ahs.ca/eph to ensure follow up is conducted to rule out rabies exposure.

It is important to note that dogs can only be off leash in a privately owned yard or off leash park. You are still responsible at off leash parks to have care and control of your dog. If your dog is aggressive with other dogs or people please do not bring to the off leash dog parks. Look into seeking assistance with a professional dog trainer.

Home Safety Landry Pods

The newest way to wash clothes is by dropping a “pod” of detergent into the washing machine. The detergent is pre-measured. The pods are easy to handle. There are no spills. The coating of the pod dissolves in the wash.

These convenient pods are posing an unexpected problem for children who bite into them. Many require hospital treatment and

some need treatment in intensive care units. Serious effects can occur quickly. They include severe vomiting, severe breathing trouble, burns to the esophagus, and coma. The liquid from laundry pods also can cause burns to the eye and skin.

To keep your children safe try and keep the container closed and out of reach. Talk to your kids about the danger of these pods. Have the Poison Control Center phone number handy 1-800-222-1222.

Sharp Objects

We all have plenty of sharp objects around the home that are necessary but in the hands of small children, they can be lethal. Follow these steps to keep your family safe.

Minimize the Risk

Keep kitchen knives and graters away from children in locked drawers.

Learn how to use knives safely and efficiently, if you don’t know how to chop, slice, and dice without risking your fingers then watch some short videos online.

Store sharp knives with shields to cover the blades and take care when washing.

Keep items such as rakes, saws, and lawn mowers, locked away safely in garden sheds. Follow safety procedures and use caution when using garden tools. Remain vigilant to avoid accidents while gardening such as tripping and stumbling and electrical hazards.

Suffocation

Toddlers and young children are at risk of suffocation in your home. Follow these simple steps to avoid accidents and potential fatalities.

Minimize The Risk

Keep trash bags away from children and other bags that are a hazard.

Keep strings, cords, and ropes out of the reach of children. In particular, pay attention to curtains that have cords and make sure cots and beds are not near this strangling hazard.

Stay Safe Everyone

Staying healthy when you travel

The best way to stay healthy on your trip is to plan ahead. Talk with your doctor several months before you travel to another country.

It’s important to allow enough time to get the vaccine doses that you need. For example, if you need the hepatitis A vaccine, you’ll need two doses spaced at least six months apart.

Also ask your doctor if there are medicines or extra safety steps that you should take. Check with your local health

unit or travel health clinic for other travel tips.

Get necessary vaccines

• Make sure you are up to date with your routine shots. They can protect you from diseases such as polio, diphtheria, and measles. These diseases are still a problem in some developing countries.

• Get other vaccines you need. Your doctor or a health clinic can tell you which ones you need for your travels. Here are some examples:

o Hepatitis A vaccine, if you

travel to developing countries.

o Yellow fever vaccine, if you visit places in South America and Africa where the disease is active.

o Typhoid fever vaccine, if you travel to Central and South America, Africa, or some areas of Asia.

Bring medicines with you

• If you take medicines, bring a supply that will last the length of your trip. Get a letter from your doctor that lists your medical conditions and the medicines you take. Bring

prescriptions for refills if you will be gone for a long time. Also bring any medical supplies you may need, such as blood sugar testing supplies or insulin needles.

• If you are going to an area where malaria is a risk, ask your doctor or health clinic for a prescription to help prevent infection. This medicine works best if you take it before, during, and after your trip.

• You may want to bring medicine for traveller’s diarrhea. Over-the-counter medi-

cines include:

o Bismuth subsalicylate (Pepto-Bismol).

o Loperamide (Imodium). Your doctor may also prescribe an antibiotic to take with you. If so, take it as directed. This can treat diarrhea if you’re going to an area where modern medical care isn’t readily available.

• Practice safer sex. Using condoms can prevent sexually transmitted infections.

• In areas where mosquito-borne illnesses are found, use

DEET insect repellent. Wear long pants and long-sleeved shirts. Use mosquito netting to protect yourself from bites while you sleep.

