

NORTHEAST VOICE

*Serving the community leagues of
Evansdale, Kilkenny, and McLeod*

November 2023



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At Londonderry Public Library

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, 2:30 PM – 3:15 PM

Fridays | 10:15 AM – 11:00 AM,
2:30 PM – 3:15 PM

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.

Discovery Club (Child - 6-8):

Tuesdays | 4:30 PM – 5:15 PM

Full STEAM ahead! From robot
battles to hovercrafts to building
your own games, discover all things
Science, Technology, Engineering,
Art, and Math. You're invited to try
new things and create stuff at this
class for junior makers.

English Conversation Circle (LACE) (English Language Learners - Adult):

Thursdays | 10:00 AM – 12:00 PM
Drop in and join others who also
want to practice their English. Eng-
lish Conversation Circle is part of
Catholic Social Services' Learning
and Community Enrichment (LACE)
program.

Reading Buddies (5 Weeks) (Early Literacy - Preschooler):

Thursdays | 4:00 PM – 5:00 PM
This event is designed to improve
early literacy skills in preschoolers.

VOCABULARY CLUB: English Con- versation Class (English Language Learners - Adult):

Thursdays | 6:30 PM – 7:30 PM
(Adult)

Improve your English language
skills through conversation and
practice.

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 sav-
vy staff member.

Youth Talk (Teen):

Fridays | 3:30 PM – 5:00 PM

Practice your communication
skills and gain familiarity with Cana-
dian society and culture in this con-
versation-based program designed
for newcomer youth.

Baby Laptime (Early Literacy Sto- rytime - Baby & Toddler):

Fridays | 1:30 PM – 2:00 PM

Enjoy stories, songs, and rhymes
in this lapsit program for babies and
their caregivers.

One-off Events:

Book Clubs of EPL: Breaking the
Ocean (Book Clubs - Adult)

Wednesday, October 25 | 7:00 PM
– 8:00 PM

Explore books and engage in lively
discussions with fellow book lovers.

Financial Literacy: Building Wealth in Canada (Adults)

Wednesday, November 1 | 12:00
PM – 2:00 PM

Learn effective money manage-
ment strategies and key features of
financial planning in this workshop
targeted towards new Canadians.

Teen Gaming (Teens, Adults)

Tuesdays, November 14 & 21 |
6:00 PM – 8:00 PM

Come to the library to hone your

skills by playing some of the best
video games out there. We will be
providing retro game consoles for
these events!

Make It: Tracks and Bridges (Child - 6-8)

Monday, November 20 | 3:30 – 5
PM

Inspired by Engineering with Pa-
per recipes, library staff will show
you how to design and construct
your own tracks and bridges.

Computer Skills: Introduction to Browsing and Searching the Internet (Adult)

Wednesday, November 29 | 1:00
PM – 4:00 PM

In this class, you will learn about
what the internet is, how to use a
web browser, and how to browse and
search the internet.

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.

Day Home Rhyme Time (Pre- schooler)

Mondays | 10:30 AM – 11:00 AM

Day Home Rhyme Time is a lively
and engaging program where tod-
dlers and preschoolers can enjoy
rhymes, songs, and stories.

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.

Please note that our branches are
closed for Remembrance Day, Sat-
urday November 11.

McLeod Indoor Soccer Update



The U15's kicked off the indoor season on October
27. It's exciting to see so many returning players and
it promises to be an exciting season with CGSA fielding
more teams than the 2022 indoor season. U7 teams will
meet once a week and U9 and up teams may practice
once a week and play once a week. CGSA will be taking
a break from December 24 to January 5 for Christmas.

McLeod soccer team pictures are scheduled for Satur-
day November 18. We look forward to seeing the teams
at the hall.

For those who registered for other sports and pro-
grams for the winter, we look forward to seeing you in
February when we start taking registrations for the 2024
outdoor season.

Please do not hesitate to email [soccer@mcleodcom-
munityleague.ca](mailto:soccer@mcleodcommunityleague.ca) if you have any questions.

