

NORTHEAST VOICE

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

November 2025



Published by Calder Publications. To advertise please call 780-434-9732 or email info@communityleaguenews.com



Volunteers Needed (5pm - 9:30pm)
Location: West End Bingo - 17304 105 Ave NW

If you can help us out with a shift at the West End Bingo hall
please contact Shawna by phone or text at 780-237-2169.

November 17
December 10

All funds received from working these bingos help to keep
the Evansdale community league going!

Bingo Volunteers Needed!

We are in need of volunteers to help work our Bingos. All funds received from working these bingos help to keep the Evansdale Community League going! Please see the accompanying poster for details on how you can help!

Kilkenny Annual General Meeting

Nov 6

Starting at 6:30 pm

Come and join us and learn about our Board

INDOOR SOCCER

2025/2026

This season think:
**Affordable
Community
Grassroots**

Come play with one of our
nine communities:



Registration opens AUGUST 1st at www.CGSA.ca

CGSA is a partner of EIYSA, insured and sanctioned by ASA. We provide grassroots community level soccer for youth aged 3-17, with our youngest ages being Timbits sponsored. All teams within CGSA are co-ed. players from anywhere are welcome. Find out more online >>>



SCAN ME




MCLEOD COMMUNITY LEAGUE

Winter Market

McLeod Community League
14715 - 59 Street NW
Edmonton, AB T5A 1Y6



SATURDAY NOVEMBER 22, 2025

10:00 AM TO 4:00 PM

Vendors - Shopping - Food



FRAUD SEMINAR

Please join us in a Fraud Seminar presented by Servus Credit Union Ltd.

RSVP to hold your spot.
 • Jennifer at 780.638.7321

**NOVEMBER 18, 2025
 AT 10:00AM**

JOIN US AT MCLEOD COMMUNITY LEAGUE

**14715 - 59 St NW
 Edmonton, AB T5A 1Y3**



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 prob-



lems. 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.



Emergency
Medical
Services



Yielding to Emergency Vehicles

For everyone's safety, it is important for motorists to understand how to correctly yield right-of-way to emergency vehicles with their lights & sirens activated. You can help EMS, police & fire get to the scene quickly & safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal;
- Move right or left to the nearest curb on one-way streets;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use *any* available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When operating a vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights activated (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it's recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300.00 and three demerit points;
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

www.albertahealthservices.ca

EVANSDALE Community League News



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: www.facebook.com/evansdalecommunityleague

Position	Name	Phone Number	Email Address
President	Chris Nielsen	-	president@evansdale.ca
Past & Acting President	Jeff Muiselaar	780-478-1759	-
Vice President	Jeff Muiselaar	780-478-1759	-
Secretary	<i>Vacant</i> <i>Shawna Walsh covering</i>	-	secretary@evansdale.ca
Treasurer	David Gagne	-	treasurer@evansdale.ca programs@evansdale.ca
Membership Director	Elaine Sarac	780-476-7442	membership@evansdale.ca
Bingo/Casino Chair	Shawna Walsh	780-237-2169	coolwheelspl@hotmail.com
Pickleball Director	Weldon Bluhm	-	-
Newsletter & Social Media	Cora Gagne	-	newsletter@evansdale.ca
Director of Sustainability	<i>Available</i>	-	-
Area 17 Representative	Jeff Muiselaar	780-478-1759	-
Belle Rive/Poplar Park Signs	<i>Available</i>	-	signs@evansdale.ca
Evansdale Sign (153 Ave)	<i>Available</i>	-	signs@evansdale.ca
Sports & Recreation Director	Todd Sharkey	-	-
Hall Rentals	Teri Muiselaar	780-222-0474	hallrentals@evansdale.ca
Credits	Sue Harris	780-473-8796	credits@evansdale.ca

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

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

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	

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
O'Leary Leisure Centre 8804 132 Avenue	Saturday 4:15-6:15pm *Hot Tub – Limited Access - June 17, 2025 until further notice*

Pickleball at Evansdale



Please visit our website for up-to-date information about our 2025 season. <https://evansdale.ca/programs-events/pickleball/>

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

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.

