

NORTHEAST VOICE

Serving the community leagues of Evansdale, Kilkenny,
and McLeod

May 2023



Published by Calder Publications. To advertise please call 780-434-9732 or email info@communityleagueneews.com

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

Wednesdays 10:15 AM – 11:00 AM

Fridays 10:15 AM – 11:00 AM

Saturdays 2:30 PM – 3:15 PM

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

STEAM Lab (Ages 9-12)

Tuesdays 4:00 PM – 5:00 PM

From robot battles to hovercrafts to building your own games, discover all things Science, Technology, Engineering, Art and Math.

LACE English Conversation Circle (Adult)

Thursdays 10:00 AM – 12:00 PM

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

Preschool Problem Solvers (Ages 4 to 5)

Thursdays 4:00 PM – 5:00 PM (May 4th and 11th only)

Preschool Problem Solvers introduces shapes, numbers, colours and classroom behaviour to children aged four to five.

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. **Continues on page 2**

Bicycle Safety - Mcleod Community Safety Continued on Page 3

I have already seen kids back on their bikes which is great. However parents/guardians I am still seeing lots not wearing helmets. This concerns me. Not only is it the law but this can prevent serious injury to your child. Please ensure

they have a helmet on and properly adjusted. Here are some tips on helmets:

Make sure the helmet is level from front to back when put on

Check that the front edge of the helmet sits

1 to 2 finger-widths above the eyebrows

Adjust the straps to form a "V" just below and in front of the earlobes

Do up the chinstrap, adjust the chinstrap so that there's only 1 finger-width between the chin and the chinstrap

Adjust the helmet tighter if it moves when your child nods or shakes their head

Please treat your helmets with care. It is recommended to replace the helmet if it dropped even one time onto a hard surface.

Replace helmet when expired

It is the law in Alberta that everyone under 18 years must wear a helmet. The law applies to both riders and passengers, including children in bicycle trailers or carriers. You as a Parent or Guardian can receive a Violation Ticket.

Additionally a bike must have a bell or horn and have a working brake.

This last year has been a challenge for all of us and some more than others. I strongly encourage you to reach out to co-worker, friend or family if you need help. If you are not comfortable with that I am going to provide some contact information below to reach out to

-Health Link (24 Hours) Call 811

-Canadian Mental Health Association (24 Hours) 780-482-HELP (4357)

-Text and Online Chat options for all Alberta Youth through Calgary ConnectTeen

Mon-Fri 3pm to 10pm

Saturday and Sunday 12pm to 10pm

Visit calgaryconnectteen.com or text 587-333-2724

It is also up to us to reach out to our co-workers, friends, neighbours and family and do a check in. You may save a life.

Stay Safe Everyone!

Events Coming up. Kilkenny Garage Sale in July 28-30

If you want
a table

Call Anna
780-478-3269



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McLeod Community League News

Continues from page 1

Monthly Events:

Book Clubs of EPL

Wednesday March 22, 7:00 PM – 8:00 PM

This month we will be reading *Becoming* by Michelle Obama.

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

One-Off Events:

Rowdy Robots (9-12)

May 18th & 25th 4:00 PM – 5:00 PM

What do the words Root, Ozobot, Dash and Sphero have in common? They are all bored robots waiting for someone to code them for fun! Come learn how in the Al and Fran Olson Children's Makerspace.

Computer Skills

Fridays 1:00 PM – 3:00 PM

A laptop and mouse will be provided for these classes.

Computer Skills: Introduction to Using Computers (Adult)

May 5th 1:00 PM – 3:00 PM

You will learn about the types of computers, what computer parts are called, and how to use a mouse and keyboard. No prior knowledge is required. A laptop and mouse will be provided for this class.

Computer Skills: Introduction to Microsoft Windows (Adult)

May 12th 1:00 PM – 3:00 PM

You will learn how to navigate a Windows desktop and file system as well as common Windows programs for everyday tasks. You should already know basic computer parts and terms, and how to use a mouse and keyboard.

