

# NORTHEAST VOICE

Serving the community leagues of  
Evansdale, Kilkenny, and McLeod

November 2024



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## At Londonderry Public Library

**Please Note: All EPL locations are closed on Monday, November 11.**

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

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.

**Baby Laptime (0-12 months):**

Fridays | 1:30 PM – 2:00 PM  
Enjoy stories, songs, and rhymes especially for babies. Cuddle with your baby and connect with other caregivers.

**Read, Code, Play! (Preschooler):**

Mondays | 4:30 PM – 5:00 PM  
Through stories, rhymes, songs and activities your preschooler will be introduced to the vocabulary and concepts commonly used in com-

puter coding.

**Discovery Club (ages 6-8):**

Tuesdays | 4:30 PM – 5:30 PM  
Full STEAM ahead! Explore all things Science, Technology, Engineering, Art and Math in this club for young scientists and makers.

**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.

**VOCABULARY CLUB: English Conversation Class (English Language Learners - Adult):**

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

**LACE English Conversation Circle (English Language Learners – Adult):**

Thursdays | 10:00 AM – 12:00 PM  
Practice your English with others. A group of amazing volunteers are ready to assist with your learning

as you discuss topics of interest in a comfortable and friendly environment.

**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.

**One-off Events:**

**Computer Skills: Introduction to Microsoft Windows (Adult):**

Thursday, October 10 | 1:00 PM – 3:00 PM This is a class for those who are new to computers including English language learners and seniors. 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. A laptop will be provided for this class. NOTE: Registration required.

**Continues On Page 6**



Lest We Forget

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## Kilkenny Annual General Meeting

**Date: Thursday - November 7th, 2024**

**Time: 6:30pm** \* (please note time change from previous publication)

Please consider joining us for our AGM 2024-2025. Have your voice heard in your own community. Help set the direction for the community league. The Kilkenny Community League is actively looking for volunteers interested in being members-at-large, Grant Administration, and Hall Rentals. These are great ways to get involved in supporting our amazing community.

### Evansdale Community Snow Removal



Do you live in Belle Rive, Eaux Claires or Evansdale and need assistance with your snow removal this winter?

If you are a senior or are disabled please contact **Evansdale Community League**

Contact Ashley  
Email: [secretary@evansdale.ca](mailto:secretary@evansdale.ca)



Address: 9111 150 Ave, Edmonton, AB T5E 6J2			
Mailing Address: Box 71023 Northwood Mall Post Office, Edmonton, AB T5E 6J8			
Website: <a href="http://www.evansdale.ca">www.evansdale.ca</a>		Facebook: <a href="https://www.facebook.com/evansdalecommunityleague">https://www.facebook.com/evansdalecommunityleague</a>	
Position	Name	Phone Number	Email Address
President	Chris Nielsen	780-909-1967	<a href="mailto:president@evansdale.ca">president@evansdale.ca</a>
Past President	Jeff Muiselaar	780-478-1759	-
Vice President	Available	-	-
Secretary	Ashley Baxter	-	<a href="mailto:secretary@evansdale.ca">secretary@evansdale.ca</a>
Treasurer	Available	-	-
Membership Director	Elaine Sarac	780-476-7442	<a href="mailto:membership@evansdale.ca">membership@evansdale.ca</a>
Bingo/Casino Chair	Shawna Walsh	780-237-2169	<a href="mailto:coolwheelspl@hotmail.com">coolwheelspl@hotmail.com</a>
Program Director	David Gagne	-	<a href="mailto:programs@evansdale.ca">programs@evansdale.ca</a>
Newsletter & Social Media	Cora Gagne	-	<a href="mailto:newsletter@evansdale.ca">newsletter@evansdale.ca</a>
Director of Sustainability	Available	-	-
Area 17 Representative	Jeff Muiselaar	780-478-1759	-
Belle Rive/Poplar Park Signs	Available	-	<a href="mailto:signs@evansdale.ca">signs@evansdale.ca</a>
Evansdale Sign (153 Ave)	Available	-	<a href="mailto:signs@evansdale.ca">signs@evansdale.ca</a>
Sports & Recreation Director	Todd Sharkey	-	-
Hall Rentals	Teri Muiselaar	780-222-0474	<a href="mailto:hallrentals@evansdale.ca">hallrentals@evansdale.ca</a>
Credits	Sue Harris	780-473-8796	<a href="mailto:credits@evansdale.ca">credits@evansdale.ca</a>

