



## Message From the Mayor

Trying to guess when the COVID-19 pandemic will end has felt a bit like trying to follow a bouncing ball. The goalposts aren't only moving in our imaginations, though. Please think of it as a shifting response as we continue to learn more about the pandemic's extent. While I recognize that many of us are experiencing pandemic fatigue, I urge everyone to continue to follow the Provincial Health Officer's guidelines.

Going into the winter months, it's essential for everyone to regularly take stock of their mental health - do a mental health check-in now and then, and notice how you're doing. If you need emotional support, mental health information or resources, please call 310-6789 (do not add 604, 778 or 250 before the number). This number will connect you to a trained crisis line worker without a wait or busy signal, 24 hours a day.

Due to COVID-19, Langley City will not be holding a public ceremony for Remembrance Day. There will be a pre-recorded rendition of the Remembrance Day Ceremony shared with our community on November 11, 2020.

We will also be unable to host the annual Christmas Wish Breakfast supporting the Langley Christmas Bureau at Newlands Golf and Country Club this year due to COVID-19, but you will be able to donate cash directly to the Langley Christmas Bureau. Our goal is to raise \$280,000 to support up to 2,000 children and 800 families.

[We have partnered with CanadaHelps.org to make donating online as easy as possible.](#) Cash and \$25 gift card donations will also be accepted in person at Langley City Hall, 20399 Douglas Crescent. While we can not distribute toys this year, each parent will be provided gift cards to purchase their children's toys. Let's make Christmas a little brighter for these families this year!

*Val van den Broek*

Mayor Val van den Broek

## Engineering, Parks and Environment Update



## Brydon Trail and Dog-Off Leash Park Upgrades

The park provides a fenced dog off-leash area complete with a dog watering fountain, grass and wood chip areas to keep the dogs clean during damp weather, and seating for the dog owners. The area has been freshly grass seeded so we ask users to try to keep their pets on the pathway until the grass grows in. There is also a nature path around the off-leash area. There is still some outstanding work including a pergola that will provide undercover seating and a couple of baffle entrance gates yet to complete. The baffle gates will be installed within a month while the pergola is four months off.



**Completed the Langley Bypass/ Logan Creek Culvert Replacement Project**



**Installed New Fall Banners**

**Signal Upgrades at various locations across the City**



**New Traffic Controller and Wrapped Cabinet with a picture of Sendall Gardens**



## Additional Christmas Lights at Innes Corners Plaza

Langley City Parks Operation Department is planning on installing additional Christmas lights this year. Make sure to keep a lookout for the newest edition.



## Recreation, Culture and Community Services Update

## FIT FOR LIFE



TIMMS COMMUNITY CENTRE  
REGISTRATION NOW OPEN:  
604-514-2940

A FUN SOCIAL FITNESS CLASS FOR ALL AGES! STRENGTHEN YOUR BODY, IMPROVE FLEXIBILITY AND INCREASE YOUR STAMINA SO YOU CAN LIVE YOUR BEST LIFE!

TUESDAYS & THURSDAYS  
10:00AM - 11:00AM  
OCT.13 - NOV.12

10/\$55 +GST



## GENTLE YOGA



TIMMS COMMUNITY CENTRE  
REGISTRATION NOW OPEN:  
604-514-2940

A SLOWER PACED YOGA USING GENTLE MOVEMENTS AND MINDFULNESS. THIS CLASS WILL INCLUDE BREATHING TECHNIQUES & STANDING POSES, FLOOR WORK, STRETCHING AND RELAXATION. OPEN TO ALL FITNESS LEVELS... BEGINNERS WELCOME!

MONDAYS  
4:00PM - 5:00PM  
OCT.19 - NOV.16



## FITNESS CLASSES

AT TIMMS COMMUNITY CENTRE

MORE CLASSES NOW AVAILABLE  
SPACE IS LIMITED- RESERVE YOUR SPOT!