Computer Skills: Introduction to Typing and Microsoft Word (Adult)

May 19th 1:00 PM – 3:00 PM

You will learn typing basics, how to use Microsoft Word documents and basic formatting techniques. You should already know basic computer parts and terms, how to use a mouse, and how to launch a program in Microsoft Windows.

Computer Skills: Introduction to Browsing and Searching the Internet (Adult)

May 26th 1:00 PM – 3:00 PM

You will learn about what the internet is, how to use a web browser, and how to browse and search the internet. You should already know basic computer parts and terms, how to use a mouse and keyboard, and how to navigate Microsoft Windows.

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.

Day Home Rhyme Time (Ages birth to 5)

Mondays 10:30 AM – 11:00 AM

Day Homes are invited to join us for 30 minutes of interactive music, movement, songs, a story and more. Day home lead[1]ers can engage with their young children birth to five years old through literacy play with us at the library.

15-minute communities

Key Messages

The City of Edmonton is streamlining their planning approach to make growth and development decisions more consistent across the city.

The district planning project is about creating greater connection between people and their communities; it integrates land-use and transportation planning, making it possible for a person to meet their daily needs within a 15-minute walk, roll, transit or bike ride from their front door.

District plans are a long-term vision — they are not an absolute prescription for development. They say where different types of buildings, activities and transportation options should occur as the city grows, but they are flexible based on context and may also be subject to revisions. Ultimately, City Council decides what can be built and where through the Zoning Bylaw and public investments.

There is not nor will there ever be any restrictions on moving from one district to the next. The City is increasing Edmontonians access and connection to their city by providing more mobility options.

Busting Myths

Myth: 15-minute communities are a new concept propagated by the World Economic Forum (WEF) to lock people into their communities.

Fact: A 15-minute community is a new term for a very OLD idea. The concept dates back to the 17th and 18th centuries, so people could live close to their church, sometimes even hearing the bells call them for prayer. Cities across the world are embracing the 15-minute community idea because it puts people at the heart of planning decisions. Another term urban planners use for this concept is “complete communities”, but prior to the pandemic “15-minute city” became the popular descriptor.

Myth: The City wants to monitor your movements and prevent you from leaving your district.

Fact: The City wants to ensure Edmontonians have access to services and amenities no matter where they live. Some neighbourhoods are already 15-minute communities—like Whyte Avenue and Oliver—and some others require more flexible policies to provide greater opportunities for a diversity of services and amenities to be built. Also, Charter 6 of the Canadian Charter of Rights and Freedoms protects and ensures mobility freedom for all Canadians.

Myth: The City wants to stop people from driving their cars.

Fact: The City wants to provide more mobility choice to Edmontonians. Not everyone owns



a car and not everyone wants to. Owning a car should not be a prerequisite for living in Edmonton. District planning ensures everyone can access the things they need by providing options for moving throughout the city and by enabling more amenities and services to be developed closer to where people live.

Myth: Edmonton is removing residents' liberty and ability to participate in planning decisions.

Fact: District planning is collating planning information from multiple sources, including existing statutory plans and other guiding strategies which will help reduce the number of plans and documents influencing planning decisions. Currently, Edmonton has more than 130 plans in effect, some of which provide out-of-date planning direction that conflicts with our city-building goals. This complex planning landscape makes it almost impossible for the average person to understand how the City decides where parks, roads, recreational facilities or stores can be built. District planning is simplifying the planning process, reducing redundancy and improving consistency between neighbourhoods across the city. (Article #4 continue in the next page)

Myth: CCTV and video surveillance are being implemented.

Fact: Surveillance is not something that is administered or accounted for through land use planning. However, there are three types of cameras used to support traffic operations and safety, but these are not used for surveillance or CCTV:

Traffic cameras with live streams you can find at edmontontrafficcam.com. These do not record footage.

Cameras mounted on select streetlights used to detect cars stopped at a red light and prompt the light to change. These also do not record.

Intersection safety devices that enforce red light infractions and speed on green infractions at select intersections.