Todd
McLeod Soccer

Evansdale Community Hall Noise Complaints

Dear Community,

We are writing to extend our apologies for the recent
increase in noise from events held at our community
hall. Our intention is to provide a space for community
members to gather and celebrate special occasions with-
out disrupting the peace of our neighborhood. We need
a balance between vibrant events and a peaceful living
environment, as hall rentals are vital in keeping the com-
munity league sustainable.

Always feel welcome to reach out to any Executive
Member with concerns, questions or feedback. If you
are concerned with noise violations (10pm+) or illegal
activity, it is important to report it to the EPS non-emer-
gency line, 780-423-4567, as it's happening.

Thank you,
Evansdale Community League Executive

Flu Season, Sportsmanship and Facility Guidelines

With the onset of cold weather and people more congregating indoors, we are seeing an increase in respiratory infections such as Covid, Flu and RSV. Friendly reminder that if you or your child is unwell, please stay home. We've seen how quickly Covid or the flu can spread over the last three years, and we still need to take extra precautions to prevent its spread and keep one another safe.

While McLeod understands games can be competitive, we also advocate for good sportsmanship where players respect one another and congratulate each other at the conclusion of the game. We understand players sometimes get frustrated by what happens on the field, but we need to remain good sports, win or lose, regardless of the behaviour of the opposing team. We all hope spectators and players enjoy every game.

We will have several new young referees this season. Please remember these referees are trying their best and they are viewing the game from the field which is different than viewing the game from the stands where spectators sit. Please be respectful and referee abuse will not be tolerated.

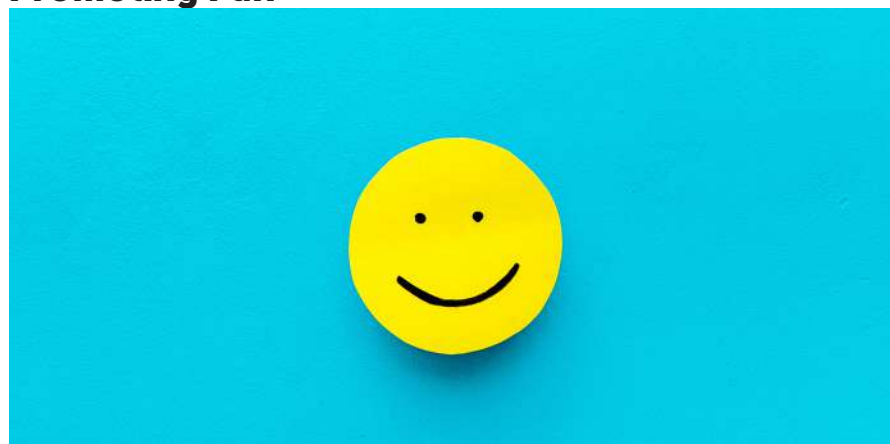
When attending games, spectators should watch games from the stands, not in the hallway between the dressing rooms and field and should refrain from videoing games. Watching games from the hallway can be a distraction to those



on the field. It also leads to congestion between games. As for video, we understand parents/grandparents want to video their child/grandchild. However, how can other parents be sure their children are not in the video? What happens if the pictures or video are posted to social media sites and another child in the picture is part of a custody case? From a parent's perspective, how do you know the person videoing a game is related to a player and not someone who has wandered into the facility for videoing players? From a McLeod perspective, we feel it's better to put the cameras and phones away and enjoy the game. We want to ensure everyone feels safe when attending games.

Todd
McLeod Soccer

Promoting Fun



In talking to parents at recent games, one of their primary objectives when they registered for soccer is for their children to have fun. Let us talk about fun and how as parents we can promote fun.

Coaches can promote fun to a certain degree, but coaches cannot do it alone and we need parents to help achieve FUN. A recent study showed that one of the major reasons kids withdraw from sports is the fear of making mistakes, which leads to not having fun, and that usually comes from pressure. Let us picture this; a parent and child are getting ready to leave for a practice or a game, or in the car on the way to a game, a parent (with good intentions) might start a conversation to cover some of their child's supposed deficiencies and give them ad-

vice or say something along the lines of "score a goal for me", "be the best". Kids who are talked to in this way, tend not to play badly, they just tend not to play, mostly to avoid making mistakes. So as parents let us help promote fun and this can start with saying the following 6 sentences before and after each practice or game:

Before:

I love you.

