

NORTHEAST VOICE

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

October 2023



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At Londonderry Public Library

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

Sundays | 11:00 AM – 11:45 AM
Mondays | 10:15 AM – 11:00 AM, 1:30 PM – 2:15 PM

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

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

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

Saturdays | 2:30 PM – 3:15 PM

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

Discovery Club (Child - 6-8):

Tuesdays | 4:30 PM – 5:15 PM

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

Parenting in Two Cultures by CSS (Adult, Arabic Language):

Wednesdays (6-week series) Oct 11, 18, 25, Nov 8, 15, 22 | 12:00 PM to 2:30 PM

Come and join the conversation about



being a parent in Canada. Meet other parents and find different ways to support your kids.

Register using this QR Code

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

Thursdays | 10:00 AM – 12:00 PM

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

Preschool Problem Solvers (6 Weeks) (Early Literacy Preschooler):

Thursdays | 4:30 PM – 5:00 PM

This event is designed to improve early literacy skills in preschoolers.

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

Thursdays | 6:30 PM – 7:30 PM (Adult)

Improve your English language skills through conversation and practice.

Tech Time (Adult, Senior):

Fridays | 3:00 PM – 4:00 PM

Need some one-on-one tech help? Bring your device (or use one of ours) and come prepared with a tech-related question or challenge you would like to explore with a savvy staff member.

Youth Talk (Teen):

Fridays | 3:30 PM – 5:00 PM

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

Baby Laptime (Early Literacy Storytime Baby & Toddler):

Fridays | 1:30 PM – 2:00 PM

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

givers.

One-off Events:

Book Clubs of EPL: Moccasin Square Gardens (Book Clubs Adult)

Wednesday, October 25 | 7:00 PM – 8:00 PM

Explore books and engage in lively discussions with fellow book lovers.

At McConachie Public Library

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

Sundays | 10:30 AM – 11:15 AM

Mondays | 1:30 AM – 2:15 PM

Fridays | 10:30 AM – 11:15 AM

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

Day Home Rhyme Time (Preschooler)

Mondays | 10:30 AM – 11:00 AM

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

Baby Laptime (Baby & Toddler)

Wednesdays | 10:30 AM – 11:00 AM

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

Evansdale Community League Meetings



Do you have any questions and/or concerns relating to being a member of our community?

Do you have ideas on what events could take place within our community? Or are you interested in becoming part of

our Community League Executive Team? Come meet and join us!

Meetings take place at 7:00PM on the second Tuesday of every month at the Evansdale Community League Rink Shack and are open for everyone to attend!

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!

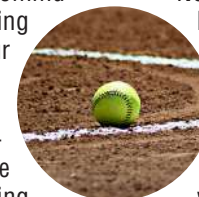
Are you that "techy" person? We aren't! Our website is looking for some TLC. If you love mixing tech with a touch of design, have we got a position for you!

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!





McLeod Community Safety Director

October 2023 Alberta Traffic Safety Calendar primary focus is Pedestrian Safety. "WHEN EYES LOCK IT'S SAFER TO WALK"

Pedestrian safety is a shared responsibility. Pedestrians here is some safety tips to help get you across.

Be aware of your surroundings and stay alert when crossing the street

Obtain and Maintain eye contact with drivers wait until vehicles have stopped before you cross

Cross the street only at designated crossing points. Do not jaywalk.

Do not wear dark clothing when walking in low light or poor weather conditions. If you can wear reflective vests or jackets

Don't start crossing after the walk light has ended

Stay off your phones and turn your music off of iPods when crossing

Be aware for vehicles turning as you cross intersections

If one vehicle stops for you in a crosswalk, ensure other lanes of traffic also stop before proceeding

Drivers here are some tips to help keep pedestrians safe.