Any potential implementation of a surveillance system would have to be supported by provincial legislation for cities (the Municipal Government Act) and would have to be outlined to the public in the municipal budget and approved in a public hearing.

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McLeod Community Safety Director

Alberta Traffic Safety Calendar Month of April 2020 focus is Motorcycle Safety.

Motorcycles are already out on the road-ways. Please be mindful of this and ensure you are doing your shoulder checks and being aware what is behind and beside your vehicles.

Motorcycle drivers please be cautious of other drivers not being used to you being on the road and watch for less than ideal road conditions with gravel and sand still being on the road from the winter.

Reminder to check your registration and insurance is up to date and valid copies are with you while driving.

Vehicles

Ensure your Valid Driver's License, Valid Registration and Valid Insurance Card are with you or in your vehicle while driving. Only your Insurance Card can be in electronic form such as a photo of email on your cellphone.

If you are driving another persons vehicle or renting a vehicle ensure the copies of the registration and insurance are in the vehicle. If you get stopped you are responsible to be able to produce these documents on demand of a Peace Officer.

What to do if stopped by Police, Peace/Fish and Wildlife/Conversation Officer or Sheriff

-When Blue and Red lights are behind your vehicle you are required to slow down and immediately pull over to the right and stop when safe to do so. This does not mean you can continue to drive until you find a location that's more suitable for you. Failing to stop Forthwith for a Peace Officer is a \$405.00 Violation Ticket

-Place the vehicle in park

-Have your Driver's License, Insurance and Registration ready for the Officer when they approach.

-Remain Calm, getting stopped doesn't mean automatically you are going to get a Ticket. Be polite and respectful. An Officer might ask more questions such as where you are going to and where you are coming from. The Officer might be trying to figure out if there could be a reason as to why the traffic infraction occurred and the situation you might be going through. Remember Officer's are people too.

-Have your hands where the Officer can see them and avoid reaching under the seats, or

in compartments. An Officer does not know whether your reaching for a weapon to harm them or hiding illegal weapons or drugs.

-Do not get out of the vehicle for any reason. This includes any passengers. This is for your safety and the Officer's. If you need to get the Officer's attention honk or wave.

-If you do receive a Violation Ticket for an offence this is not the time to argue with the Officer. The Officer does not have to show you their radar, laser or video at the time of the stop. The Court has ruled on this with case law being set. Your court date you can ask for disclosure from the Crown which will provide you with any evidence against you.

-If you feel that the Officer or vehicle stopping you is suspicious you can call 911 and they will confirm whether the officer is real. In this situation only keep your doors locked and roll your window down slightly. Provide the officer with your Driver's License, Insurance and Registration regardless. The 911 Operator will provide any other instructions required if it is ruled you are stopped by someone that may not be a real Officer.

I get asked all the time how is the best way to get out of a Ticket. My response is to be polite and respectful, have your Driver's License, Insurance and Registration ready to give to the Officer when they approach. Take responsibility for what you did and do not ask for a reduction or a warning. If the traffic offence is not egregious and there is not multiple offences found there is a chance this could be an educational opportunity and only receive a warning. I can't speak for every officer but most of the ones I know follow this approach as well. Now saying that not everyone can receive only a Warning as the deterrent to not break the traffic laws would not be as strong.

Now Radar Detectors are not illegal in Alberta but if you're stopped for Speeding chances of you getting only a Warning by myself is slim to none. People don't put Radar Detectors on their dashes for the look of it.

In Regards to speeding if you know you have a heavy foot and road conditions are good I highly recommend using cruise control. If you have modified your vehicle with different rims or tires I would have your speedometer checked to ensure it is accurate. Contact your

local mechanic shops which offer this service.

Parking Tips

Edmonton Traffic Bylaw 5590 Fire Hydrants Section 8 (1) states-

Except as permitted in this section a vehicle shall not be stopped on a highway within 5 metres of a fire hydrant or, when the hydrant is not located at the curb, within 5 metres from the point on the curb nearest the fire hydrant.