• Many developing countries don’t have safe tap water. Only have drinks made with boiled water, such as tea and coffee. Canned or bottled carbonated drinks, such as soda, beer, wine, or water, are usually safe. Don’t use ice if you don’t know what kind of water was used to make it. And don’t use tap water to brush your teeth.

Organ donation saves lives

Did you know that a single organ donor can save up to eight lives and improve the lives of 75 others, who may receive tissue from a donor?

What is the difference between organ donation and tissue donation?

Organ donation is when an organ (e.g., heart, lung, kidney) is removed from one person and transplanted into another person.

Tissue donation is when tissues in the body (e.g., skin, corneas, bone) are removed from one person and transplanted into another person.

About Organ Donation

Donations from a deceased donor usually occur when the donor dies suddenly after a severe brain injury. This often happens because of a motor vehicle accident, bleeding in the brain, or a trauma such as a very bad fall.

In this case, organs can only be donated if:

- there has been severe brain damage and the person is no longer alive and
- the person has been maintained on a ventilator until the organs are removed.

Other times, an organ donor may be a living donor. This means that donating the organ will not harm the person. An example of this is when a brother gives one of his two kidneys to his sister or a mother gives part of her liver to her child.

About Tissue Donation

Tissues do not require the same conditions as organs to survive, so tissue donation is possible after the heart and lungs have stopped working.

Tissues for donation must be removed within 12 to 24 hours after a person dies. The donor doesn't need to be maintained on a ventilator.

Who can donate organs and tissues?

The criteria for organ and tissue donation can change and there may be certain reasons a person can't donate. It's often related to a person's medical or social history, or illnesses. The organs and tissues have to be healthy and the donor must not have any diseases that could harm the recipient.

Which organs and tissues can be transplanted?

Organs that can be donated include:

- heart
- lungs
- liver

- kidney
- pancreas
- pancreas islet cells
- small bowel
- stomach

Tissues that can be donated include:

- cornea
- sclera (white of the eye)
- heart valves
- skin
- bone
- tendons
- amniotic tissue

How many people in Canada need transplants?

• There are more than 4,500 Canadians waiting for a transplant that will save their lives. Even more people are waiting for tissue transplants that will improve their quality of life.

• There are more than 700 Albertans on transplant waitlists.

Can I donate organs or tissues while I am still alive?

Yes. You can donate a kidney, part of the liver, or part of a lung. To learn more, ask your family doctor to refer you to a specialist, or call the Living Donor Program for more information.

There are Living Donor Programs in Calgary and Edmonton. You can make a living donation of a kidney, part of a lung, or part of a liver to someone you know at The University of Alberta Hospital in Edmonton. You can make a living kidney donation at The Southern Alberta Transplant Program in Calgary.

In 2022, 491 organ transplants were performed in Alberta, exceeding the previous record of 462 set in 2017. This overall record includes 107 liver transplants and 254 kidney transplants, both records. Alberta's deceased donation rate of 21 donors per million population in 2022 was the highest ever in the province, and among the highest in Canada.

More than 844,000 Albertans have legally registered to affirm their wishes to donate their organs and/or tissues on the province's online organ and tissue donation registry since its launch in 2014. Search "organ donation registry" at myhealth.alberta.ca to find out more.

Albertans can also document their desire to donate organs and/or tissues at their local registry agent when they renew their driver's license or other identification.



FREE PARENT SUPPORT CLASSES

North Central Edmonton Family Resource Network

(FRN) "HUB" is here to support parents and caregivers, who have children ages 0-18, to receive extra support and learn new skills related to all things parenting. Connect with one of our Navigators for support, questions and information

Did you know? At the HUB the Caregiver Education program offers FREE parenting support class!

- Rainbows: to support grief, loss, divorce, separation.
- Triple P: Positive Parenting Program
- Circles of Security: support to attachment, healthy relationships, emotional regulations...
- Nobody's Perfect: needs of parents who are young, single, socially, or geographically isolated
- Active Parenting: for all ages 0-18

Visit our website for more workshops for children, youth, teens, parents and other caregivers!

Connect with a Navigator

Castle Downs Family YMCA
11510 153 Avenue, Edmonton, AB T5X 6A3

780-377-3730

infohub@ymcanab.ca
ymcanab.ca/frn



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Kilkenny Community League News

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!