Good luck.

Have fun.

After:

I loved watching you play.

Did you have fun?

What do you want to eat?

Todd

McLeod Soccer



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Evansdale Community League Board

Address: 9111 150 Ave, Edmonton, AB T5E 6J2			
Mailing Address: Box 71023 Northwood Mall Post Office, Edmonton, AB T5E 6J8			
Hall Phone: 780-457-0948		Rink Phone: 780-478-2577	
Website: www.evansdale.ca			
Position	Name	Phone Number	Email Address
President	Jeff Muiselaar	780-478-1759	president@evansdale.ca
Past President	Shawna Walsh	780-237-2169	coolwheelspl@hotmail.com
Vice President	Chris Nielsen	-	chris.nielsen@telus.net
Secretary	Jenilee Caterina	780-984-3298	secretary@evansdale.ca
Treasurer	Shawna Walsh	780-237-2169	coolwheelspl@hotmail.com
Membership Director	Elaine Sarac	780-476-7442	membership@evansdale.ca
Bingo/Casino Chair	Shawna Walsh	780-237-2169	coolwheelspl@hotmail.com
Program Director	David Gagne	-	dgagne@shaw.ca
Newsletter & Social Media	Cora Gagne	-	newsletter@evansdale.ca
Director of Sustainability	David Dodge	780-478-6162	sustainability@evansdale.ca
Area 17 Representative	Hassan Fayad	-	-
Belle Rive/Poplar Park Signs	<i>Vacant</i>	-	signs@evansdale.ca
Evansdale Sign (153 Ave)	<i>Vacant</i>	-	signs@evansdale.ca
Hockey Director	N/A		
Soccer Director	N/A		
Hall Rentals	Teri Muiselaar	780-478-4444	hallrentals@evansdale.ca
Credits	Sue Harris	780-473-8796	credits@evansdale.ca

****If you are interested in any vacant position please reach out to our President*****

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!



Contact Elaine Sarac at 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

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

Community League Swimming

Show your valid 2023-2024 Evansdale Community League membership card at any of the following City of Edmonton Leisure Centres and enjoy FREE swimming during the times listed

Facility	Day and time
Grand Trunk Fitness and Leisure Centre (13025 112 Street)	Friday 7:00-9:00pm Sunday 4:15-5:45pm
Londonderry Leisure Centre 14528 66 Street	Sunday 4:15-5:45PM
O'Leary Leisure Centre 8804 132 Avenue	Sunday 4:00-5:45pm

Evansdale Community League Meetings

Do you have any questions and/or concerns relating to being a member of our community? Do you have ideas on what events could take place within our community? Or are you interested in becoming part of our Commu-

nity League Executive Team? Come meet and join us! Meetings take place at 7:00PM on the second Tuesday of every month at the Evansdale Community League Rink Shack and are open for everyone to attend!

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) 478-4444 or (780) 222-0474; or by email at hallrentals@evansdale.ca

Main Hall – Capacity 230	Rates	Damage Deposit
Individual Weekday/Weeknight (Monday-Thursday)	\$350/day	\$350
Single Day Over Weekend (Friday-Sunday)	\$450/day	\$400
Full Weekend (3 Days)	\$650	\$600
Use of Dishes	\$100	
Use of BBQ	\$75	
Meeting	\$50/hr	
Sports Building – Capacity 50	Rates	Damage Deposit
Meeting	\$25/hr	
Function	\$35/hr	
Weekdays - All Day	\$125	\$100
Weekends – Full 3 days	\$350	\$300





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KILKENNY Community League News



Kilkenny Community League Main Hall



Meeting Room



Main hall Kitchen

Times	Main	Meeting Room	Both
Weekday/ Weeknights	\$200	\$100	N/A
Fridays (after 5pm)	\$400	\$100	\$500
Saturdays	\$550	\$100	\$650
Sunday	\$400	\$100	\$500
Two Day Wedding Sat/Sun	\$750	N/A	\$850
Full Weekend Fri@6pm to Sun 6pm	\$1,000	N/A	\$1,100
Hourly rate (4hour min.)	\$50	\$25	N/A

Kilkenny AGM - Thursday November 2 6:30-8:30pm



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Please visit edmontonnordic.ca to register.
Please send inquiries to administrator@edmontonnordic.ca

LEST WE FORGET

REMEMBRANCE DAY

11 NOVEMBER

Snow and Ice Control Program

The Snow and Ice Control program enables Edmontonians to experience a safe and liveable winter city. This winter, Edmontonians will see several new updates along with slightly adjusted prioritized service levels compared to last season.