(2) A taxi may stop within 5 metres of a hydrant identified as a taxi zone only if:

(i) the operator remains in the vehicle at all times; and

(ii) the operator immediately removes the vehicle from the taxi zone upon the direction of a peace officer or a member of the City's Fire Rescue Service.

Use of Highway and Rules of The Road Regulation Fire Hydrants Section 44 (i) states-

Vehicles cannot park within 5 metres from any fire hydrant, or when the hydrant is not located at the curb, within 5 metres from the point on the curb nearest the hydrant;

Fine under this regulation is \$81.00 and can be issued anywhere in Alberta

Either fine may be issued.

Edmonton Traffic Bylaw 5590 Intersections Section 7 states-

Unless a traffic control device permits or requires, a vehicle shall not be parked:

(a) at an intersection within 5 metres of the projection of the curb or edge of the roadway;

(b) within an intersection other than immediately next to the curb or edge of the roadway in a "T" intersection; or

(c) within 1.5 metres of an access to a garage, private road or driveway or a vehicle crossway over a sidewalk.

Fine under this bylaw is \$50.00

Alberta Use of Highway Rules of the Road Regulation Parking Restrictions section 44 states-

A person driving a vehicle shall not, unless

(j) within 1.5 metres from an access to a garage, private road or driveway or a vehicle crossway over a sidewalk;

Fine under this regulation is \$81.00

Either fine may be issued.

If you have any parking complaints you may download the City of Edmonton 311 APP on your smartphones and make the complaint

on your APP or you can call 311. You need to obtain the description of the vehicle including colour, make and model, location and licence plate information.

Home Safety Tips

Here are some tips to keep you, your family and home safe

-If you are working in your back yard do not leave your front doors unlocked.

-Trim trees and bushes from blocking your windows or doors

-Put locks on your gates, sheds and do not leave bags or bottles or anything of value easily visible in your yard

-Do not hide spare keys in your yard or in your vehicle

-Install motion detector lights and/or security camera's

-Have security bars on basement windows

-Point Knives and Forks down in the Dish-washer Basket

-Store Medications and Chemicals in a safe location away and not accessible from Children

-Never leave a child or infant unattended in a bathtub or pool

-Parents or Guardians know where your children are. Ensure they are not on any body of water (Storm Water Ponds, Lakes, Rivers, Creeks) as the ice melts away.

-Before going to bed at night please check all doors and windows that someone could get access to are locked and secure. In addition check your doors on all vehicles as well that they are locked.

Addresses on Garages in Alleys

Edmonton Police are offering limited quantities of free numbers at their Northeast, Downtown, Southeast, Southwest, West and Calder community police stations to put on garages that face back alleys to assist them, EMS and FIRE when responding for calls for service or emergencies. Please help them out and take advantage of this great program. If you do not have a garage I would still get these numbers and put them on your fence.

If you see suspicious persons or vehicles in our community please report it to police at 780-423-4567. If you see a crime in progress or suspicious persons around schools please call 911 immediately.

McLeod Soccer League

Promoting Fun

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

Coaches can promote fun to a certain degree, but coaches cannot do it alone and we need parents to help achieve FUN. A recent

study showed that one of the major reasons kids withdraw from sports is the fear of making mistakes, which leads to not having fun, and that usually comes from pressure. Let us picture this; a parent and child are getting ready to leave for a practice or a game, or in the car on the way to a game, a parent (with good intentions) might start a conversation to cover some of their child's supposed deficiencies

and give them advice or say something along the lines of "score a goal for me", "be the best". Kids who are talked to in this way, tend not to play badly, they just tend not to play, mostly to avoid making mistakes. So as parents let us help promote fun and this can start with saying the following 6 sentences before and after each practice or game:

Before:

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



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/> to have a look and click on "Book Facility" to...you guessed it... book the facility! The web-

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

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

Cooking Basics for Beginners

There are many benefits to cooking. It may save you money because you may order out less. It can also help you manage how much salt, sugar or saturated fat you eat. If you are a beginner at cooking, here are some tips. Keep reading to learn a few cooking terms, how to measure ingredients, plus some tips on kitchen and food safety.