*SPIN - GENIEFIT - YOGA CARDIO  
COMBO - BOSU - BOOTCAMP  
BODYSCULPT - CORE - ZUMBA  
- TOTAL BODY CONDITIONING*

CHECK OUT OUR FULL FITNESS SCHEDULE:

[FITNESS SCHEDULE](#)

PRE-REGISTRATION IS REQUIRED - NO DROP-INS

ONLINE: [LANGLEY CITY RECONNECT](#)

BY PHONE: 604-514-2940



## CHAIR YOGA



TIMMS COMMUNITY CENTRE

REGISTRATION NOW OPEN:  
604-514-2940

MONDAYS  
2:30PM - 3:30PM  
OCT.19 - NOV.16

5/\$40 +GST

PRACTICED SITTING ON A CHAIR OR STANDING AND USING A CHAIR FOR SUPPORT. THIS GENTLE FORM OF YOGA IS A GREAT CLASS FOR ANYONE LOOKING TO IMPROVE FLEXIBILITY, STRENGTH AND BALANCE- BEGINNERS WELCOME!



Recreation, Culture and Community Services

*TIMMS COMMUNITY CENTRE*  
**WEIGHT ROOM IS OPEN!**

REGISTERED SESSIONS ONLY  
 NO DROP-INS

BOOK YOUR 90 MINUTE SESSION NOW!  
 ONLINE: [RECONNECT](#)  
 BY PHONE: 604-514-2940

TO STAY UP-TO-DATE SEE THE LATEST UPDATED  
 IN THE NEWS & ANNOUNCEMENT SECTION OF OUR  
 WEBSITE - [CLICK HERE](#).

## Langley City Youth Calendar

*October*

Langley City Youth Drop-in Programs @ Timms Community Centre - 20399 Douglas Crescent

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Teen Time: 4:30pm-6:00pm Bridge Building *At Douglas Park	2 Outdoor Sports: 4:30pm-6:00pm *At Douglas Park	3 Outsiders: 3:00pm-5:00pm *At Douglas Park Youth Night 7:00pm-9:30pm Wood Painting	4
5	6 Mad Science: 4:30pm-6:00pm Mini Rockets *At Douglas Park	7 Art in the Park: 5:00pm-6:30pm Rock paintings *At Douglas Park	8 No Programs	9 No Programs	10 Youth Night 7:00pm-9:30pm Stick Crafts	11
12	13 No Programs	14 No Programs	15 No Programs	16 No Programs	17 Youth Night 7:00pm-9:30pm Trivia Night	18
19	20 No Programs	21 No Programs	22 No Programs	23 No Programs	24 Youth Night 7:00pm-9:30pm Kickball!	25
26	27 Basketball: 3:00pm-4:30pm	28 Artistic Expression: 5:00pm-6:30pm Draw your perfect day	29 Teen Time: 5:00pm-6:30pm Pumpkin Carving	30 Open Gym: 3:00pm-4:30pm	31 Youth Night 7:00pm-9:30pm Halloween Party	

Youth Drop in programs are available to youth in grades 6-12 at no-cost!

\*\*Program activities are subject to change\*\*

## Message from Elections BC



## Information about the B.C. Provincial Election

The B.C. provincial election is on Saturday, October 24, 2020, and Elections BC wants to ensure that all eligible voters in British Columbia have the information they need to vote.

Voting in this election will be different because of the COVID-19 pandemic. Elections BC has been working with the Office of the Provincial Health Officer to ensure the voting process is safe and accessible.

All voters have the option of voting by mail this election, but to do so they need to request a vote-by-mail package as soon as possible. Voters can request a package until October 17:

- Online at [votebymail.elections.bc.ca](https://votebymail.elections.bc.ca)
- By calling 1-800-661-8683

If you have any questions about local voting opportunities, you can contact your District Electoral Officer ([elections.bc.ca/deo](https://elections.bc.ca/deo)) or follow-up with Voter Services at [voterservices@elections.bc.ca](mailto:voterservices@elections.bc.ca) or 1-800-661-8683.