Be aware of your surroundings at all times

Watch your speed

Remember that distracted driving like texting and talking on your phone is unsafe and illegal

Use extra caution where children and pedestrians are likely to be nearby such as school and playground zones, bus stops, crosswalks, parking lots, alleys and residential areas.

REMINDER: Playground Zones are in effect 365 Days a year from 7:30 AM to 9:00 PM. Please follow the Maximum 30 Km/hr Speed Limit.

Speed Limit Change



Unless posted the speed limit is now 40 km/h on most residential and downtown streets in the City of Edmonton.

By reducing speed limits on residential streets, the downtown, and high pedestrian areas it makes our streets safer, calmer, and quieter for everyone. Slowing down vehicles gives drivers more time to react and dramatically reduces the chances of severe injuries or death.

Speed Limits on Township and Range Roads

Township and Range Roads speed limit is 80 Km/Hr unless otherwise posted.

Smoking in Vehicles with Minors present

In 2014, Alberta banned smoking in a car when anyone aged 17 and younger is present. In section 3.1 of the Tobacco, Smoking and Vaping Reduction Act it states, "no person shall smoke in a vehicle in which a minor is present. If caught you may be issued a Violation Ticket for \$300.00

Winter is Coming-Be Prepared

Prepare for an emergency You could get a flat tire, get stuck in traffic, get into an accident, have your car break down or slide into a ditch on a less traveled road. This is why it's important to always be prepared with an emergency kit. Stock it up with a first aid kit, bottled water, snacks, flashlight, batteries, tire gauge, jumper cables and blankets.

Have your vehicle serviced by a licensed

mechanic shop to ensure all necessary repairs are done. If you can afford it purchase winter tires.

Do not drive your vehicle with your windows still obscured with fog, snow or ice. This puts you and everyone else at risk on the road. Violation Ticket that can be issued for this is \$162.00.

Home Safety

Theft from garages, vehicles and yards remains an issue in our community. Please double check and ensure all vehicle and house doors are locked, do not leave your garage door openers in your vehicles, ensure bags of bottles or outdoor tools and bikes are not visible in your yards. Secure your gates or sheds with locks and consider installing motion sensor lights and or security systems in your home. Trim Trees or Bushes away from doorways or windows.

Halloween Safety Tips

For Parents

Costumes should fit properly to prevent trips and falls. Avoid items such as oversized shoes, high heels, long dresses and long capes.

Dress your child for the weather. Add layers if needed.

Children under 12 should be accompa-

nied by an adult for trick or treating. By the age of 12, some children are ready to go trick-or-treating with a group of friends. Make sure your child is in a group of at least 3 people. Make a plan with your child that includes which areas they will be going and what time to return at. Ensure they have a cell phone if they need to contact you or call for help. If possible leave the find my phone app on in case of emergency.

Remove make-up before bedtime to prevent possible skin and eye irritation.

For Homeowners

Turn on outdoor lights, and replace burnt-out bulbs.

Remove items from your yard or porch that might trip a child.

Sweep wet leaves from your steps and driveway.

If you don't plan on participating then please leave your lights off

Ensure pets are put away to avoid them getting out, avoid anyone getting attacked and will help relieve the stress or anxiety of the yelling, door bell and strangers attending the property.

For Drivers:

Drive slowly through the residential neighbourhoods. Add extra time to your trip for increased pedestrians crossing the roads, increased traffic with lower speeds.

For Residents

Whether you are participating or not be a good neighbour and watch for any suspicious persons or activities even on Halloween. If something doesn't seem right it usually isn't. Report any suspicious persons or activity to the Edmonton Police at 780-423-4567.

The Marriage Course

7 sessions to strengthen your relationship

Mondays Oct 16 – Nov 27
6:30 – 9:00 pm
at Steele Heights Baptist
Church 5812-149 Ave

• Dinner

• Video Talks

• Private conversations

The course helps couples to:

• Communicate more effectively

The
Marriage
Course

- Understand each other's needs
- Resolve conflict
- Recognize how upbringing affects your relationship
- Develop greater sexual intimacy
- And much, much more...