“Edmonton is a winter city and the Snow and Ice Control program allows everyone to experience a safe and liveable city. The program ensures residents can connect and access spaces, services, facilities and transportation networks no matter how they travel. We want to ensure everyone has a safe and enjoyable winter season,” said Craig McKeown, Branch Manager of Parks and Roads Services.

2023-24 Winter Season

Roadways Snow Clearing Map

A new live snow clearing map using GPS data shows where crews are active and clearing more than 12,000 km of roadways. When snow is falling, crews work 24/7 to address snow accumulation and traction concerns. Our priority is to clear major roads first. When a snow event occurs, the map will show where plows are active and the immediate locations where they have been working. When there is no snow event, the map will show the locations of where plows are applying traction and conducting touch-up clearing. This interactive map is one example of our continued efforts to enhance service delivery for residents.

Active Pathways Snow Clearing Map with Winter Priority Loop

This winter season, based on community engagement and feedback, and to maximize funding allocations, clearing of Priority 1 bike lanes has been adjusted to create a Winter Priority Loop to be cleared within 24 hours. This connected loop in the downtown area has three river crossings and creates an interconnected and reliable network cleared within the first 24 hours. Bike lanes outside the Winter Priority Loop have shifted to a Priority 2 and will be cleared within three days. The Active Pathways map is available at edmonton.ca/SafeTravels (or direct link).

Snow Clearing Prioritization and Service Levels

When it snows, there’s a priority clearing system designed to keep Edmontonians safe and traffic flowing smoothly. Roadways and Active Pathways have their own teams and specialized equipment to complete clearing. That way, the service that they deliver does not compete with each other.

The road priorities as outlined in the Snow and Ice Control Policy, and 2023-24 service levels, are:

- Freeways, arterial roads and business districts - 5 days
- Collector roads and bus routes - 5 days

- Local industrial roadways - 5 days
 - Residential streets and alleys - 10 days
- The priorities for Active Pathways, and 2023-24 service levels, are:

- City facilities, LRT stations, paved trails, priority bike routes (Winter Priority Loop) - 1 day
- City sidewalks, wheelchair ramps, bridges, stairs, parking lots, bike lanes - 3 days
- Manually cleared areas (bus stops, paths, public amenities), community sandboxes - 14 days

Parking Ban Notification Tool

The Service Notifications tool gives residents the option to choose to receive text and/or email notifications of parking bans in their area. Subscribers to the service receive a notification of when residents need to move their vehicles as well as when the parking bans are completed. Residents can sign up at my.edmonton.ca.

Parking Bans

The City has the option to call a two-phased parking ban, allowing for improved service when conditions require it. The citywide parking ban consists of the following:

Phase 1 - Major Roads: Crews clear arterial and collector roads, bus routes and business improvement areas. You may continue to park on your residential street.

Phase 2 - Residential and Industrial Roads: Crews clear residential and industrial roads. You may park on your driveway, in a parking space on a neighbour’s property with their permission or on any road cleared during Phase 1 where parking is normally allowed. Phase 2 parking bans are conditional and may not automatically be activated following a Phase 1 parking ban.

Snow Clearing Responsibilities

As residents of a winter city, everyone needs to be considerate of the impact snow-covered and icy sidewalks have on neighbours and fellow citizens. A guiding principle of the City’s snow and ice policy is that of shared responsibility—we all have a role to play in keeping our city sidewalks safe. Property owners should remove snow and ice as soon as possible, especially during days of continuous snowfall and during freeze/thaw cycles. Keeping your sidewalk shoveled ensures everyone can connect to and access spaces. Moving your vehicles during a parking ban ensures City crews can clear snow from roadways effectively and efficiently. The Community Standards Bylaw 14600, states snow and ice are to be removed from the sidewalks as quickly as possible.