Additional Resources:

- the voter's guide - available at [elections.bc.ca/votersguide](https://elections.bc.ca/votersguide),
- the Where to Vote application to find voting places and the dates they are open -
- available at [wheretovote.elections.bc.ca](https://wheretovote.elections.bc.ca),
- Elections BC's website at [elections.bc.ca](https://elections.bc.ca), and
- Elections BC's social media posts.

## Information from BC Centre of Disease Control



### **Celebrate less socially and trick-or-treat locally this Halloween!**

#### **Skip Halloween parties this year**

- Trick or treating in small groups can be a safe and a fun activity
- Get creative in making space when handing out treats

#### **No matter how you celebrate Halloween this year...**

1. Turn off your porch light and stay at home if you are sick or self-isolating.
2. Try including a non-medical mask or face covering as part of your costume.
  - Costume masks should not be worn over non-medical masks or face coverings as that may make it difficult to breathe.
3. Wash your hands or use hand sanitizer often.

#### **Skip Halloween parties this year**

1. Leave the parties behind.
  - Indoor gatherings, big or small, put people at higher risk of getting COVID-19.
  - Celebrate with your favourite Halloween movie or other traditions that you can do with your household or social group.
2. If you host or attend a small party, keep it within your social group (Stick to six).
  - You should know everyone who attends, no plus ones.
  - Follow our guidelines for [safer celebrations](#).
  - Don't pass around snacks, drinks, smokes, tokes, and vapes
  - Be more outside, than inside. Keep your space well-ventilated with windows open.
  - Avoid using props that can cause coughing, such as smoke machines.
  - Be careful with hand sanitizer and open flames - hand sanitizer is very flammable!

#### **Trick-or-treating can be done safely by following these tips**

1. Respect homes by staying away if the lights are out.
2. Keep to your local neighbourhood this year.
  - Avoid trick-or-treating in busy areas or indoors (in places like malls) since there may not be enough space to distance. Indoor spaces may require a non-medical mask or face covering.
3. Trick-or-treat in a small social group, stick to six people.
  - Leave space between you and other groups to reduce crowding on stairs and sidewalks.
4. Wash your hands before you go out, when you get home, and before eating treats.
  - Keep hand sanitizer with you if eating treats on the go.
  - You don't need to clean every treat. You should instead wash your hands after handling treats and not touch your face.

