

JULY - AUGUST 2021

# COMMUNITY CONNECTOR

Bringing news from Leduc Family & Community Support Services and Leduc Assisted Transportation Services to Seniors and LATS clients

The City of Leduc and LATS are closed on **Canada Day** Thursday, July 1, 2021.

The City of Leduc and LATS will resume regular services on Friday, July 2, 2021.



The City of Leduc and LATS are closed on **Heritage Day**, Monday, August 2, 2021.

The City of Leduc and LATS will resume regular services on Tuesday, August 3, 2021.

- Board the bus carefully and be considerate of your fellow passengers who are already seated.
- Once seated, ensure your bags are placed under the seat directly in front of you.
- Buckle up. If you need assistance, just ask your driver.
- Be aware of your surroundings so that you know when you are approaching your destination.
- Remain seated at all times and until the bus has come to a complete stop at your destination.
- Ensure that you double check that you have not left anything behind such as your purse, phone, packages or cane.
- When you are disembarking from the bus, take your time while navigating the steps down to the sidewalk or driveway.



## Tips for Travelling with LATS

- Have your valid LATS pass or LATS ticket ready prior to boarding.
- If you need to purchase tickets, have your fare ready for the driver.
- LATS passes can be purchased online or at the Leduc Recreation Centre or the Civic Centre (City Hall).

## Free Take-Home Hot Dog & S'more Kits

The City of Leduc is offering free take-home hot dog & s'more kits for families to safely enjoy the fireworks from the comfort of their backyard. These kits can be picked-up at the Gateway Church (4310 Black Gold Drive) between 3 – 5 p.m. on July 1st.

Please note that there are 500 kits available, and they are available on a first-come, first-serve basis.

## Travelling Outdoor Concert Series

This year, the City of Leduc is changing things up a bit, and is offering a travelling concert series with local folk-rock duo, River Poets. This outdoor concert series will feature a 20-25 minute show at 5 different stops throughout the afternoon on July 1st.

### About the Artist:

River Poets are a folk-rock musical duo featuring the Johnson brothers, Jo and Cabel. This duo writes Canadianity, referencing provinces and territories, while including historical references and vernacular. Their self-titled EP includes songs inspired by the Painted Door from Sinclair Ross, to the hardships that the Indigenous peoples in Canada endured while staying connected to the land, to working at a small-town grocery store.

### Show Times and Locations:

- 1 p.m. West Haven School
- 2 p.m. Harry Bienert Park
- 3 p.m. Elks Soccer Field
- 4 p.m. Christ the King School
- 5 p.m. Fred Johns Park (Disc Golfing Parking Lot)

*\*Please note that times are approximate and may be subject to change. Please follow us on twitter [@CityofLeduc](#) for updates throughout the day.*

### How does your Garden Grow?

In Alberta, the average frost-free day happens around the end of May, which is when most of us finally plant our bedding plants in our gardens. We keep our fingers crossed and cover our plants as needed for the first few nights. Seeds on the other hand, can generally be planted about the middle of May. Once they sprout, we still have to cover these precious little plants, until things warm up.

We watch things grow throughout June and into the fall, spending time weeding between the rows and fertilizing and watering, as needed. Early crops such as rhubarb, can be pulled or cut around the beginning of June.

The stalks of the plant should be at least 10 inches before you do harvest them. Once you have harvested your rhubarb, cut the leafy end off and discard it. The leaves are poisonous so do not eat them.

Wash your stalks and cut up into 1-inch pieces. At this point, you can either freeze the rhubarb for later use or you can make, jam, jelly cake or a pie.

Here's my recipe for rhubarb pie. Enjoy!

Maureen

### Rhubarb Pie:

For the crust...



Measure 5 cups of flour into a deep bowl. Add 1 teaspoon of salt. Cut in 1 pound of Burn's pastry lard or shortening. Mix well until mixture looks crumbly.

Put 1 egg into a one-cup measuring cup and add 1 tablespoon of white vinegar. Fill the rest with lukewarm water to the 1 cup mark. Stir well and then add to the flour mixture. Mix well. Form into six balls. Freeze four of the balls in plastic wrap.

Roll out the remaining two on a lightly floured surface into circles that are 1 inch larger than the diameter of your pie pan. Gently lift the first one into your pan.

