

LATS NEWS

Leduc Assisted Transportation Services



LeducTransit.ca

Fall 2020

Welcome to LATS!

It has been a long six months for many, chalk-full of new protocols to do almost everything. After enduring lockdowns and isolation, we are slowly adjusting to changes in the way we live our daily lives. Life as we know it has changed and we have had to learn to be more flexible as a result of COVID-19. Every day we look for ways to improve upon how we manage these changes. As we move forward, how we do things, will continue to require our flexibility.

For many of you, isolation has been difficult and lonely. Many of you have been unable to work or attend your programs. Places of worship have been closed and your social outings have been put on hold. Adjusting to change has been difficult but thankfully, as the world begins to open back up, you are taking the first steps to embrace a new routine, albeit much different than it was before.

For many of us, working from home and learning to adapt to new virtual ways of doing business with our colleagues and clients, has been an interesting learning curve. For others, going to school online, to places of worship or just gathering socially through a virtual app online, has been a big part of what is now considered the 'new-normal'.

For all of us, the importance of learning to prioritize the things in our lives that are really

important; whether they are family or work related, beautiful or not so beautiful, difficult tasks or easy ones, they all help us to really look deep within ourselves and decide what really matters. We have embraced and assisted each other, and have learned how to understand things anew. We have all learned to listen to our inner-self and have practiced patience. We have learned how to become better as individuals! We need to stay the course, be strong and continue to forge ahead with a positive attitude!

At LATS, we have had an opportunity to build and develop new relationships with many of you. Understanding your concerns has given us insight into developing better ways to deliver service to you during the pandemic and also for the future. We have enjoyed speaking to many of you on the phone and have learned how we can better assist you in the future.

As always, if there is anything we can do to assist you or your comfort while riding with us, please let us know. Together, we will get through this. Thank you for your continued support. We look forward to helping you with your travel needs and to seeing you onboard.

Your LATS Team

Happiness is a choice. Choosing it will always make you smile!



For your Safety

LATS has new measures in place to keep our team and our clients safe such as, enhanced cleaning procedures and the use of Personal Protective Equipment like masks, gloves and face shields. Our team takes your safety very seriously and this has been especially true during COVID-19.

Currently, when you call into DATS to book your ride, you will be asked some pre-screening questions to ensure you are healthy before you ride with us. When you board a LATS bus you will be asked to wear a mask and if you do not have one, the Operator will provide you with one. Hand sanitizer is also available as soon as you board our buses.

To book your ride call 780-986-5000 and choose option 2.

- **For Monday trips** – Call Friday, Saturday (any time), or Sunday (before noon)
- **For Tuesday trips** – Call Saturday, Sunday (any time), or Monday (before noon)
- **For Wednesday trips** – Call Sunday, Monday (any time), or Tuesday (before noon)
- **For Thursday trips** – Call Monday, Tuesday (any time), or Wednesday (before noon)
- **For Friday trips** – Call Tuesday, Wednesday (any time), or Thursday (before noon)
- **For Saturday trips** – Call Wednesday, Thursday (any time), or Friday (before noon)
- **For Sunday trips** – Call Thursday, Friday (any time), or Saturday (before noon)

Happiness is enjoying all of the little things life blesses us with...



It's the time of year where 'Giving Thanks' is most important. We would like to send a few 'shout-outs' out to some very deserving people:

To our **LATS Operators**, who have braved coming to work every day during the pandemic to drive our buses and have stepped up their cleaning procedures to keep everyone safe. Whether driving clients to where they need to go or delivering food to those in need for the Leduc and District Food Bank, we thank you. You are an amazing team and we are proud of each of you.

To **Mark Quinton** who is the Manager of Fleet Services and to his team, for maintaining our buses and keeping them running efficiently. We appreciate you and thank you all!

To **Lucrecia Mendoza** who is the Older Adult Services Coordinator for the City of Leduc, thank you for all of your assistance in helping our clients with their applications. Your kindness and warmth is felt by everyone. Thanks for everything you do for LATS and for our clients.

Bowling League

LATS will be offering evening services to assist the bowling league on Tuesdays only – from 5:00 p.m. to 8:00 p.m., beginning October 6th. Rides can be booked up to three days in advance.



YAY...Weekend Service is back!

We are happy to bring you some great news and the opportunity to **book trips again on Saturdays and Sundays**. To book rides for either of these days, you can call up to three days in advance by calling 780-986-5000, option 2. Weekend hours of service are from 9:00 a.m. to 5:00 p.m.