#### **Get creative handing out treats**

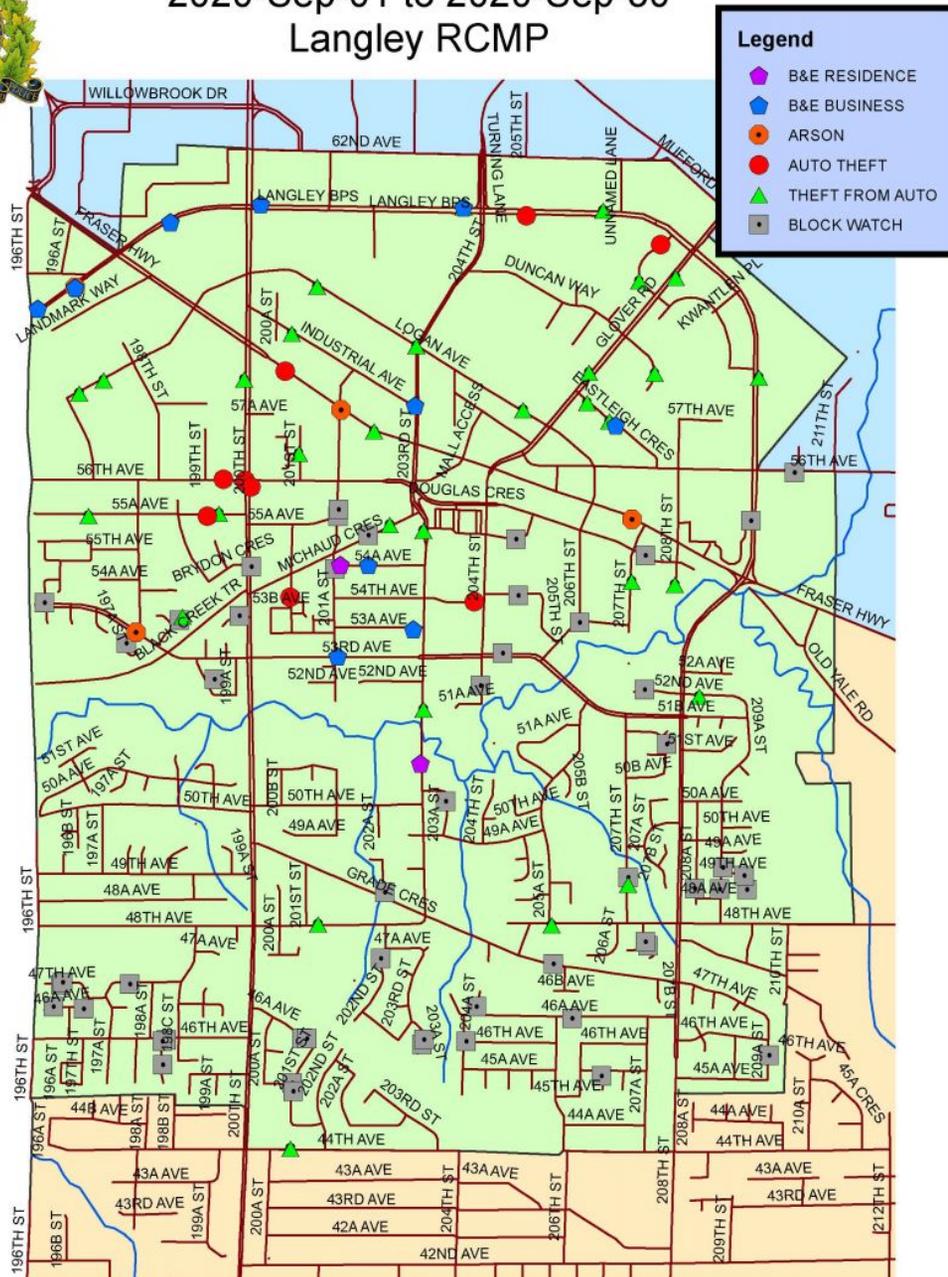
1. Get creative!
  - Use tongs, a baking sheet or make a candy slide to give more space when handing out candy.
  - Plan to hand out individual treats instead of offering a shared bowl.

- o Only hand out sealed, pre-packaged treats.
- 2. Wear a non-medical mask that covers your nose and mouth when handing out treats.
- 3. Be more outside, than inside.
  - o If you can, stand outside your door to hand out treats. Then kids won't need to touch the door or doorbell.
  - o If you're unable to sit outside to hand out treats, [clean and disinfect](#) doorbells and knobs, handrails, and any other high touch surface often during the evening
- 4. If you are decorating, avoid props that can cause coughing, such as smoke machines.
- 5. Help make trick-or-treating more [accessible](#) to everyone by handing out treats from the bottom of your stairs or at your curbside.

## Information from Langley RCMP



### Langley City Property Crime 2020-Sep-01 to 2020-Sep-30 Langley RCMP



This document is the property of the Royal Canadian Mounted Police.  
It is not to be used for any legal or judicial purpose without the consent of the originator.

## Information from Langley City Library



Welcome back inside the City of Langley Library! Please see our [location](#) page for current hours of operation. Customers can count on finding friendly staff and access to much of the library's public space and services including:

- Access to the physical collection
- Computer access upon request
- Limited physically distanced seating
- Touchless self-serve checkout stations

Help contribute to a safe and healthy environment for all. During your visit:

- Wear a mask (not required but strongly encouraged)
- Keep a physical distance of two metres between you and others
- Follow all signs, ground markings, and staff directions
- Stay home if you (or a close contact) are sick

For customers who prefer a more contact-free experience, and adapted [FVRL Express – Click, Pick, Go](#) service will continue to be available during open hours.



