

NORTHEAST VOICE

Serving the community leagues of
Evansdale, Kilkenny, and McLeod

April 2024



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Evansdale Presidential Change

At our past AGM in February Jeff Muise-laar provided his resignation and stepped down as President of the Evansdale Community League. We would all like to thank Jeff for his many hours spent throughout the years with the various roles held with our Community League since the 80's. He has left huge shoes to fill on the executive team, making Pickleball a successful venture at

our league (and the envy of many), ensuring our outdoor skating rink and oval were a success year to year and all the events that were held by the league. Jeff will remain on the executive as our Past President.

Chris Nielsen has graciously accepted the nomination to take on the wheel as our new President under the mentorship of Jeff. Thanks Jeff and Welcome Chris!

McLeod Outdoor Soccer Update

CGSA is looking to kick off the season May 1, weather permitting. Teams will play once a week and older teams will practice once a week at a field and time selected by the team coach. CGSA is planning a tournament for every age group throughout June showcasing each CGSA

Birth Year	Fee	Game Day
2019 – 2020	\$80	Monday
2017 – 2018	\$80	Tuesday
2015 – 2016	\$140	Sunday afternoon
2013 – 2014	\$140	Wednesday
2011 – 2012	\$140	Thursday
2007 – 2010	\$140	Sunday evening

community.

Todd

McLeod Soccer Director

Thank You to McLeod's Safety Director

After 8 years of amazing volunteer service, Ryan Bendera, our Community Safety Director is leaving the neighbourhood and stepping down from the McLeod Board. The community where he ends up will be lucky to have him. Ryan embodies the ideal that if you don't take action, nobody else will. He was never scared to speak up. Any reader of this

newsletter will note Ryan's absence, as he's been a diligent contributor of safety articles. In his role on the Board, he has helped lobby for appropriate traffic controls, including crosswalks, signage, and speed monitoring in school zones. Ryan and his family will be missed. We wish him the best of luck in his move and in his next volunteer endeavour.



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.**

Friday, March 29
Sunday, April 14
Saturday, May 25
Monday, August 19
Tuesday, September 24
Saturday, October 19
Monday, November 18
Wednesday, December 11

All funds received from working these bingos help to keep our community league going.

NDP Dental
NORWOOD DENTAL CENTRE

DENTAL CARE OPEN HOUSE
WITH MP BLAKE DESJARLAIS & NORWOOD DENTAL

📅 Sunday, April 28th, 9:00am - 4:00pm
(Childcare available 12pm to 4pm)

📍 Alberta Avenue Community League, 9210 118 Ave NW




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University of Alberta Campus



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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 com-

munity 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

Address: 9111 150 Ave, Edmonton, AB T5E 6J2			
Mailing Address: Box 71023 Northwood Mall Post Office, Edmonton, AB T5E 6J8			
Phone: 780-222-0474			
Website: www.evansdale.ca			
Position	Name	Phone Number	Email Address
President	Chris Nielsen		Chris.nielsen@telus.net
Past President	Jeff Muiselaar	780-478-1759	
Vice President	Available	-	-
Secretary	Available	-	secretary@evansdale.ca
Treasurer	Available <small>Shawna Covering Until Filled</small>	-	-
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	Available	-	-
Area 17 Representative	Jeff Muiselaar	780-478-1759	-
Belle Rive/Poplar Park Signs	Available	-	signs@evansdale.ca
Evansdale Sign (153 Ave)	Available	-	signs@evansdale.ca
Sports & Recreation Director	Todd Sharkey		hockey@evansdale.ca
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***

1st to Aug 31st.
\$25 Family
\$15 Single Family/ Se-

nior 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

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Venue Rentals at Evansdale

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

Community League Swimming

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	Sunday 4:00-6:00pm

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



VOLUNTEERS Wanted

Want to do something with your community. Be a Board member at large and see what we are doing.

Start up a committee of your interest - book club, croch-
et club, coffee night (decaf), Paint night. Men's club,
card night, cooking we have a space for you. Contact
Anna at president@kilkenny.ab.ca

Community Events

Soccer Registration for CGSA

Check out Website www.cgsa.ca.