In a large bowl add the following and mix well:

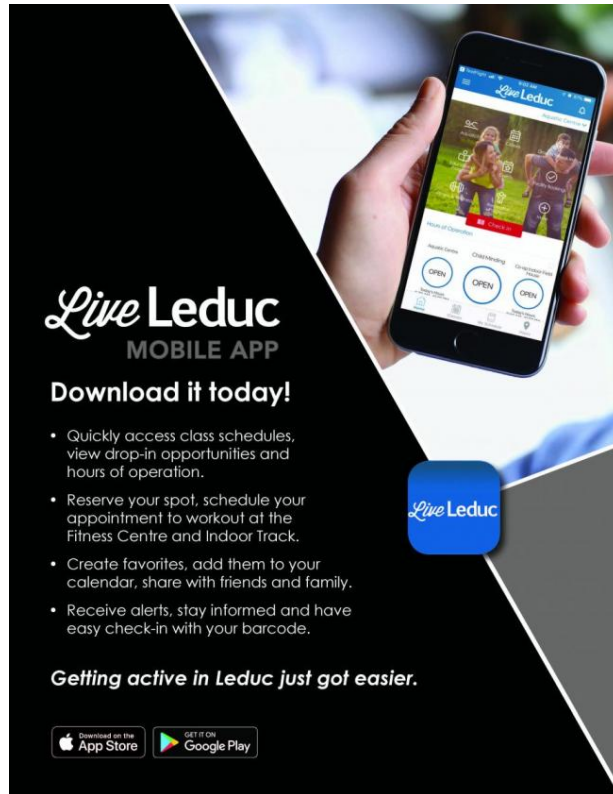
- 4 1/2 cups of chopped rhubarb
- 1 1/3 cups of white sugar
- 6 tablespoons of flour
- the zest of one lemon
- 1/2 teaspoon of salt

Fill your prepared crust and dot with butter. Gently place the other piece of rolled-out crust on top. Crimp the edges of your pie together either with your fingers or by using a fork. Cut in 2 or 3 vents on the top of your pie for the steam to escape while baking.

Bake at 400 degrees for 10 minutes then turn the heat down to 375 degrees and bake an additional 45 minutes. If it is browning too fast, cover with foil. Remove from the oven and sprinkle with a little sugar.

## Welcome to the Live Leduc Mobile App

It will allow you, our LRC members and the public to access class schedules, view hours of operation, receive amenity closure notifications, reserve their spot and schedule an appointment at the Fitness Centre and Indoor Track and more right at your fingertips.



## How to set up an app account

Download the Live Leduc app today through Google Play or the App Store.

- On your smartphone/tablet open up Google Play or the App Store.
- In the search bar, type in "Live Leduc".
- Press the download button to install the app onto your phone.
- Exit the App Store and wait for the download to finish.
- Open up the Live Leduc App and enter your login details.

Each patron needs to set up their own app account with an email.

If you are an LRC and/or Live Leduc member, the email address in our system and your app account should be the same. This will allow the app to validate your membership allowing you to have easy check-in with the barcode on your phone (your LRC membership card will no longer be needed).

If you do not have an LRC and/or Live Leduc Account, there is a "Guest Sign-in" option where you can set up a basic account with your email and phone number. If you are having any difficulties, please call Guest Services 780-980-7120 and they will be able to add you as a user over the phone.

Follow the let's get started step by step to set-up your app account.

Getting active in Leduc just got easier!

Every year at LATS, we update our client files to ensure the information we have on file is accurate. Sometimes our clients move or change their phone numbers and forget to let us know.

If any of your information has changed in the past year, kindly contact Maureen at 780-980-8445 to update your file. Alternately, you can email your updates to [leductransit.ca](mailto:leductransit.ca)



## LATS does Travel Training

If you are a new client and would like to learn how to use our service, we are happy to make that happen for you. We offer one-on-one travel training sessions, where we bring a bus to your door and teach you everything there is to know about how to ride with us.

There is no charge for the training session. For more information call Maureen at 780-980-8445.

We look forward to meeting you.

**Summer Learning  
Challenge BINGO!**  
Bring on the challenge!



Reading and staying active this summer will be a breeze with the Library's summer game! Going back to the classics, our BINGO card will give you an all-new reading list and challenge you to a set of fun activities.

Do you like winning prizes? For each challenge completed enter your name and contact information on our website for a chance to win a weekly prize and our end of summer grand prize. If you complete 5 challenges in a row, not only do you get to shout "BINGO!" but you also get an extra chance to win! Come by the library to grab your BINGO card or go to our website [www.leduclibrary.ca](http://www.leduclibrary.ca) to print it off!