\*\*\*If you are interested in a vacant position please reach out to the 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) 222-0474; or by email at [hallrentals@evansdale.ca](mailto:hallrentals@evansdale.ca)

Main Hall – Capacity 230	Rates	Damage Deposit
Hourly Bookings	\$75/ Hour	
Individual Weekday/Weeknight (Monday-Thursday)	\$400/day	\$400
Single Day Over Weekend (Friday-Sunday)	\$500/day	\$500
Full Weekend (3 Days)	\$700	\$700
Use of Dishes	\$100	

## Pickleball at Evansdale

The 2024 Evansdale Pickleball Season has come to a close. Please visit our website for up-to-date information about our off-season hours of operation. [evansdale.ca/programs-events/pickleball/](http://evansdale.ca/programs-events/pickleball/)

## Protect Your Knees

### Top Strategies for Preventing Knee Injuries

Knee injuries can happen to anyone. Sometimes issues develop from everyday wear and tear from jobs, sports, physical activities, having a disease such as osteoporosis or arthritis, or simply aging can increase your chances of having problems with your knees.

There are many ways to help reduce the risk of knee injuries – here are a few strategies to consider:

- Top tips for preventing knee injuries
- Stay at a healthy weight.
- Wear kneepads when kneeling on hard surfaces. Avoid prolonged kneeling.
- Avoid deep knee bends.
- Avoid running downhill unless you are fully conditioned.
- Wear shoes with good arch supports.

- Always do a warm-up before physical activities such as five to 10 minutes of light jogging or riding a stationary bicycle.
- Make stretching part of your warm-up before the activity and your cool-down after the activity. Stretching can help you keep and improve your range of motion and reduce stiffness in your joints.

### Strength training and conditioning

Strengthening your leg muscles can greatly reduce the risk of knee injuries. Pay special attention to your front and back thigh muscles (quadriceps and hamstrings).

- Try these strength training activities:
  - Agility. Learning to crouch and bend at the knees and hips when turning may reduce the stress on your knees. Agility exercises include running forward and backward and running in diagonals (run diagonally to one spot,

## Community League Memberships

Get your community league membership anytime! Membership makes you part of an amazing community of people who care and help look after our community. Free community swimming times at local City of Edmonton facilities, discounts on community programs and on Edmonton City wellness programs along with hall/sports building rentals and the enjoyment of ice skating in the winter and pickleball in the summer at outside of our hall!

Your Community League membership

is valid for one year from September 1st to Aug 31st.

- \$25 Family
- \$15 Single Family/ Senior Couple
- \$10 Single Person

Contact Elaine Sarac at [membership@evansdale.ca](mailto: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](http://www.efcl.org)

## Evansdale Community League Swim

Facility	Day and time
Grand Trunk Fitness and Leisure Centre 13025 112 Street	Friday 7:15-9:15PM Sunday 4:15-5:45PM
Londonderry Leisure Centre 14528 66 Street	Sunday 4:15-5:45PM
<b>*Londonderry Pool is scheduled for a maintenance shutdown from November 8, 2024 to January 9, 2025</b>	
O'Leary Leisure Centre 8804 132 Avenue	Saturday 4:15-6:15pm

Show your valid 2024-2025 Evansdale Community League membership card at any of the following City of Edmonton Leisure Centres and enjoy FREE swimming

during the times listed.

Community Swims do not take place on statutory holidays or days the facilities close early (Easter Sunday)



then cut the other way and run to another).

- Jumping and spinning. On the same spot, bend your knees and jump into the air. Spin one-quarter turn (90 degrees) to the right and land on both feet. Repeat to the left. Advance how much you spin to a half turn, three-quarters turn, and full turn.

• Tuck jumps. On the same spot, jump straight up with your hands at your side. As you jump, bring your knees up toward your chest. Repeat immediately 10 times.

- Hopping. You will need a small object to hop over for this exercise. You can start with a small object like a book or even a piece of tape along the floor. Place the object or tape on the floor to your left, and hop over it using both legs. Then hop back to your right. Hop back and forth over the object 20 times. You may also hop back and forth on one leg.