Common cooking terms:

- Pre-heat – Turn on the oven so it reaches the required temperature before baking.

- Beat – Stir quickly.
- Blend – Stir until all ingredients are mixed evenly.

- Dash – Very small amount, measured by pinching an ingredient between your thumb and finger.

- Simmer – Cook on a stove top at a low temperature (one to three on the range), below the boiling point.

Measuring:

- Use measuring spoons for

spices, baking powder and oils typically used in small amounts.

- For dry ingredients used in large amounts, such as flour or sugar, scoop into a measuring cup.

- For dry ingredients used in large and small amounts, level each measurement with the back of a knife to ensure you get the exact amount needed.

- For yogurt, nut butters, and cottage cheese, use dry measuring cups.

Safety tips:

- Open pot lids or tinfoil away from you to prevent burns.

- It may be beneficial to purchase a meat thermometer to cook foods to the proper internal temperatures.

- After handling raw meat, wash your hands with hot soapy water for 15 seconds.

- To prevent the growth of bacteria that can cause food poisoning, keep cold foods cold and hot foods hot.



We're here for you & your family.

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

How can a worker help you and your family?

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

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

Family Supports by YMCA Family Connect

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

780-377-3730

infohub@ymcanab.ca

ymcanab.ca/familyconnect



Blake Desjarlais

**Member of Parliament
Edmonton Griesbach**

Constituency Office

10212 - 127th Avenue NW,
Suite 102

📞 780-495-3261

BlakeDesjarlais.ndp.ca

✉ Blake.Desjarlais@parl.gc.ca

📘 @BlakeDesjarlaisNDP

🐦 @DesjarlaisBlake



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 Sports Building Phone: 780-478-2577		
Position	Name	Phone Number
President	Jeff Muiselaar	780-478-1759
Past President	Shawna Walsh	780-237-2169
Vice President	<i>Vacant</i>	-
Secretary	Jenilee Caterina	780-984-3298
Treasurer	Arrey Tabot	780-604-7072
Membership Director	Elaine Sarac	780-476-7442
Director of Sustainability	David Dodge	780-478-6162
Newsletter & Social Media Director	Cora Gagne	-
Program Director	David Gagne	-
Soccer Director	<i>Vacant</i>	-
Hockey Director	Todd Sharkey	-
Bingo/Casino Chair	Shawna Walsh	780-237-2169
Area 17 Representative	Hassan Fayad	-
Belle Rive/Poplar Park Signs	<i>Vacant</i>	-
Evansdale Sign (153 Ave)	<i>Vacant</i>	-
Hall Rentals	Teri Muiselaar	780-478-4444
Credits	Sue Harris	780-473-8796

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

Venue Rentals at Evansdale Community League

Looking for a venue for your next event? Our main hall and sports building can accommodate a variety of capacities for your gatherings. For more information including booking please contact Teri Muiselaar by phone at (780) 478-4444 or (780) 222-0474; or by email at hallrentals@evansdale.ca

Main Hall – Capacity 230	Rates	Damage Deposit
Individual Weekday/Weeknight (Monday-Thursday)	\$350/day	\$350
Single Day Over Weekend (Friday-Sunday)	\$450/day	\$400
Full Weekend (3 Days)	\$650	\$600
Use of Dishes	\$100	
Use of BBQ	\$75	
Meeting	\$50/hr.	

Sports Building – Capacity 50	Rates	Damage Deposit
Meeting	\$25/hr	
Function	\$35/hr	
Weekdays - All Day	\$125	\$100
Weekends – Full 3 days	\$350	\$300

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 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



Edmonton golf courses are now open for the 2023 season

The City, in partnership with proshop contractors, are excited to welcome all golfers back to our municipal courses for the 2023 summer season. Whether you are a beginner or seasoned golfer, a City golf course has something for you.

Riverside Golf Course opens today at noon, while Rundle and Victoria opened earlier this week. All three courses have food and beverage services offered by The Greenhouse YEG and the City welcomes both golf enthusiasts and non-golfers to enjoy some of the best views in Edmonton while dining morning, noon and night.