FVRL's newest Playground lending experience – Sphero Specdrums launches October 5! Specdrums are app enabled musical rings that make the world your instrument by turning colours into sounds. Tap the rings on anything to create and mix sounds, beats and loops that all play through your mobile device.

[Learn more](#)



FVRL's Summer Reading Club podcast episodes on ReadRadio were so popular that we decided to launch Kids' ReadRadio for younger listeners at the end of September. Listeners will get great reading recommendations and learn about the cool stuff their library has to offer.

[Learn More](#)



All month long, libraries across Canada are raising awareness of the valuable role libraries play in Canadians' lives. More than just a place to find books, libraries promote cultural awareness, engage in the community, provide educational programs, support freedom of expression and so much more.

[Learn More](#)

FVRL is still open online! Read, learn, and play at home with our digital resources.

There is something for everyone, all free with an FVRL card.

[Learn More](#)

Fraser Valley Regional Library is pleased to offer a selection of free virtual Culture Days events for 2020!

[Learn More](#)

FVRL celebrates Library Month in October! This list features books for all ages, set in libraries or starring librarians.

[Learn More](#)

## Information from ICBC

### Speed

Speeding is a major contributing factor to car crash fatalities in B.C. The faster you go, the longer it takes to stop – and the more dangerous a crash can be.

So slow down and give yourself extra time to get to your destination. It's not worth the risk to yourself, and to others.

The faster you go, the longer it takes to stop

You need time to see and react before your brakes take effect and slow you down; reducing your speed gives you more reaction time and less braking distance is required. Each time you double your speed, your braking distance is multiplied by four. In wet or icy road conditions, it's even more.

Small changes in speed can have a significant impact. When travelling at speeds above 60km/hr, every 5km/hr increase doubles your risk of being in a crash. This likelihood is nearly six times as great when travelling 20km/hr above the average speed.

The faster you go, the more you pay

If you're caught speeding, you end up paying in a number of ways – and the cost increases the more you speed.

#### **Driver risk premium**

If you have one or more excessive speeding tickets, you pay a driver risk premium. It's based on convictions over a three-year period. You pay the driver risk premium on top of your cost of insurance.

**Fines**

Ticket fines increase the further over the speed limit you drive. If you're caught doing 20km/hr over the speed limit on a highway, you'll be ticketed \$138; do more than 40km/hr, and the ticket is \$368. In a school, playground or construction zone, the fines range from \$196 to \$483. For more information see our full listing of fines and points for B.C. traffic offences.

**Vehicle impoundment**

Besides the violation ticket fine and driver risk premium, police can immediately impound your vehicle for seven days for those travelling 40 km or more over the posted speed limit. This could escalate to 30 or 60 days for repeat offenders. The owner is then required to pay the vehicle towing and storage fees to get their vehicle back.

**Gas**

Most vehicles operate most fuel efficiently when travelling between 50 and 80km/hr and when maintaining a consistent speed. When you increase your speed above this range or vary your speed too frequently, your fuel consumption goes up. So watch your speed and save on gas.

**Tips to stay safe**

- Allow at least two seconds' following distance behind other vehicles in good weather and road conditions (three seconds on a highway).
- Slow down for poor weather conditions or uneven roads and increase your following distance to at least four seconds. Remember that the distance required to stop increases in wet or slippery conditions.
- Don't speed up as someone is trying to pass you. Help the other driver get back into your lane by slowing down and making room.
- Be realistic about your travel time and plan your trip beforehand. Increasing your speed does not decrease travel time in a meaningful way, so if you're running late, accept the delay. Better late than never.

Slow down. It's not worth the risk.

**#NoNeedForSpeed**

[SEND TO A FRIEND](#)

[WEBSITE](#)