• Landing skills. When landing after jumping always remember to:

- Land with the knees bent. As the knees bend during landing, make sure they travel in a straight path. Do not let them move closer together.
- Land softly on the balls of the feet and roll back onto the heels.
- Keep your knees and hips aligned and your upper body upright. Don't bend too far forward or backward as you land.
- Try not to land on one foot. If this is not possible, bring the other foot down as soon as possible to distribute weight evenly.

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## Community Swim Events

### Community Swim Times:

#### Londonderry Pool (14528-66th)

Londonderry Pool is scheduled for a maintenance shutdown from November 5, 2024 – to January 9, 2025  
- Sundays – 4:15pm– 5:45pm

#### Grand Trunk (13025-112 Street)

Fridays - 7:15pm – 9:15pm  
Sundays – 4:15pm – 5:45 pm – every other Sunday

#### O'Leary (8804-132 Avenue)

Saturdays – 4:15 pm to 6:15 pm  
Community Swims do NOT take place on

statutory holidays or days the facilities close early (Easter Sunday)

### Did you know?

Kilkenny Community League is partnered with TGP or Wholesale Market (The Grocery People – 11628 -142nd Street). When you shop there, tell the cashier that you would like your purchase to go towards Kilkenny and TGP will donate 5% of your purchase to Kilkenny Community League. Funds donated help us build towards bringing you more community events!

## Craft Sale

**Date: November 23, 2024 Time: 12 - 5 pm**

A perfect time to start your Holiday shopping or polish off the last of your list, join us for a craft sale – November 23, 2024 from 12pm to 5pm. There will be a concession with hotdogs and burgers and assorted beverages choices.

### Table rentals

Please contact Anna: [president@kilkenny.ab.ca](mailto:president@kilkenny.ab.ca) or 780-478-3269



## Kilkenny Remembrance Day

**Monday, November 11, 2024**

<https://legion.ca/remembrance/remembrance-day>. This website has great information about Remembrance Day.

**Kingsway Legion Branch No. 175**

**14339 50th Street NW**

**Edmonton, AB T5A 0S9**

**(780) 425-8654**



## Winter Curbside Waste Collection

Starting the week of October 28, the City will collect food scraps carts every two weeks.

For residents, this means alternating the cart that is put out each week. The black cart goes out one week and green the next. Recycling will continue to be collected weekly.

Having food scraps collected biweekly reflects the reduced demand for organics collection in the winter, driven by the lack of food scrap odours during colder months and the sharp decrease in yard waste. By switching to the winter schedule, the City of Edmonton reduces fleet emissions and helps manage the cost of waste collection to keep utility rates stable.

To make winter waste collection easier for everyone, including collectors, residents are encouraged to:

Clear snow and ice off their carts. Don't forget the wheels!

Use a bag of their choice in the food scraps pail or use a paper liner in the green cart to stop food scraps from freezing to the cart.

Shovel a one-metre space around their cart.

Set carts out for collection one metre beside or in front of windrows.

Store carts when not set out for collection against a fence or wall, away from cold wind.

For more information and schedule: [edmonton.ca/waste](http://edmonton.ca/waste)

## Family Gathering

**Date: January 1, 2025**

**Time: 12 - 3pm**

Please save the date for New Year's

Day – A family gathering day for Free ice skating and Hot Chocolate. This day will be weather dependent.

## Hall Rental

Times:	Main	Meeting Room	Both
Weekday/Weeknight	\$200.00	\$100.00	N/A
Friday (after 5pm)	\$400.00	\$100.00	\$500.00
Saturday	\$550.00	\$100.00	\$650.00
Sunday	\$400.00	\$100.00	\$500.00
Two Day Wedding – Sat/Sun	\$750.00	\$850.00	
Full Weekend -			
Friday@6pm to Sunday 6pm	\$1000.00	N/A	\$1100.00
Hourly Rate (4-hour min.)	\$50.00	\$25.00	N/A

## Dutch Elm Disease

The City of Edmonton has confirmed a fifth elm tree has tested positive for Dutch elm disease (DED).

"City arborists and foresters remain vigilant as they continue implementing the established action plan, including intensified surveillance of elm trees in the protocol zone. This additional confirmed case does not change our approach as we continue assessments, removals and testing to contain the spread of Dutch elm disease," said Mark Beare, Director of Infrastructure Operations.