Hall Rentals

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

Discounts available for

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

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

Community Events

Kilkenny Community League

Multi family Garage Sale

14910 72 st

July 28 Friday 10 am to 7 pm

July 29 Saturday 10 am to 6 pm

July 30 Sunday 11 am to 4 pm

Community Swims Dates

O'Leary Swimming Pool - Saturday
4pm to 6pm

Londonderry Swimming Pool - Sunday
4:15 to 5:45

Grant Trunk Swimming Pool- Fridays
7pm to 9pm

Building imagination through bricks at Muttart

The Muttart Conservatory is building fun Brick by Brick as it presents a one-of-a-kind exhibit this summer.

Muttart Brick by Brick premieres June 26 and was designed especially for the Muttart Conservatory. Created by the Northern Alberta Lego Users Group (NALUG), the exhibit will display multiple models built with LEGO® bricks that will fill the pyramid, complemented by the facility's usual array of beautiful plant material. Two highlights of the exhibit will be a 7.5-metre (24-foot) long model of the High Level Bridge, as well as a to-scale model of the Muttart Conservatory. Other custom works include a historical replica of Edmonton buildings, space models, and characters from pop culture.

"The Muttart Conservatory is so excited to be hosting this amazing exhibit," said Muttart Conservatory Director, Rhonda Norman. "This incredible artwork brings a sense of fun and whimsy to our fabulous space. The beauty of the plants with the excitement of Lego pieces make it an exhibit people of all ages are going to love."

The concept for Muttart Brick by Brick has been years in the making. The support and expertise of NALUG has helped bring the vision to life.

NALUG is an association of Adult Fans of LEGO® (AFOLs) who have over two decades of experience in creating detailed exhibits featuring large LEGO® models built to scale.

"Thanks to this unique opportunity provided by the Muttart Conservatory, we have a rare opportunity to display many of the custom LEGO® models built by NALUG members over the years," the group said. "We were honoured to have been asked to produce a scale model of the Muttart. We hope it will provide years of enjoyment for Muttart guests."

Muttart Brick by Brick will be on display daily from June 26 to August 25, 2023, including Adult-only Wednesday evenings and late hours for families on Thursdays until 9 p.m. Reservations can be booked online at MoveLearnPlay, and we also continue to accept walk-up guests at the facility. Admission is included with annual memberships.

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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	president@evansdale.ca
Past President	Shawna Walsh	780-237-2169	pastpresident@evansdale.ca
Vice President	Chris Nelson	-	-
Director of Sustainability	David Dodge	780-478-6162	sustainability@evansdale.ca
Soccer Director	Vacant	-	-
Treasurer	Arrey Tabot	780-604-7072	treasurer@evansdale.ca
Membership Director	Elaine Sarac	780-476-7442	membership@evansdale.ca
Bingo/Casino Chair	Shawna Walsh	780-237-2169	coolwheelspl@hotmail.com
Secretary	Jenilee Caterina	780-984-3298	secretary@evansdale.ca
Program Director	David Gagne	dgagne@shaw.ca	
Newsletter & Social Media	Cora Gagne	newsletter@evansdale.ca	
Area 17 Representative	Hassan Fayad	-	-
Belle Rive/Poplar Park Signs	Vacant	signs@evansdale.ca	
Evansdale Sign (153 Ave)			
Hockey Director	Todd Sharkey	hockey@evansdale.ca	
Hall Rentals	Teri Muiselaar	780-478-4444	hallrentals@evansdale.ca
Credits	Sue Harris	780-473-8796	credits@evansdale.ca

If you are interested in a vacant position please reach out to the 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

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 pro-

grams 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 Summer Green Shacks within Evansdale Community

This summer there will be Green Shack Programs operating out of our parks provided by the City of Edmonton. The schedule will be Monday

through Friday and beginning on July 4 until August 24, 2023.

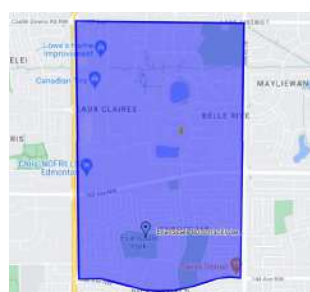
Evansdale 9123-150 Avenue (10:30am-5:30pm)

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

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

Evansdale 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.