"We are looking forward to greeting all golfers of various skills and abilities to our golf courses," said Rhonda Norman, Director of River Valley and Horticultural Facilities. "There is something for everyone at our municipal courses and everyone is welcome to play here."

Rundle is a friendly, 18-hole, short course that is perfect for new golfers and families, while Riverside is an exciting 18-hole course with challenging shots on every hole, while providing amazing views of downtown Edmonton. Victoria is Canada's oldest municipal golf course, located in a prime river valley location and offers the beautiful backdrop of the Alberta Legislature

and University of Alberta buildings.

The City is working closely with The Indigenous Sports Council of Alberta, the Paralympic Sports Association and Newcomers to Canada to make golf more accessible for all Edmontonians and are always looking for new and inclusive partnerships to get individuals involved in the game.

Tee times and lessons for youth and adults can be booked now at movelearnplay.ca. Edmontonians can visit edmonton.ca/golf for updates and more information on lessons and programs.

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The residents of Decore deserve better than four more years of divisiveness from the two major parties. Help me bring balance to the Chaos in Alberta and the Freedom to vote for what you want instead of against something you don't. Let me be your voice.

Vote for **Brent Tyson**

For info go to albertaparty.ca or
Visit my webpage brenttyson2023.com

Approved by the Brent Tyson Campaign



Celebrating ECSD in 2023 Edmonton Catholic Schools Trustee Sandra Palazzo

The month of April was an exciting month at Edmonton Catholic Schools (ECSD). On April 12 and 13, the Board of Trustees presented the first annual Lumen Christi Student Faith Leadership Awards to students from across our Division. The awards provided the opportunity to celebrate and recognize our students who, through actions and/or service to their community inspire and serve as excellent Catholic role models for their peers.

ECSD honoured the exemplary service of our staff at the annual Long Service recognition evening for their outstanding service and ensuring the success of our students, families and Division.

The 33rd Annual Celebration of the Arts at the Jubilee Auditorium was an extraordinary evening as our talented students captivated the audience with their exceptional gifts and talents. It was truly an unforgettable experience that received a well-deserved standing ovation!

Edmonton Catholic Schools continue to experience unprecedented growth. In the last ten years the Division has grown by over 12,000 students; however, new schools have only accommodated half of this growth. In the last year, ECSD's student enrolment grew by a rate of 7.8%. Due to record-levels of migration from within and outside of Canada, growth is expected to continue at an accelerated rate over the next few years. Enrolment growth is

not felt evenly across the city, as schools on the outskirts of Anthony Henday Drive have experienced a much higher increase of 17% growth in the last year. The Three-Year Capital Plan 2024-2027 aims to strategically address enrolment growth, while at the same time reducing unfunded spaces within older communities. ECSD has several schools in newer communities that will be 150% over-utilized in a few years. The 2024-2027 plan aims to address this by requesting new schools to reduce enrolment pressures while also accommodating for future student growth. This plan identifies a significant need for the north end which includes a new high school in Castle-downs Dunluce and a new K-9 school in Edmonton North/Crystallina Nera East.

Alberta Education requires all school jurisdictions to submit a Three-Year Education Plan annually. At the March 2023 Public Meeting the Board of Trustees approved The Three-Year Education Plan. The Division Plan for Continuous Growth 2023-2026 involved effective engagement with educational partners. The process began with a facilitated strategic planning session with the Board to examine the work of the Division at a departmental level. Principals and Division leaders also provided feedback on this work. Input from each of our School Councils during our Community of School Councils Engagement in October 2022 also provides valuable



insights into this plan that resonates with families. The aim is to develop strategies and priorities that will inspire our students and ensure their success by giving them the tools they need to succeed.

We recognize that our staff, administration, families, and students all play an important role in ensuring success. We commend the outstanding efforts of all for creating meaningful and rich learning opportunities for all students.

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

Load up on legumes for lunch

Have you thought of packing legumes in your lunch?

