

NORTHEAST VOICE

*Serving the community leagues of
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May 2025



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At Londonderry Public Library

Please Note: All EPL locations are closed on May 14 and 19.

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
Fridays | 10:15 AM – 11:00 AM
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.

Baby Laptime (0-12 months):

Fridays | 1:30 PM – 2:00 PM

Enjoy stories, songs, and rhymes especially for babies. Cuddle with your baby and connect with other caregivers.

Discovery Club (Ages 6-8):

Tuesdays | 4:30 PM - 5:30 PM

Full STEAM ahead! Explore all things Science, Technology, Engineering, Art and Math in this club for young scientists and makers.

Films at the Library:

Sunday, May 4 | 2:00 PM – 3:30 PM

Shrek 2 (Rated G)

Thursday, May 8 | 6:30 PM – 8:30 PM

Hit Man (Rated 14A)

Sunday, May 11 | 2:00 PM – 3:30 PM

The Lorax (Rated G)

Sunday, May 18 | 2:00 PM – 3:30 PM

Aladdin (2019) (Rated PG)

Sunday, May 25 | 2:00 PM – 3:30 PM

The Wild Robot (Rated PG)

Youth Talk (Teen):

Fridays | 3:30 PM – 5:00 PM

Practice your communication skills and gain familiarity with Canadian society and culture in this conversation-based program designed for newcomer youth.

LACE English Conversation Circle

(English Language Learners – Adult):

Thursdays | 10:00 AM – 12:00 PM

Practice your English with others. A group of amazing volunteers are ready to assist with your learning as you discuss topics of interest in a comfortable and friendly environment.

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 savvy staff member.

Continued on page 2

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Seniors' Drop-In:

Thursday, May 22 | 2:00 PM – 3:00 PM

Hang out, meet other seniors, and join in some fun activities like playing cards, watching a film, listening to a guest speaker, or learning about resources in the Library or in your community.

One-off Events:

Animals Behaving Badly with Bethany Ellis (Family)

Saturday, May 3 | 11:00 – 11:45

Professional storyteller Bethany Ellis is touring libraries as part of Canadian Children's Book Week! Bethany has told stories at festivals, concert, story cafes, libraries, and schools all over the world, from South Korea to Cote d'Ivoire, from England to Nepal. Join her at Edmonton Public Library as she tells some of her favourite stories about animals behaving badly. Come find out what these mischievous animals are up to!

Make It: Paper Catapults (Ages 9-12)

Monday, May 12 | 3:30 - 4:30 PM

Are you planning siege warfare on a tiny castle? Or looking for a new way to entertain the family pet? Inspired by the recipes of cool maker Engineering with Paper, library staff will show you how to design and construct your own catapult using some simple supplies found around the house. Younger children can participate with the help of a caregiver.

Cricut Club for Adults: Cricut 101 (Adult)

Wednesday, May 7 | 6:00 – 8:00 PM

Want to learn how to design your own vinyl stickers, greeting cards, t-shirt graphics and more? This is the club for you! This class enables customers to book appointments on Cricut machines at select EPL branches. In this introductory class, participants will learn how Cricut Design Space works and create a project using the Cricut Maker. Cricut machines and materials will be provided by the library. This class is limited to 6 participants. NOTE: Registration required.

Computer Skills: Internet Smartphones and Tablets (Adult):

Thursday, May 8 | 1:00 PM – 3:00 PM

This is a class for those who are new to computers including English language learners and seniors. You will learn the basics of navigating your device, modifying your settings, and recognizing common icons and apps. NOTE: Registration required.

Book Clubs of EPL: We Never Asked for Wings (Adult):

Wednesday, May 28 | 7:00 PM – 8:00 PM

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

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.

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.

Day Home Rhyme Time (Baby & Toddler):

Mondays | 10:30 AM – 11:00 AM

Day homes are invited to join us for 30 minutes of interactive music, movement, songs and more.

LEGO at the Library (Family):

Tuesdays | 3:30 PM – 4:30 PM

Calling all LEGO lovers! Come to the library to design and build a LEGO creation. Share your building tips and tricks with others.

Dungeons and Dragons for Kids (Ages 9-12):

Thursday, May 1, 8, & 15 | 6:00 – 7:30 PM

Calling all adventurers! Always wanted to play Dungeons and Dragons but not sure where to start? We've got your back. Sharpen your swords, spark your magic, and prepare to do battle with monsters in order to save the realm with the roll of your dice. This THREE week campaign is designed for beginners who want to learn simplified Dungeons and Dragons. No experience or materials are required. This event is registered and has a limit of 5 participants.