Register here:

<https://forms.gle/2JVASLPapq5Qd8i96>

Childcare available on request Cost

\$25.00 per couple (to be paid on Oct 16)

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- Downspouts
- Siding
- Leaf Screens
- Roofing
- Cladding
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Evansdale Community League Board

Address: 9111 150 Ave, Edmonton, AB T5E 6J2			
Mailing Address: Box 71023 Northwood Mall Post Office, Edmonton, AB T5E 6J8			
Hall Phone: 780-457-0948		Rink Phone: 780-478-2577	
Website: www.evansdale.ca			
Position	Name	Contact	Email Address
President	Jeff Muiselaar	780-478-1759	president@evansdale.ca
Past President	Shawna Walsh	780-237-2169	coolwheelspl@hotmail.com
Vice President	Chris Nielsen	-	chris.nielsen@telus.net
Director of Sustainability	David Dodge	-	sustainability@evansdale.ca
Soccer Director	<i>Vacant</i>	-	-
Treasurer	Shawna Walsh	780-237-2169	coolwheelspl@hotmail.com
Membership Director	Elaine Sarac	780-476-7442	membership@evansdale.ca
Bingo/Casino Chair	Shawna Walsh	780-237-2169	coolwheelspl@hotmail.com
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	<i>Vacant</i>	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 any 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 and on Edmonton City wellness programs along with hall/sports

our hall!

Your Community League membership is valid for one year from September 1st to Aug 31st.

\$25 Family
\$15 Single Parent/family
\$15 Adult Couple (no kids)
\$10 Individuals
\$10 Seniors

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

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



Credit: ©ronniechua/123RF.COM



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.

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.

Events Coming up

Kids Halloween Party

Saturday October 28, 11-3pm

6:30-8:30pm

Craft Show Saturday Nov 18, 12-4pm

Vendors Wanted

If you want a table \$20
Call Anna 780-478-3269

Kilkenny AGM

Thursday November 2

Newborn Screening Awareness

September is Newborn Screening Awareness month in Alberta. If you are a new or expecting parent, newborn screening is the best way to find out if your baby has a condition that you, your doctor or midwife might not know about.

It's possible to have one of the screened conditions, such as cystic fibrosis, spinal muscular atrophy, or congenital hearing loss, even if there is no obvious family history. Finding these conditions early means babies get the treatment they need when it can help the most. The tests are quick and safe, and they can be done shortly after birth.

If you are a new or expectant parent, it is important to know about newborn screening and the provincial programs available for Alberta babies. You will be offered to have your baby screened in hospital before discharge or be given information on where to get screening done in the community.

AHS provides these services free of charge through two provincial newborn screening programs.

The Alberta Early Hearing Detection and Intervention (EHDI) Program identifies permanent hearing loss as early as possible in a baby's life. Finding permanent hearing loss early gives your baby the best opportunity to develop language and learning skills and prevent possible developmental delays.

It's best for your baby to be screened for permanent hearing loss by one month of age. Visit ahs.ca/ehdi to learn more.

The Alberta Newborn Screening Program (ANSP) uses blood spot screening to find certain serious conditions soon after birth that can't be seen just by looking at your baby. Finding these conditions early ensures that treatment can

begin sooner to help prevent irreversible problems, improve health and maybe even save your baby's life. It is best for your baby to have newborn blood spot screening between 24 and 72 hours after birth. Visit ahs.ca/ansp to learn more.

Learn more about newborn screening in Alberta at ahs.ca/newbornscreening.

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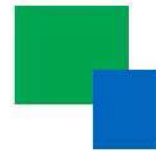
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Alberta Health Services EMS would like to remind parents and trick-or-treaters of Halloween safety tips as October 31st approaches. Take time to review these simple tips and reminders to help ensure that your Halloween is a fun and safe night for everyone.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- You may choose to avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be (route) and advise them if you will be late returning.