Enforcement

Edmontonians can expect to see ticketing as a tool to contribute to the speed, efficiency and quality of snow and ice clearing throughout the city. Drivers who have not moved their vehicle during a parking ban may receive a \$250 ticket. Failure to clear a sidewalk may result in a \$100 ticket.



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What is Influenza?

Influenza is a viral infection that typically circulates mainly during the fall and winter months. While people often use the term “flu” to describe any kind of mild illness, such as a cold or stomach virus, the real influenza is different. It produces symptoms that are typically more serious than the common cold and sticks around longer.

There’s a lot more to influenza than meets the eye!

What causes influenza?

The flu is usually caused by influenza viruses A and B. There are different strains of the flu virus every year. These viruses mutate and change which is why there is a new flu vaccine each year.

What are the symptoms?

Some common symptoms of influenza are:

- Fever or feeling feverish
- Chills and shivering

- Body aches
- Headaches
- Dry cough
- Sore throat
- Runny or stuffy nose
- Fatigue, tiredness and weakness

Symptoms of influenza usually present between one and four days after being around someone with the virus. Then, the symptoms can be at their worst for three or four days before starting to feel better. It can take one to two weeks to completely recover.

Most people get better without problems. But sometimes influenza can lead to a bacterial infection such as an ear infection, sinus infection, or bronchitis. Less often, and in the most serious cases, influenza can lead to pneumonia.

How do people get Influenza?

Influenza spreads primarily through

respiratory droplets when an infected person coughs, sneezes or talks. You can also contract the flu by touching a surface or object contaminated with the virus and then touching your mouth, nose, or eyes.

Influenza vs. the Common Cold

Influenza can be mistaken for a severe cold because some symptoms are similar. However, there are key differences:

- Onset: the flu comes on suddenly, while a cold usually develops more gradually
- Severity: the flu is often more severe and can lead to complications like pneumonia
- Fever: a high fever is more common with the flu than with a cold
- Duration: flu symptoms typically last one to two weeks, while cold symptoms usually resolve within a few days
- Complications: Influenza can lead

to serious complications, especially in vulnerable populations like the elderly, young children, and those with weakened immune systems.

Who is at risk?

Certain people are at higher risk of problems from influenza, including young children, pregnant women, older adults, and people with long-term illnesses or with impaired immune systems making it hard to fight infection.

Prevention

The best way to prevent the flu is by getting an annual flu vaccine. It is especially important for those at high risk of complications. Additionally, you can help prevent influenza transmission by frequent handwashing and covering your mouth and nose when you sneeze or cough. Stay healthy this season by practicing good hygiene and by staying informed

Cold Weather Preparations

Alberta winters can be bitterly cold and when the temperature dips below -40 degrees Celsius, that’s when “extreme cold warnings” occur. Wind gusts can be strong enough in our province to make it feel even colder.

It’s important to remember a few things during extreme cold warnings.

Try to stay indoors

Roads and other paved surfaces can be snowy or icy during extreme cold warnings. If you must go out, always let someone know where you are going and follow these instructions:

Other supports are available for those experiencing unstable housing. Call 211 and press 3 for non-emergency support for shelter, or visit www.alberta.ca/homelessness.

If you work outside during an extreme cold warning, consider taking warm-up breaks or rescheduling your work if possible. Your employer may have options available to help you avoid being in the cold for too long.

We’re here for you & your family.

Family Supports is a voluntary, early intervention program that provides support to families with children 7-18 years old to strengthen family functioning. Parents are supported to create a nurturing and safe family environment, build resiliency within themselves and their children, build new social connections, and learn about positive parenting and child development.

How can a worker help you and your family?

The Family Support program offers in-home support for families. All services offered as part of the Family Connect are completely free, including:

- ▼ Supportive counselling and goal setting
- ▼ Consultation and support to improve parent-child interactions
- ▼ In-home support
- ▼ Parent education
- ▼ Family interactive programming and activities
- ▼ Personal and family advocacy
- ▼ Information and referrals to additional resources



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