The fifth tree to test positive was initially sampled in late September and test results, at that time, were negative. However, City crews monitoring the protocol zone observed a rapid decline in the health of the tree, including brown staining under the bark - a common sign of DED. Given the close proximity to other positive trees, a new sample was submitted for testing and the fungal pathogen that causes Dutch elm disease was identified on October 24.

What you can do:

Containing the spread of Dutch elm disease takes a community effort. There are three ways residents can help stop the spread of the disease.

1. Do not bring firewood from another jurisdiction.

Beetles that carry Dutch elm disease are most likely to be brought to Edmonton in firewood, so remember to always "burn it where you buy it."

2. Remove bark beetle habitat.

Prune elm trees between October and March to remove dead, dying and diseased branches (video).

Provincial law and municipal bylaw require elm tree owners to prune dead and dying branches from October through March.

All elm wood must be disposed of immediately by burning, burying, chipping or disposal at the Edmonton Waste Management Centre.

Do not combine elm wood with food scraps or other collected waste.

3. If you see signs of Dutch elm disease, call 311.

Signs of Dutch elm disease:

Brown staining in the sapwood that can be seen by removing the bark of infected twigs.

From the latter half of June to the middle of July, the leaves on one or more branches may wilt, droop and curl. The leaves then turn brown and usually remain on the tree.

If the tree is infected later in the summer, the leaves will droop, turn yellow and drop prematurely. Late season infections are easily confused with normal seasonal changes.

Beetle emergence holes, the size of the diameter of a pencil lead, and/or sawdust on the bark, indicate burrowing beetles.

For more information: [edmonton.ca/DutchElm](http://edmonton.ca/DutchElm)



# Yielding to Emergency Vehicles



For everyone's safety, it is important for motorists to understand how to correctly yield right-of-way to emergency vehicles with their lights & sirens activated. You can help EMS, police & fire get to the scene quickly & safely by following these rules of the road.

## When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal;
- Move right or left to the nearest curb on one-way streets;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use *any* available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

## When operating a vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights activated (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it's recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300.00 and three demerit points;
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.



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### Teen Gaming (Teen):

Tuesday, October 15 | 6:00 PM – 8:00 PM

Come to the library and hone your skills by playing some of the best video games out there.

### Book Clubs of EPL: Paying the Land (Adult):

Wednesday, October 23 | 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.

### 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.

### Day Home Rhyme Time (Baby & Toddler)

Mondays | 10:30 AM – 11:00 AM

Day homes are invited to join us for 30 minutes of interactive music, movement, songs and more.

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tial skills for a successful career in the electrical field, all for just \$1,320. Don't miss out—enroll today and take the first step toward a rewarding career!

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## THANK YOU

Steele Heights Baptist Church would like to thank the Government of Alberta for their awarded Community Facility Enhancement Grant during the 2024 calendar year. The matching funds from this grant were used to accomplish needed facility refurbishment, allowing us to continue to offer community programs such as Mom's drop in, Family Day Festival, Neighbourfest, Junior high drop in and community rentals.

- Pastor Darren Platt

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## Assisted Snow Removal Program Pilot

The City of Edmonton launched the Assisted Snow Removal Program, a two-year pilot initiative designed to support seniors and residents with disabilities or mobility challenges. The program provides free snow removal services for eligible participants, helping ensure safe and accessible mobility during the winter months.

“Edmonton winters can be challenging, particularly for seniors and individuals with mobility issues,” said Chantel Perizolo, Director of Complaints and Investigations. “This program will help reduce the risks associated with snow and ice while fostering a more inclusive city.”

### Program Details:

**Who is eligible?** The program is available to low-income seniors and individuals with disabilities or mobility challenges in Edmonton. Participants already enrolled in other City programs, such as DATS or the Assisted Waste Collection Program, can access a simplified enrolment process.

**What is covered?** Snow removal will take place within 24 hours after a snowfall of 2 cm or more. The program covers primary walkways and public sidewalks adjacent to properties, but does not include private driveways or rear pathways.

**Supporting community leagues:** The City is also working with local community leagues to help provide resources and tools for snow removal, further ensuring residents are supported in meeting winter safety standards.

The program addresses safety concerns by reducing the risk of slips and falls associated with uncleared snow, supporting the health and social inclusion of vulnerable populations. A service tracking system will monitor requests, manage quality control and ensure timely service delivery.

