



## RELEASE

For Release: Immediate

### **Spruce Avenue Community League postpones 'Spruce Avenue Hibernation Celebration' due to extreme weather**

EDMONTON, ALBERTA, JANUARY 17 - This season's most anticipated event for the Spruce Avenue Community just north of the downtown core had to be postponed as the extreme weather continues to keep people indoors. The event would feature sleigh rides, Ice Skating, outdoor snow shoeing and lots of hot chocolate and bonfires. The event was to take place January 18<sup>th</sup>, 2020.

"As important it is to come together, we need to take care to stay warm and safe" Spruce Avenue Community League President Kate Boorman said. "We planned for a number of scenarios including have the temperature going below -21 so we of course are disappointed that such a deep freeze would occur for this long" Boorman stated. The number of people expected we could not house all our activities indoors.

It is important to take this extreme cold seriously including for our furry friends. With daytime highs at -28 over the last week and forecasted into next week; it is important to ensure plenty of layers and shorter periods outdoors. Also, if you see a vulnerable member of our city is in need of support do not hesitate to call 211 and option 3. You will be connected to a 24/7 crisis diversion offering nonemergency support.

#### Beware of Hypothermia

- Being cold over a prolonged period of time can cause a drop in body temperature
- Shivering, confusion and loss of muscular control (e.g., difficulty walking) can occur.
- It can progress to a life-threatening condition where shivering stops or the person loses consciousness. Cardiac arrest may occur

#### Beware of Frostbite

- A more severe condition, where both the skin and the underlying tissue (fat, muscle, bone) are frozen.
  - Skin appears white and waxy and is hard to the touch.
  - No sensation - the area is numb or tingling.
- Source: <https://www.getprepared.gc.ca>

In conclusion we want you to stay warm and safe and will provide details of our future events in the weeks ahead. We hope to see a reprieve from this frigid weather soon.

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Spruce Avenue Community League (SACL) was incorporated in 1951 and is a non-profit organization affiliated with the Edmonton Federation of Community Leagues (EFCL). The City of Edmonton recognizes the Community League as the official voice of the residents of Spruce Avenue with regard to civic issues affecting the area. The Spruce Avenue Community encompasses the area North of Kingsway Avenue to 118 Avenue and East of Princess Elizabeth Avenue to 97 Street. The League is managed and operated by a board of volunteers with the goal of promoting and enhancing the quality of life within Spruce Avenue. League meetings are held at 7pm on the 4<sup>th</sup> Tuesday of every month.

Find us on Facebook: @SpruceAveCommLeague

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