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Reducing household food waste: planning, shopping and storage

Food waste is food that was grown or harvested, but never eaten. Some food waste at home can't be avoided, like egg shells, bones, tea bags or coffee grounds, but some food waste can. Avoidable food waste is food that is thrown out because we don't store it properly, buy too much, or cook too much. A 2022 study showed that 63% of food Canadians throw away could have been eaten. While all types of foods are wasted, the top foods that are thrown away are: vegetables and fruits,

leftovers, and bread.

This article includes tips and resources to reduce your food waste at home.

Planning your meals

Planning meals a few days or a week ahead of time may prevent you from buying too much food. Consider what food items you already have. Check your fridge and cupboards carefully to see how much is left in containers or packages. Checking best before dates is helpful so you can use up food while it's at its fresh-

est. Note that 'best before' dates are not the same as expiration dates. Expiration dates are about food safety, whereas 'best before' dates are about freshness. So just because a food is past its 'best before' date doesn't mean it needs to be tossed. Then think about some meals that you like or can easily make with items you already have. Then create a list on paper or your phone of items you do not have.

Grocery shopping

When buying fresh, consider what op-

tions are best for your family, for example, pre-washed and pre-cut fruits, vegetables and salads can be convenient, but are more expensive. However, if this means you are more likely to eat them instead of throwing out unprepared produce, then this may be an option for you. It can also be helpful to pre-wash and cut your produce for easy access during the week, so you are more likely to eat it and less likely to have waste.

Frozen and canned options are also

time-savers as the preparation has already been done for you. They last a lot longer than fresh, so are less likely to go bad before you can use them up. Buying frozen or canned produce offers year-round variety that otherwise might not be available. Try adding frozen or canned vegetables into pasta sauce, casseroles, soups or stir-fry. Frozen or canned fruit can be added to yogurt, cereal, baking or smoothies.

Storing foods

Consider the order that you use some foods as some foods can keep longer in the fridge than others. Most fresh vegetables and fruits will stay fresh longer if they are unrinsed. Consider washing produce before preparing, freezing or eating it. Some produce give off a gas (ethylene) that speeds up ripening- apples, bananas, kiwis, tomatoes, avocados. Keep these vegetables and fruits in a loosely tied bag away from already ripe produce. Some produce will also stay fresh longer than others so consider using produce like kale, chard, carrots and cabbage later in the week.

Since bread and baked goods are among the top foods that are thrown away, store bread and buns in a cool,

dark and dry place in the original packaging. Or consider freezing if you don't think you will be able to use up the bread by the best before date. Storing bread in the fridge may make it go stale more quickly.

If you have leftovers, it's important to store them properly. Wrap leftovers or place them in a covered container. Place them in a refrigerator within two hours of preparing or cooking. Consider labelling them with a date and remember to use the oldest ones first. Leftovers like soup can be safely eaten within 2-3 days after cooking, while other cooked dishes containing eggs, meat and vegetables or cooked fish, poultry can be safely eating with 3-4 days of being stored at the correct temperature in the fridge. Leftovers can be frozen for longer.

Making some or all of these choices when shopping or storing food can play a part in reducing your food waste at home.

For more helpful tips on food storage and safety visit Canada.ca and search: "Storing Vegetables and Fruits" and "Food Safety"

For more ideas to reduce food waste visit: ahs.ca/nutritionhandouts and search "Reduce Food Waste."

Nutrition to Help Manage Blood Pressure

May 17 is World Hypertension Awareness Day, a day to learn about how we can manage blood pressure for better heart health. Hypertension means there is too much pressure in your blood vessels. Over time, this can damage them and can increase your risk of heart attack and stroke.

Managing high blood pressure may include changing what you eat, managing your body weight, being physically active, limiting alcohol, engaging in relaxation practices, reducing or stopping tobacco use, and can include medication. Your healthcare provider can support you.

This article will focus on which food and nutrition choices may help manage your blood pressure. It includes what to eat more of and what to cut back on.

What to consume more of

Vegetables and Fruits: Vegetables and fruits are packed with fibre and nutrients that can help lower blood pressure. People who eat many vegetables and fruit are at lower risk for developing high blood pressure. Fresh, frozen or canned varieties can all help lower your risk. At meals, try to fill half your plate with vegetables and fruits. Ideas to get more: have a piece of fruit at breakfast or add extra vegetables to wraps, sandwiches, and leftovers at lunch.

Whole grains: Whole grain foods include

all parts of the grain and have important nutrients like fibre, vitamins, and minerals. They include bulgar, buckwheat, oats, cornmeal, wild, or brown rice. If choosing a bread or a cereal, look for "whole" or "100% whole grain" on the package. For example, whole grain, or whole rye.

Beans, peas, and lentils: Replace meat with beans, peas, or lentils at some meals. Add kidney beans, chickpeas, and lentils to soups, casseroles, salads, and pasta sauce. Try roasted chickpeas or lentils as a crunchy snack. Foods with calcium: Try to have at least 2 servings daily of calcium-rich foods like milk, yogurt, fortified plant-based beverages such as soy, oat, or almond, and salmon or sardines canned with bones.