**Summer Kits**

Games, games, games! There are so many games! Register early to ensure you receive our 3 Adult and Teen Summer Kits!

Registration for each kit will close the Thursday before the program pick-up date. After 2 weeks, unclaimed kits will be made available to other members of the community. To register for the summer kits, call 780-986-2637 or go to our website at [www.leduclibrary.ca](http://www.leduclibrary.ca).

**Shake, Rattle and Roll (Summer Kit):**  
Dice games are incredibly fun, simple to learn and great for all ages!! Kits include five dice, writing pad, pencil, and instructions for games to keep you entertained all summer long!  
Pick up – July 5 - 16

**Extreme Card Playing (Summer Kit):**  
Playing card games is not just oodles of fun, it is great for stress reduction, friendly competition, sharpening your thinking skills, and boosting your memory. Register for your kit and get a free pack of playing cards and learn games (and a magic trick!) that can be played solo, or as a group.  
Pick Up – July 19 - 30

**Brain Training! (Summer Kit):**  
Not only is it important to keep our bodies active, we must also work at keeping our brain and memory in tip-top shape! This kit will provide you with brain training games and activities to help you stay mentally fit!  
Pick Up – August 9 – 20

**Outreach**

Outreach Services is a convenient service that supplies books, large print books, audio books, Daisy books, DVDs, and other library materials to people who are unable to use the library due to temporary or long-term physical and medical disabilities. Library staff or volunteers will deliver books to your home and pick them up once a month.

Do you love to read but are no longer able to commute to the library? We can now bring library items to you! Audio Books, Daisy Books, Large Print, DVD's, CD's, etc...

Please call 780-986-2637  
or [outreach@leduclibrary.ca](mailto:outreach@leduclibrary.ca) more information.

**The LATS Shuttle has New Hours**

The Shuttle runs Monday to Friday and makes eight runs throughout the day. It begins at 9:00 a.m. at Planeview Place and then travels to Westgrove apartments, Summit Court/Square (picking up at Summit Square), the Civic Centre/Library, the Hospital, Connect Crossing apartments, the Leduc Recreation Centre, Goldage apartments, Salem Mews, 49<sup>th</sup> Avenue Downtown, the City Centre Mall, Coop, 2<sup>nd</sup> Glance, Safeway, Giant Tiger and ends at Dollarama at 9:43. The Shuttle then repeats the same order another seven times. The last run ends at 3:12 p.m. Please ask your Shuttle Operator for an updated Shuttle guide.

For more information you can call 780-980-8444.



## CELEBRATING HERITAGE

This year the Edmonton ***Heritage Festival*** will be held July 31<sup>st</sup> to August 2<sup>nd</sup>. The Festival is a time to introduce us to various cultures from around the world. Therefore, I thought that this would be the opportune time to introduce you to my heritage, which is Guatemalan.

Guatemala is a truly magical and beautiful country. It is a country in Central America, which is sandwiched between Mexico to the north, El Salvador and Honduras to the south, and Belize to the east. It has the Pacific Ocean on the west, and a short border on the Caribbean Sea on the east.

It has exquisite mountain scenery, verdant tropics, soaring volcanos, deep mountain lakes, and a myriad of ancient Mayan monuments that have been uncovered from the jungle, such as the great city of Tikal. In fact, modern science has determined that there are more than 60,000 hidden Mayan ruins in Guatemala.

Maya civilisation, at its peak some 1,500 years ago, covered an area about twice the size of medieval England, with an estimated population of around five million.

But the true beauty of the Country can be found in its people. At least 39% of Guatemala's almost 18 million citizens are of indigenous decent (the highest percentage of any country in the Western Hemisphere), 41% are of mixed European and Indigenous ancestry, and the balance are of European decent.

There is so much culture in Guatemala, both Mayan and Spanish. It is fascinating that Mayan is still spoken by the Mayans, who to this day dress in their brightly colored clothes, as they have done for centuries. The Mayan still partake in pre-Hispanic rituals and beliefs in the fascinating City of Chichicastenango, where the world renown market exists. Mayan



villages and volcanos surround the shores of Lake Atitlan (called by some the most beautiful lake in the world).

The capital of Guatemala is Guatemala City.



The City of Antigua is 45 minutes from Guatemala City. Antigua's setting is gorgeous – nestled at the base of 3 soaring

volcanos. Stepping into Antigua is like going back 300 years. Much of the Spanish architecture dates from the 17<sup>th</sup> and 18<sup>th</sup> centuries. Antigua was declared 'Monument of America' in 1965, and later a World Heritage Site by UNESCO.