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

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
For more information, call 311 or visit:
edmonton.ca/Greenshacks

Eat to lower your risk of diabetes

Diabetes is when your body cannot properly use and store the sugars broken down from food. This can lead to high blood sugar. There are many treatments available, including medication, physical activity, and healthy eating. Making healthy food and lifestyle choices may help lower your diabetes risk. It may also help you manage diabetes if you already have it.

Eat regularly to keep energized throughout the day. It can be helpful to eat earlier in the day.

Eat a variety of vegetables each day. It may lower your risk of getting diabetes or

heart disease. Try filling half your plate with a variety of vegetables at every meal.

- Snack on carrots or celery sticks.

- Use spinach as a topper on your pizza.

- Add vegetables to your sauces. Try adding bell peppers to your marinara sauce,
- Add zucchini strips to your pasta noodles.

- Include at least two types of vegetables at each meal. Try a Mediterranean Salad with Cheese recipe (search on ahs.ca for the recipe). It is full of vegetables, fibre, protein and unsaturated fats.

- Try eating different coloured fruits and vegetables

every day.

- Visit ahs.ca/recipes for more ideas.

Make water your drink of choice and limit sugar-sweetened drinks. The added sugars in drinks such as pop can add extra calories. Extra calories over time may increase risk of obesity, which can increase your risk of chronic diseases including diabetes.

- Choose a diet or sugar-free option instead of regular pop.

- Choose sparkling water instead of regular pop.

- Fill a bottle with water and carry it with you so you get in the habit of choosing water to drink.

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:

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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.

Eaux Claires

16003 - 95 St
10:30 am - 1:30pm, 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
For more information, call 311 or visit:
edmonton.ca/Greenshacks

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Housing in Edmonton: Estimated Need vs Current Capacity: Councillor Karen Principe

I wanted to share with you some detailed information regarding the gaps identified in the supply of emergency shelter beds, bridge housing, and permanent supportive housing in Edmonton.

I have heard about concerns for those experiencing homelessness and hope this information is helpful. We all know Edmonton is a prosperous and affordable place to call home, but those benefits—which draw people to our city from across Canada and around the world—are not shared by all Edmontonians. For households earning less than \$45,000 a year, there is a significant shortage of affordable rental housing and that gap can push people into homelessness.

The City has identified the following supply gaps in emergency shelter and affordable housing:

- Emergency Shelter: ~1400 spaces

- Bridge Housing: ~400 spaces
- Supportive Housing: 900 units
- Deep subsidy (30%): 33,500 units
- Near Market (80%): 7,000 units

Ensuring there are housing options that work for all Edmontonians will require the collective effort of all levels of government, the private sector, non-profit organizations, communities, and individuals. The City is working closely with the provincial and federal governments to leverage all funding opportunities. And we are exploring new and better ways to support affordable housing development, including tax grants and developer contributions.

For more information or to reach out about any other issue please call me at 780-496-8128 or email me at Karen.Principe@edmonton.ca.

Paid by Karen Principe

Celebrating ECSD 2022-2023

Edmonton Catholic Schools Trustee Sandra Palazzo

As we approach the end of the 2022-2023 school year, we would like to recognize and express our heartfelt appreciation to all our incredible students, families, staff, and partners for making this school year a success. Your commitment, contributions, and collaboration have enriched our school communities in countless ways, and we commend the outstanding efforts of all for creating meaningful and rich learning opportunities for all students.

It was an honour to recognize and celebrate our students at the many year-end festivities including our spring concerts, farewells and graduations and to bid each of you a lifetime of success and happiness. Thank you to our remarkable students for your dedication and academic accomplishments.

As well, the Division officially celebrated the opening of the new incredible Ben Calf Robe-St. Clare replacement school on National Indigenous Peoples' Day. Edmonton Catholic Schools was also delighted to have a site blessing and an official groundbreaking for our new long-awaited Blessed Carlo Acutis Catholic High School in Castle Downs/Dunluce – a magnificent reality for all our north end students and families.