Legumes are plant-based proteins. Some of the most common legumes include chick-peas, kidney beans, black beans, black-eyed peas, cannellini beans, split peas and mung beans. Canada's Food Guide recommends eating plant-based protein. Legumes are a good example because they are easy to find and easy to pack, and they often cost less than meat, too.

In addition to being a source of protein, legumes are rich in vitamins and minerals such as folate, zinc, calcium, potassium, iron and magnesium.

If you are buying canned legumes, rinse them well under cold running water to remove extra salt. Canned legumes are already cooked so you can add them directly to your favourite dishes after rinsing.

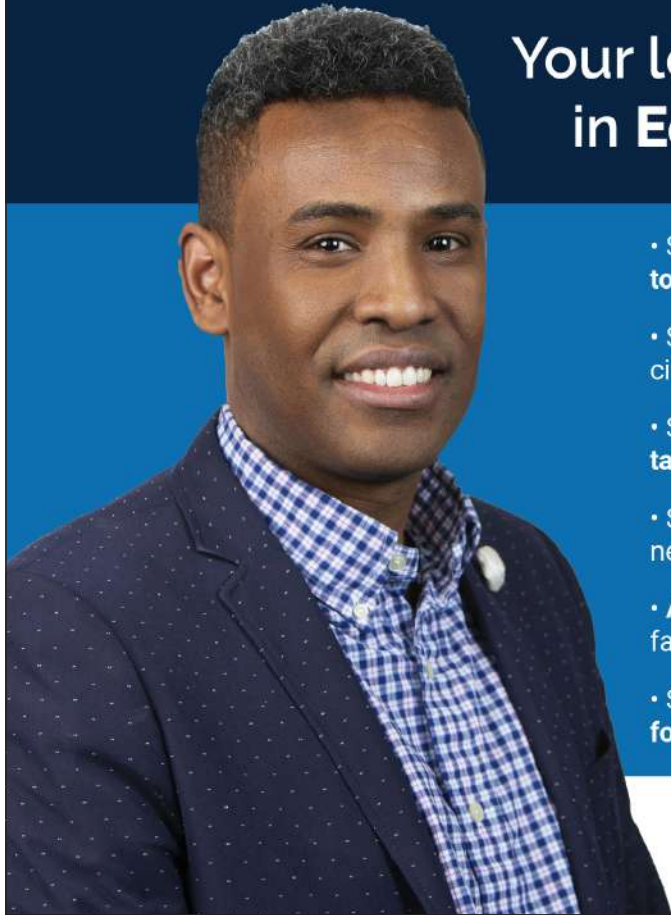
Meal ideas:

- Turn a side salad into a meal by adding canned beans.
- Use black beans as a topper on your chicken pizza.
- Add beans or lentils to a meat sauce.
- Try a white bean dip or hummus with raw vegetables.
- Switch from hamburgers to plant-based burgers by substituting cooked lentils for ground beef.

ELECT Sayid Ahmed

Your local UCP Candidate
in Edmonton-Decore

United 
Conservatives
Alberta Strong & Free



- Sayid, his wife, and their four children are longtime northside Edmonton residents. Sayid has **strong ties to the community** and a **true vested interest** in improving the lives of his fellow residents in the northside.
- Sayid is a trained economist with a Master's degree from the University of Ottawa, a dedicated senior civil servant in the Ministry of Health, and an avid volunteer.
- Sayid's priorities include **public safety**, **strengthening the healthcare and education systems**, keeping **taxes low**, standing up for the responsible **development** of our **natural resources**, and **stable governance**.
- Sayid **supports the Edmonton Police Service** and wants them funded properly to keep our streets and neighbourhoods safe.
- **Alberta is home and means everything to Sayid.** It's the place that took him in and gave him and his family upward economic mobility.
- Sayid loves and believes in Alberta and wants to be part of the solution to **build an Alberta that works for everyone**, full of economic opportunities and a chance for a good life.

Send Sayid to the Legislature so he can work hard to uplift the social and economic fabric of northside Edmonton and bring **MORE** to DECORE.