What to eat or drink less of

Refined grains: Refined grains are different than whole grains. Refined grains have parts of the grain removed when they are being processed, so they have less fibre and sometimes fewer vitamins. Examples of refined grains include white bread, cakes, and other foods made with white flour.

Added sugar: Added sugar means sugar, syrup, or honey added to food and drinks. It's recommended to limit sugary drinks.

Added salt, packaged or processed food: Salt contains a mineral called sodium. Your

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body needs small amounts of sodium to work properly. Most Canadians eat almost 2 times the sodium they need. The top sources of sodium in the Canadian diet include soup, cheese, breakfast cereals, salty snacks (like chips and pretzels), baked goods like bread and crackers, and processed meals like deli meats and sausages, and condiments and dips such as ketchup, soy sauce, and BBQ sauce.

Caffeine: Caffeine is found in coffee and coffee-based drinks, tea, colas, and energy

drinks. Limit caffeine to no more than 400 mg a day. This is equal to 2-3 cups (8 ounces each) or 500-750 mL of coffee.

There are many foods that can affect blood pressure. When you start with small changes, eating what you eat or drink seems more manageable—your heart will thank you for it.

You can find more tips on managing blood pressure by visiting ahs.ca/nutritionhandouts and searching "Nutrition and Lifestyle Choices to Manage Blood Pressure".

Address: 9111 150 Ave, Edmonton, AB T5E 6J2			
Mailing Address: Box 71023 Northwood Mall Post Office, Edmonton, AB T5E 6J8			
Website: www.evansdale.ca		Facebook: https://www.facebook.com/evansdalecommunityleague	
Position	Name	Phone Number	Email Address
President	Chris Nielsen		president@evansdale.ca
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Vice President	Available	-	-
Secretary	Vacant	-	secretary@evansdale.ca
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Program Director	David Gagne	-	programs@evansdale.ca
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Area 17 Representative	Chris Nielsen		-
Belle River/Poplar Park	Available	-	signs@evansdale.ca
Signs	Available	-	signs@evansdale.ca
Evansdale Sign (153 Ave)	Todd Sharkey		
Sports & Recreation Director	Teri Muiselaar	780-222-0474	hallrentals@evansdale.ca
Hall Rentals	Sue Harris	780-473-8796	credits@evansdale.ca
Credits			

If you are interested in a vacant position please reach out to the 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!

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

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

Pickleball at Evansdale

Please visit our website for up-to-date information about our off-season hours of operation. <https://evansdale.ca/programs-events/pickleball/>

Evansdale Community League Swim

Show your valid 2024-2025 Evansdale Community League membership card at any of the following City of Edmonton Leisure Centres and enjoy FREE swimming during the times listed.

From March 10 to May 30 ; O'Leary will be closed for maintenance work .	
O'Leary Leisure Centre 8804 132 Avenue	Saturday 4:15-6:15pm

Facility	Day and time
Grand Trunk Fitness and Leisure Centre 13025 112 Street	Friday 7:15-9:15PM Sunday 4:15-5:45PM
Londonderry Leisure Centre 14528 66 Street	Sunday 4:15-5:45PM

Community Swims do not take place on statutory holidays or days the facilities close early

Venue Rentals at Evansdale Community League

Main Hall – Capacity 230	Rates	Damage Deposit
Hourly Bookings	\$75/Hour	
Individual Weekday/Weeknight (Monday-Thursday)	\$400/day	\$400
Single Day Over Weekend (Friday-Sunday)	\$500/day	\$500
Full Weekend (3 Days)	\$700	\$700
Use of Dishes	\$100	

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) 222-0474; or by email at hallrentals@evansdale.ca



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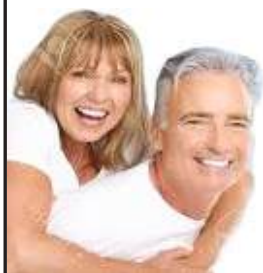
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KILKENNY Community League News



Kilkenny Community League Hall Rental

Times:	Main	Meeting Room	Both
Weekday/Weeknight	\$200.00	\$100.00	N/A
Friday (after 5pm)	\$400.00	\$100.00	\$500.00
Saturday	\$550.00	\$100.00	\$650.00
Sunday	\$400.00	\$100.00	\$500.00
Two Day Wedding – Sat/Sun	\$750.00	\$850.00	
Full Weekend -			
Friday@6pm to Sunday 6pm	\$1000.00	N/A	\$1100.00
Hourly Rate (4-hour min.)	\$50.00	\$25.00	N/A

Kilkenny Garage Sale 2025

July 25, 26, 27. Tables are \$ 20 each

Call Anna 780 478 3269 or president@kilkenny.ab.ca



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Kilkenny League Baseball Equipment Sale

At Kilkenny Community League, we are clearing out some great baseball equipment as we have decided to explore new sports for our league. Our loss is your gain!