Parents

- Be certain that an adult accompanies young trick-or-treaters. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

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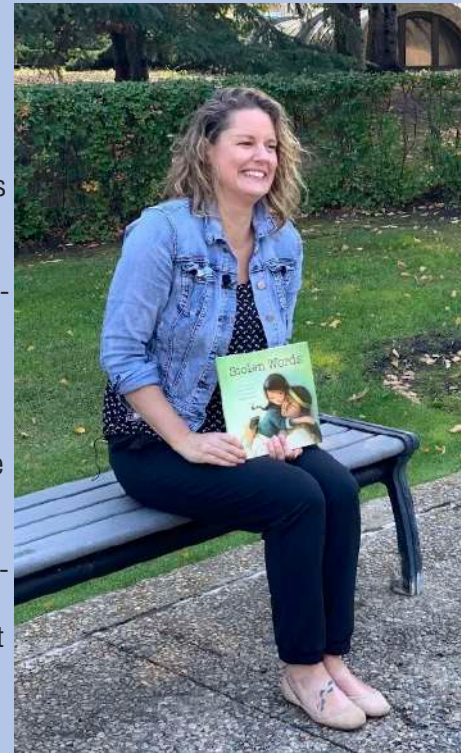
Your McLeod and Area MLA

While the leaves begin to change colours and fall quickly approaches, I would like to extend a warm welcome back to school to all staff and students in our community. With Read In Week fast approaching, I look forward to connecting with our local school communities and engaging with future generations.

As your Member of the Legislative Assembly, I am here to represent you. My office is happy to aid constituents. We can provide notary services and engage with residents on issues of concern. I love to be out in the community and am happy to attend and bring greetings to community groups and events. It is my pleasure to represent you and I look forward to continuing to engage with the residents of McLeod and beyond.

This winter, I will be hosting my annual "fire and Ice" event, in which we will be serving hot chocolate and connecting with our community around a campfire. I always look forward to this event as it brings the community out during the cold weather and builds connectivity between us all. I look forward to seeing both new and familiar faces this winter!

Heather Sweet, MLA, Edmonton — Manning



Paid by Heather Sweet, MLA

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Canada's first urban Indigenous ceremonial grounds of its kind opens in Edmonton

The City of Edmonton and the Indigenous Knowledge & Wisdom Centre (IKWC) officially opened kihcihkaw askî Sacred Land — Canada's first-of-its-kind urban Indigenous ceremony grounds.

kihcihkaw askî meaning "sacred land" in Cree, provides a natural setting for the Indigenous community to host ceremonies, sweatlodges, facilitate inter-generational learning, and build and maintain good relations. It is located in Whitemud Park at 14141 Fox Drive NW, Edmonton.

"It is an honour to have the first urban Indigenous ceremony site in Canada located in Treaty No. 6," said Grand Chief Leonard Standingontheroad. "I hope all Indigenous Peoples use the site to connect to their homelands and own traditions."

The project included naturalization of the site and building infrastructure to support programming and cultural activities led by the Indigenous Knowledge & Wisdom Centre. The site includes a circular area for up to eight sweatlodges and two permanent fire enclosures to heat the stones for sweatlodge ceremonies. There is also a circular area for tipis, including a permanent feast fire pit for ceremonies and small group workshops. A pavilion with washrooms, locker rooms and a gathering room was also constructed, along with a storage building featuring a built-in outdoor amphitheatre.

For more information: edmonton.ca/kihcihkawaski

WORD SEARCH PUZZLE

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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 classes!

- ▼ **Rainbows:** to support grief, loss, divorce and separation.
- ▼ **Triple P:** Positive Parenting Program
- ▼ **Circles of Security:** support to attachment, healthy relationships, emotional regulation and more
- ▼ **Nobody's Perfect:** needs or 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 or 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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