The appointment of Lynnette Anderson as the new Chief Superintendent of Schools and Chief Executive Officer (CEO) for Edmonton Catholic Schools Division was another ECSD highlight. After a nationwide search, Ms. Anderson has been selected to assume her new role on August 1, 2023. With her extensive experience, outstanding leadership and deep commitment to education, we are confident she will make a significant impact on our educational community and will continue to steer our Division towards even greater heights.

Heartfelt gratitude also goes to Chief Superintendent Robert Martin for his exceptional leadership and remarkable contributions to Edmonton Catholic Schools. Chief Superintendent Martin's selfless dedication and unwavering commitment to his vocation has left a lasting mark on our Division. He will forever be remembered as a beacon of inspiration whose legacy will continue to shape the lives of generations to come.



Congratulations as well to all our graduates as they prepare to embark on new adventures and pursue their dreams. We have no doubt you will make a positive impact on the world, and we wish you all the best as you confidently take the next step in your lives.

Thank you to our families who have entrusted us with the education and well-being of your children. Your unwavering support, collaboration, and involvement have been invaluable. Together, we have formed a partnership that has nurtured the personal, spiritual, and academic success of our students.

To our staff, who are at the heart of everything we do, thank you! Student success is directly aligned with the talents and efforts of our teaching, support, caretaking, out of scope and administrative staff.

And finally, we wish our retirees all the best as you embark on this next exciting chapter of your life. Your contributions will forever live in the hearts of us all.

As we bid farewell to a remarkable year of learning we wish all a safe, relaxing, and enjoyable summer filled with joy, and rejuvenation!

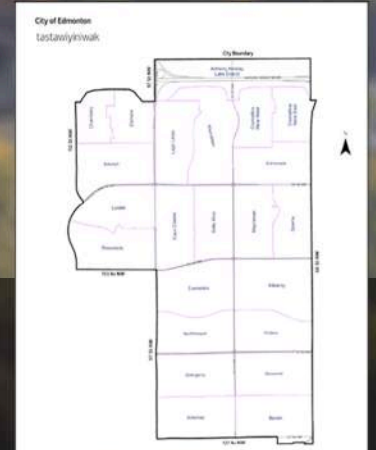
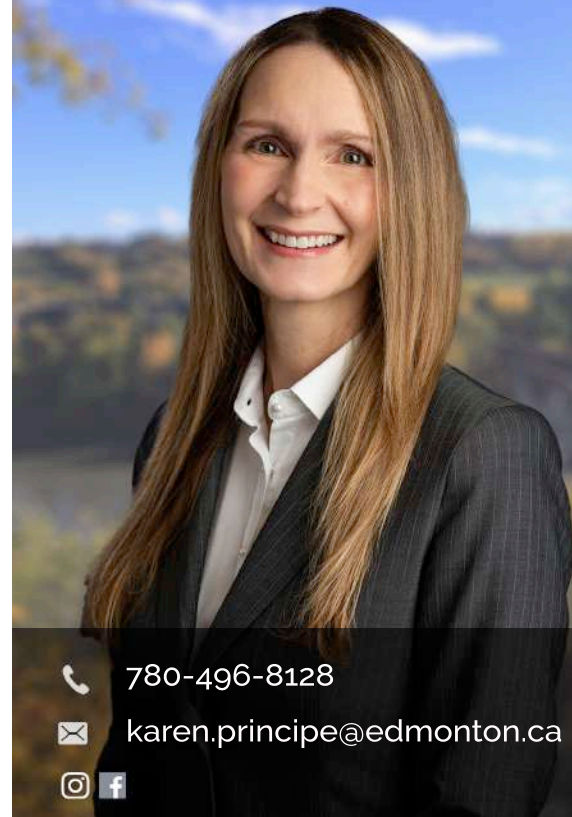
I welcome the opportunity to engage with our community as I am committed to making decisions that are in the best interests of all and ensuring the well-being of our students is at the forefront of all that we do!

Paid By Sandra Palazzo

Karen Principe

City Councillor, Ward tastawiyiniwak

**Always here
to help**



780-496-8128



karen.principe@edmonton.ca



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