SAYID AHMED NEEDS YOUR SUPPORT.
He will be a strong and compassionate voice for north
Edmonton within the UCP and in the Legislature.

When Rachel Notley was Premier, 183,000 jobs were lost, families moved out of Alberta, and the province racked up record debt.

Rachel Notley still supports Justin Trudeau's ill-conceived, job-killing carbon tax that unjustly increases the cost of living for everyday Albertans.

With Danielle Smith as Premier, we would continue to see the government focused on fundamentals like making life more **affordable**, **strengthening healthcare** and **education**, supporting **safe communities**, and investing in **key infrastructure**.

ELECT SAYID AHMED

Call me to chat about issues important to you and your family.

Personal cell phone: 780-200-0286

Campaign office: 780-474-5859

info@sayidahmed.ca | sayidahmed.ca



@SayidAhmedUCP



Sayid Ahmed, UCP Candidate, Edmonton-Decore



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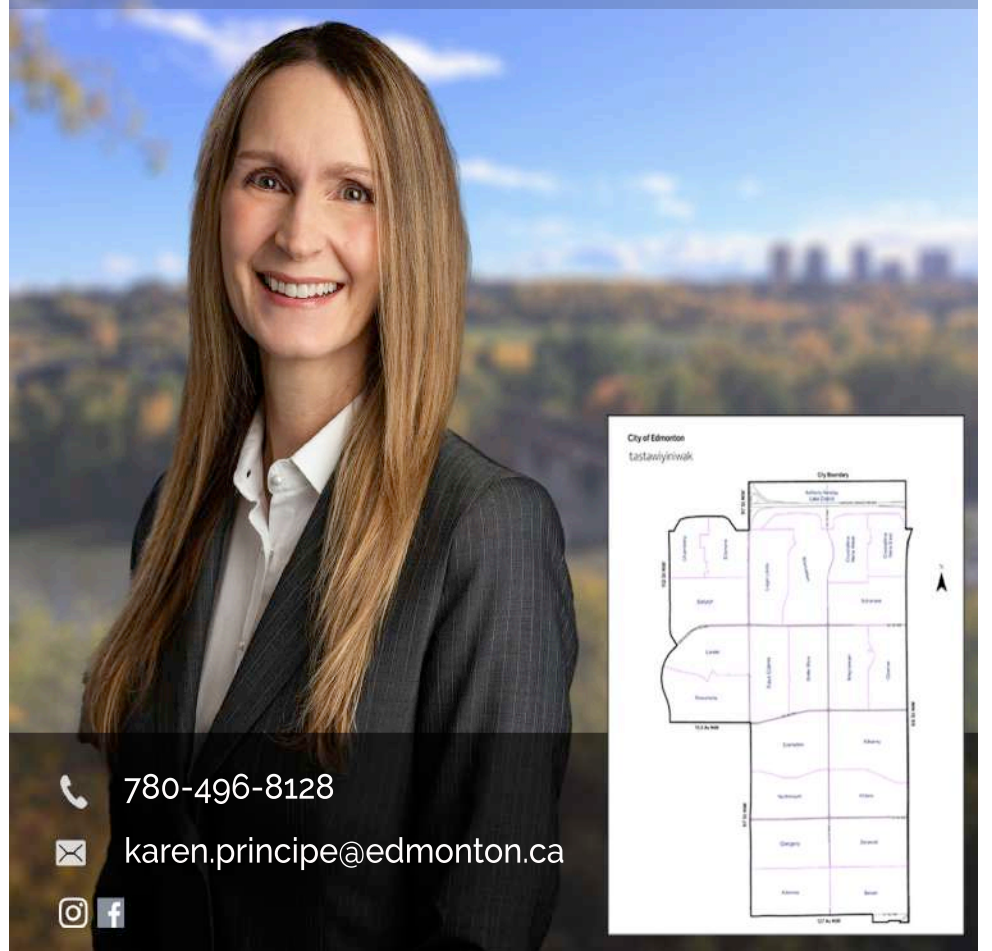
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