Premium Outlook Mall

Did you know that you can book a ride on LATS to go to the Premium Outlook Mall and Costco now? Yes, you can. LATS offers service to both locations on Tuesdays and Thursdays between 10 – 11:30 a.m. and 1:00 - 2:00 p.m., to assist you with your shopping needs. To book your ride, call 780-986-5000, option 2.

Fall Back – November 1st this year!

Have you ever wondered why we change our clocks twice a year? Well, we do this to take advantage of the sunshine. When we *spring ahead* by an hour in the springtime, we effectively move an hour of daylight from the morning to the evening, allowing us to enjoy more sunshine in the hours we are awake and active. In the fall, the clocks are turned back so that we get more light in the morning.

Daylight Savings Time was first implemented in Germany in 1915 and came into effect in parts of Europe, Canada and the USA following World War 1. In Canada it's up to each province to decide whether to participate in daylight savings time and not all provinces do.



Fire Safety

When you turn your clocks back in November, remember to change the batteries in your smoke detectors too. Smoke alarms save lives and homes!

Practice makes perfect! Know your evacuation route in the event of an emergency and take the time to practice and drill so that you are prepared in the event of an emergency.

Fall Holiday Closures

LATS is closed on the following dates:

- Thanksgiving Day – Monday, October 12
- Remembrance Day – Wednesday, November 11

The Food Bank is open during COVID-19

To book for a same day pick up, you may call 780-986-5333 for an APPOINTMENT on Mondays, Wednesdays and Fridays, starting at 8:30 a.m. Our call volume is very high, so we ask for your patience.

MONETARY donations are greatly appreciated and can be made through CanadaHelps.org or ATB Cares.

You can also use our collection bins in local grocery stores to put your food donations in.

We would like to thank the community for their support and patience as we navigate this new challenge and work towards maintaining social distancing.



Pumpkin, Spice and Everything Nice

With summer coming to an end, the need for pumpkin, spice and everything nice begins! We spend the fall freezing, canning and preserving all of the fruits and vegetables we tended so carefully to throughout the summer. We choose recipes that are comforting and remind us of home. We crave the scent of warm spices like cinnamon, nutmeg, and cloves and of pumpkin pies baking in the oven. We reminisce about things 'mom' used to make when we were growing up. We celebrate the coziness of the season and enjoy the harvest!



Pumpkin Pie

For the pastry:

In a measuring cup beat 1 egg, add 1 tablespoon of white vinegar and fill the remainder with warm water up to the one-cup mark.

In a large bowl measure 5 cups of all purpose flour, 1 teaspoon of salt and cut in one pound of lard or shortening. Mix well to incorporate the dry ingredients and lard or shortening. Make a well in the centre and add the wet mixture from the measuring cup. Mix again and shape into 6 balls and refrigerate until ready to use.

For the filling:

In a bowl, mix one 796 ml can of pumpkin puree with 3 beaten eggs, 1 ¼ cups of packed brown sugar, 1 tablespoon of cornstarch, ½ teaspoon salt, 1 ½ teaspoons of cinnamon, ½ teaspoon ground ginger, ¼ teaspoon grated nutmeg, 1/8 teaspoon ground cloves, 1 ¼ cups heavy cream. Mix well.

Preheat your oven to 375 degrees.

Dust your work surface lightly with flour and roll out two balls of pastry to line two pie pans. Gently fit the pastry into the pie pans and crimp or flute the edges using your fingers as a guide. Fill pans equally to ¾ full, with the pumpkin mixture.

Bake your pies for 55-60 minutes. If your crust is browning quickly after 25-30 minutes you can loosely cover the edges of your crust with foil but be careful not to burn yourself.

When your pie is done, your filling will begin to crack a little on the top. Check for doneness by inserting a toothpick in the centre of your pie. Remove from the oven and set aside until cool.

For the topping:

Beat 250 ml of heavy cream (whipping cream) with 1 teaspoon of vanilla and ¼ cup icing sugar until soft peaks form.

Serve your pie with a dollop of the topping and enjoy every bite!

Just for Fun

Q. 'What did one autumn leaf say to the other?'

A. 'I'm falling for you!'

Q. 'How do you fix a broken pumpkin?'

A. 'With a pumpkin patch!'

Tip of the Month

Now that Fall is here, it's time to check your gear! Reach into your closet and check that you have everything you need for the cooler weather so you are prepared for the season.

Wash your winter coat, hat and mittens or take them to the local drycleaners. Check that your boots still fit and that they have good, non-slip soles.

Stay warm – stay safe!