### How the process works:

**New applicants:** Eligible residents can apply online by completing the enrolment form. A signed healthcare provider form must also be submitted by mail to verify the need for assistance, which may ex-

tend the processing time.

**DATS and Assisted Waste Collection participants:** Residents already enrolled in DATS or the Assisted Waste Collection Program can qualify through a simplified process. They need to complete the enrolment form and undergo a brief interview and service agreement, after which they will be approved for the program.

Once enrolled, the address will be added to the snow removal inventory.

Services will begin within 24 hours after a citywide snowfall ends and at least 2 cm of snow has accumulated.

Please note: Until a service agreement is complete and enrolment is finalized, all residents are responsible for maintaining the snow and ice on the city sidewalk adjacent to their private property.

For more information or to apply, visit [edmonton.ca/AssistedSnowRemoval](http://edmonton.ca/AssistedSnowRemoval), or contact 311.

# Blake Desjarlais

Member of Parliament  
Edmonton Griesbach

Constituency Office  
10212 - 127th Avenue NW,  
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📞 780-495-3261

[BlakeDesjarlais.ndp.ca](http://BlakeDesjarlais.ndp.ca)

✉ [Blake.Desjarlais@parl.gc.ca](mailto:Blake.Desjarlais@parl.gc.ca)

📘 @BlakeDesjarlaisNDP

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## Help keep kids and families warm this winter

Winter is coming, and we need to keep our kids and families warm. The City is collecting coats and other winter gear for those in need as part of the City of Edmonton's United Way 2024-2025 campaign.

Donate your gently used winter wear at one of 40 convenient City-run drop-off locations across Edmonton including: Recreation centres, Eco stations, the Muttart Conservatory, Edmonton Valley Zoo and City Hall. A complete list of what items can be donated and donation locations is available at [myunitedway.ca](http://myunitedway.ca).

The City of Edmonton is collecting items until February 2025. If your organization would like a box to collect Coats for Kids and Families, email [unitedway@edmonton.ca](mailto:unitedway@edmonton.ca). Last year, the City collected more than 3,500 coats and is aiming even higher this year. Your generosity will help keep someone warm this winter.

### Need a Coat?

If you need a coat, call 211 or 780-482-4636 (INFO) to find a distribution depot near you. The United Way distributes warm-weather gear through various community agencies in the Edmonton area.

For more information:  
[myunitedway.ca](http://myunitedway.ca)



## Preventing Tooth Decay in Children

Tooth decay is damage that occurs when bacteria in your mouth eats away at a tooth. This can cause a hole in the tooth called a cavity. If not treated, tooth decay and cavities can cause pain, infection and tooth loss.

Children, whose teeth are still growing, are more vulnerable than adults to tooth decay. This is because the minerals in baby teeth are not very strong and are easier for acids to eat away.

Bacteria from food are the main culprits of tooth decay. As the bacteria feed, they make acids. Without proper care, over

time, these acids destroy tooth enamel (the hard outer layer of your tooth) causing tooth decay. Rest assured; tooth decay is highly preventable.

### Caring for your child's teeth

You can start caring for your baby's gums a few days after birth by using a soft cloth to clean their gums. Do this until the first teeth come in.

As soon as you see the first baby (primary) tooth come in, start brushing your child's teeth twice a day using a small, soft brush. For children younger than

three years, ask your dentist if it's okay to use a rice-sized amount of fluoride toothpaste. For children ages three to six years, use a pea-sized amount of fluoride toothpaste. It's important to teach your child not to swallow the toothpaste.

### Brushing and flossing

1. Kneel down or sit in a chair behind your child and have your child stand between your knees, facing away from you.

2. With one hand, gently press your child's head against your chest. You may also use that hand to push away the upper and lower

lips to make it easier to get to the teeth.

3. With the other hand, brush your child's teeth using the proper technique. Place the toothbrush at a 45-degree angle where the teeth meet the gums. Press firmly, and gently rock the brush back and forth using small circular movements. Do not scrub.

4. Start flossing your child's teeth as soon as they touch each other. You may find plastic flossing tools helpful. Talk with your dentist about the right timing and technique to floss your child's teeth and how to teach your child to floss.

# Be Ready For Whatever Mother Nature Sends Our Way This Fall!



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