Community Swims do not take place on statutory holidays or days the facilities close early (Easter Sunday)

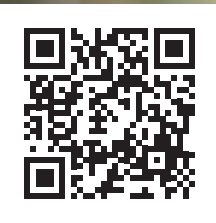


Sharif Haji

MLA FOR EDMONTON-DECORE

SHADOW MINISTER FOR UTILITIES AND AFFORDABILITY

**203, 8119 - 160 Avenue
Edmonton, AB T5Z 0G3
780.414.1328
Edmonton.Decore@assembly.ab.ca**



Community League Wellness Program

By becoming a member of your Community League, you have demonstrated your commitment to your community. To honour your commitment and support your families' health and well-being, the Edmonton Federation of Community Leagues has teamed up with the City of Edmonton to form the Community League Wellness Program. Current Community League members receive admission incentives to enjoy the City's world-class sports and recreation facilities.

Present your valid Edmonton Community League membership card, showing expiry date (payment receipts will not be accepted) at any one of the City of Edmonton's sports and fitness facilities. Choose from the following Community League Wellness Products:

Annual Pass* - 20% discount on Adult, Family, Child, and Youth/Senior Annual Passes

Multi Admission Pass* - 15% discount on our already discounted multi admission pass (5+ visits)

Continuous Monthly Pass - 20% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program. Community league members who purchase one of the above passes will be issued a photo access card to be swiped at each admission.

* Applies to new purchases only.

Facilities and amenities include swimming pools, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton and tennis courts, indoor running tracks, gymnasiums, cafeterias and pro shops. Hours of operation are from 5:30 a.m. to midnight (hours vary according to facility). For more information, please call 311 or visit <http://www.edmonton.ca/wellness>

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CONTACT NOW 

Leisure Access Program

The Leisure Access Program (LAP) allows eligible Edmontonians access to the City of Edmonton recreation facilities and attractions at a free or reduced cost. All applicants will also automatically be considered for the Ride Transit Program. The LAP programs are now offered in 1-Year, 2-Year, and 5-Year terms depending on documentation submitted with your application. Income thresholds and the application form are available at https://www.edmonton.ca/programs_services/leisure-access-program

Community Safety Data Portal



The Edmonton Police Service (EPS) has an information sharing platform designed to increase transparency, facilitate community engagement, and support the safety of citizens and the city. The Community Safety Data Portal offers access to comprehensive data including crime statistics and trends occurring in Edmonton. Visit <https://communitysafetydataportal.edmontonpolice.ca>



Kilkenny Annual General Meeting

Nov 6

Starting at 6:30 pm

Come and join us and learn about our Board



Looking for Casino Volunteers

Kilkenny Casino

Oct 14, 15 Fort Road Casino

John Barnett

Oct 20, 21 Fort Road Casino

Call Anna 780-478-3269

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

Make it Safe

Neighbour Watch www.enwatch.ca

**Crime Stoppers 1-800-222-8477
Or Police 780-423-4567**

Winter Car Seat Safety

Bulky winter clothing can impact the effectiveness of car seat harnesses and can significantly compromise your child's safety when traveling. The force of a car crash can cause puffy winter coats and snowsuits to suddenly flatten, creating a gap between your child and their car seat harness. When this happens, your child is no longer properly secured and is at risk of being partially or fully ejected from the car seat. This can cause serious head or spinal injuries.

It is crucial to dress your child in thinner layers and adjust straps snugly to ensure their protection. Bulky clothing, including winter coats and snowsuits, should not be worn underneath the harness of a car seat.

Tips to keep your kids safe and warm in their car seat during the winter

- Place a blanket over the straps after they are buckled up.

- Don't forget hats and mittens. These keep kids warm without interfering with the car seat harness.

Always remember these rules for car seat safety:

- Follow the car seat manufacturer guidelines. The car seat must be correctly installed in the vehicle.

- The shoulder harness should be snug enough that you cannot pinch the strap fabric at the collarbone.

- Infants and young children are safest riding in a rear-facing car seat until they reach the maximum height or weight limit for

rear-facing use allowed by the seat's manufacturer.

- Your child is safest riding rear-facing until two, three or even four years old.

- When your baby outgrows their infant seat, move them into a larger rear-facing seat.

- When a child outgrows their larger rear-facing car seat (by height or weight), they should move into a forward-facing car seat with a harness.

- When a child outgrows their forward-facing car seat (by height or weight), they should move to a booster seat. Use a booster seat until the seat belt fits properly; this is typically when your child is 145 cm (4 ft. 9 in.) tall and between 8 and 12 years of age.



SAVE YOUR SPOT - REGISTER NOW!

Seats are filling fast for the 2025-26 school year!

Check out our website to learn more about our gold-standard, inclusive online school for grades 1 to 12.

Adult learners welcome too!



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