We have a variety of baseball gear up for grabs, including bats, bat holders, fast pitch balls, back catcher gear, back catcher gloves, and a pitching machine. If you're interested in any of the equipment, feel free to reach out, and we'd be

Bats	\$20-40 each
Bat Holders	\$40.00
Back Catcher Equipment sizes vary	\$80.00
Back Catcher Gloves	\$80.00
Brand new baseballs still in boxes	\$50.00 a box
20L pail of Softballs	\$1.00 each
Pitching Machine	\$1000.00

happy to help you!

Don't miss out — grab these items while they're still available!

Contact us at:

President@Kilkenny.ab.ca for more details or to arrange a pickup.

Calling All Crafters

Do you enjoy doing crafts? Are you interested in learning about other crafts?

Kilkenny is looking at holding a Crafters Night every second Friday of the month where you can bring a craft you enjoy doing while socializing with other crafters. It is free, all you have to do is bring something you are interested in working on yourself and can visit with others, coffee and tea will be provided just drop in between 6:00 pm and 8:00pm, it is open to anyone over the age of 16, there are no selling items just enjoying.

Word Search Puzzle

Watercraft Transportations

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Building Your Emergency Food Kit

Emergencies often happen without warning. They may be natural disasters like floods, wildfires, or severe storms that require evacuation. They could also be events such as extended power outages that require you to shelter in place for some time. In both cases, access to food and water may be limited so it's a good idea to have an emergency food kit ready. Your kit should contain a collection of non-perishable, ready-to-eat food items stored for use during emergencies when access to supplies may be disrupted.

This article will provide information on what emergency food kits are, why they are necessary and what to include in your kit.

Why an Emergency Food Kit Matters

During a disaster, you may not be able to shop for food, cook, or access clean water. You may have to evacuate your home with very little notice or be asked to shelter in place. Having an emergency kit is essential. An emergency food kit contains non-perishable foods designed to sustain your family during unexpected situations like natural disasters. Food items can be stored for a long time without refrigeration and are ideal for emergencies. In addition to peace of mind, having an emergency kit ensures you will have enough energy to handle the physical and emotional stress that emergencies often cause.

When assembling an emergency food kit, it's important to consider both nutrition and practicality. Focus on non-perishable items that are easy to prepare, require minimal cooking, and meet basic needs. Your grab and go emergency kit should contain enough food and water for each member of your family for a minimum of 72 hours. If sheltering at home, ensure that you are prepared for a minimum of 14 days.

Items to Include

Choose non-perishable foods using the principles from Canada's Food Guide and consider what you might have for meals and snacks. Examples include dry cereal with shelf-stable milk and dried fruit or Canned fish, with whole grain crackers and canned vegetables.



Some of these items require minimal heating. If you do not have a camp stove, and fuel as well as pots for an emergency kit, do not choose foods that require some heating.

Water: 4 L per person, per day for drinking and basic hygiene.

Vegetables and Fruits: dehydrated potatoes, canned fruits and vegetables, canned vegetable soups, as well as dried fruits.

Grain foods: Crackers, cereal, granola bars, and instant oatmeal, rice or pasta. Consider whole grain crackers and cereal for added nutrition.

Protein foods: Protein options include canned beans, or canned meat, nuts, seeds, nut butters, and jerky.

Milks and Plant-based beverages: Choose ones that are sold at room temperature and in special cartons or in cans. These do not need refrigeration until they are opened.

Special Diet Foods: If you have individuals with dietary restrictions, ensure that your kit contains enough specialty foods to meet special dietary requirements to last for the full duration of the emergency.

Other Foods: While it's important to focus on essentials, you may also want to include some foods such as canned pudding, chocolate or packaged snacks, tea or coffee.

Meal Preparation materials: Include plates, cutlery, a multipurpose knife, manual can opener and hand sanitizer. If you have a camp stove, store it with your emergency food kit as well as fuel and a pot or pan.

If you have pets, remember to include their water and food needs.

Practical Considerations

Store food in a cool, dry place and avoid areas prone to moisture or pests. When packing canned and dried goods, opt for smaller containers that can be consumed in one sitting to prevent spoilage once opened. Check foods every year and rotate out those that are nearing expiry as needed. Some foods may last for several years.

Emergency preparedness is essential for every household, and a well-planned food kit can provide comfort, nutrition, and safety during crises. By incorporating a variety of non-perishable items and water, you can ensure that you and your family remain well-nourished and prepared for any emergency.

Setting aside food for emergencies may not be possible for everyone due to cost. There may be resources in your social network or community to go to in case of emergency. Call, text, or chat with 211 Alberta (ab.211.ca/) to find out about financial benefits, programs, and services.

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