The city was founded in the early 16<sup>th</sup> century by the Spanish. Antigua became the capital of Central America and was the centre of religion, the arts and education. The first University in Central America was founded here. Unfortunately, the City was built over a geologic fault, and was subjected throughout history to many serious earthquakes, so much so, that it was finally decided in the 18<sup>th</sup> century when most of the buildings were demolished by a serious earthquake to move the capital to Guatemala City. Many of these ruins are still evident in Antigua today, which only serves to add to the City's mystery.

Antigua is one of the unique places in the world. Its legends and stories of ghosts; its religious traditions (the processions and beautiful carpets during Holy Week of Semana Santa), and its culture are fascinating.

Guatemala has a strong culture, fascinating history, beautiful nature, interesting and historical architecture, beautiful handcrafts, 5-star hotels, cacao, and the best coffee you will find anywhere

Written by:

Lucrecia Mendoza  
FCSS, Older Adult Services Coordinator

## Leduc & District Seniors Club ***WELCOMES YOU BACK!!***

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**"And so, with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer." ~F. Scott Fitzgerald, The Great Gatsby**

### **FIRST EVENT: CANADA DAY EVENT - LEDUC & DISTRICT SENIOR CENTRE**

**What:** Music in the Park

**Where:** Telford House - East Side

**When:** 12:30 PM

***Bring your Chairs and Drinks***

The following Activities are starting **JULY 5th:**

<b>EXERCISES</b>	Monday	10:00 AM
	Friday	10:00 AM
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<b>QUIGONG</b>	Wednesday	10:00 AM
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<b>STURLING</b>	Monday	1:00 PM
	Thursday	1:00 PM
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<b>BRIDGE</b>	Tuesday	9:00 AM
	Thursday	1:00 PM
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<b>FUN CURLING</b>	Wednesday	1:00 PM
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<b>KNITTING</b>	Thursday	9:30 AM
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<b>LUNCH</b>	Thursday	11:30 AM
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<b>CRIB</b>	Tuesday	1:00 PM
	Thursday	7:00 PM
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<b>EUCHRE</b>	Friday	1:00 PM
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<b>GUITAR</b>	Monday	7:00 PM
	Wednesday	1:00 PM

# Home Safety for People with Disabilities

There's no place like home. It is a place to relax, share laughs with family, and enjoy home cooked meals. But did you know that the majority of fire deaths occur in the home? Help everyone in the home stay safe from fire.



## Home Fire Sprinklers

Home fire sprinklers protect lives by keeping fires small. Sprinklers allows people more time to escape in a fire. When choosing an apartment or home, look for one that has home fire sprinklers.

## Smoke Alarms

- » Install smoke alarms in every sleeping room. They should also be outside each sleeping area and on every level of the home.
- » Test your smoke alarm at least once a month by pushing the test button. If you can't reach the alarm, ask for help.
- » For added safety, interconnect the smoke alarms. If one sounds, they all sound. This gives more time to escape.
- » Smoke alarms with sealed (long-life) batteries work for up to 10 years. They can be helpful for people who find it hard to change batteries.
- » Smoke alarms expire. Replace them every 10 years.

## People who are Deaf or Hard of Hearing

- » Smoke alarms and alert devices are available for people who are deaf or hard of hearing.
- » Strobe lights flash when the smoke alarm sounds. The lights warn people of a possible fire.
- » When people who are deaf are asleep, a pillow or bed shaker can wake them so they can escape.
- » When people who are hard of hearing are asleep, a loud, mixed, low-pitched sound alert device can wake them. A pillow or bed shaker may be helpful. These devices are triggered by the sound of the smoke alarm.



## Escape Planning

**Include everyone** in home escape planning. Each person should have input about the best ways to escape. Home fire drills are important. Everyone in the home must participate in them. Keep a phone by your bed in case you can't escape and need to call for help.

## Talk with someone from the fire department

about your escape plan. Ask them **review your plan**. Ask if your fire department keeps a directory of people who may need extra help. If you have a **service animal**, agree on a plan to keep the animal with you during an emergency.



**Your Source for SAFETY Information**

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

[www.nfpa.org/disabilities](http://www.nfpa.org/disabilities) • [www.nfpa.org/education](http://www.nfpa.org/education) ©NFPA 2016