February 29 6:30 – 8 pm

March 7 6:30 – 8 pm

March 9 11am -1pm

Swim Times

Londonderry Pool

Sundays 4:15pm to 5:45pm

Grand Trunk

Closed

O'Leary

Saturdays 3:45pm to 5:45pm

Craft Show April 27, 2024, 11-5pm

Looking for Crafter. Email

president@kilkenny.ab.ca

Or call Anna 780-478-3269

Tables \$20

Did you know?

Kilkenny is partnered with TGP (The Grocery People - 11628 142 St). When you shop there, tell the cashier you would like your purchase to go towards Kilkenny and TGP will donate 5% of your purchase to Kilkenny, so we can build towards bringing you more community events!

Kilkenny Community League Main Hall



Main hall Kitchen



Meeting Room

Times

Weekday/ Weeknights

Fridays (after 5pm)

Saturdays

Sunday

Two Day Wedding Sat/Sun

Full Weekend Fri@6pm to Sun 6pm

Hourly rate (4hour min.)

	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

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Alcohol In Moderation

Many people enjoy drinking alcohol, and it may have a place in cultural and family traditions. Most people usually do it safely. But it's important to remember that drinking alcohol is not risk-free.

If you choose to drink alcohol, the key is to keep your intake at the lowest levels possible to reduce your risk of harm.

Alcohol and You

Alcohol is a depressant that impacts the whole body, including the central nervous system (the brain, cardiovascular system (the heart), and respiratory system (the lungs and breathing). When someone drinks too much alcohol or too quickly, it can overwhelm or suppress the healthy performance of these systems in the body. This can lead to a person passing out or having alcohol poisoning which includes symptoms such as vomiting, throwing

up while passed out, not waking up after throwing up, not responding when being talked to or shouted at, fast heart rate, and other symptoms which are found by searching Alcohol Poisoning on My-HealthAlberta.ca.

What are the health risks associated with drinking alcohol?

When you drink alcohol, you may be putting your health and safety at risk. Your risk of harm increases with each drink that you have.

Drinking alcohol may:

- Harm your liver, pancreas, nervous system, heart, and brain.
- Cause high blood pressure, depression, stomach problems, or sexual problems.
- Contribute to the development of some cancers, such as cancers of the mouth, throat, esophagus, liver, colon, and breast.

• Cause memory loss and affect your ability to think, learn, and reason.

AHS Wellness Articles

• Cause harm to your developing baby (fetus) if you drink during pregnancy.

• Lead to problems at work, school, or home.

• Increase the risk of car crashes and violent behaviour.

• Cause you to develop an alcohol use problem.

Using alcohol or other substances can affect your health, work, school, and relationships. It can change how well you make decisions and control your actions, how you think, and how quickly you can react. Alcohol patterns may vary. Some people drink large amounts of alcohol at specific times, such as on the weekend. Others may be sober for long periods and then go on

a drinking binge that lasts for weeks or months. Some people drink and may be intoxicated every day.

If you think you are drinking too much, you may want to seek help. Talk to your doctor about whether you need to withdraw from alcohol under medical care.

What can you do?

Less is best! Research shows that drinking any amount of alcohol can have risks. Canadian health experts say your risk of harm from alcohol is:

- Low if you have two standard drinks or less per week
- Moderate if you have between three and six drinks per week
- High if you have seven or more drinks per week

Having more than two drinks in one sitting increases your risk of harm to yourself

kids
GAME

Connect the dots!





and others. Keep in mind that age, sex, weight, and health history can cause alcohol to impact people differently.

In Canada, a standard drink is equal to:

- A bottle of beer (12 oz., 341 ml, 5% alcohol)
- A bottle of cider (12 oz., 341 ml, 5% alcohol)
- A glass of wine (5 oz., 142 ml, 12% alcohol)
- A shot glass of spirits (1.5 oz., 43 ml, 40% alcohol)

Try to drink less by paying to how much you drink by setting a weekly target and make sure you do not have more than two standard drinks per day. If you choose to drink, here are some things you can do to reduce your risk of getting sick or injured:

- Have a meal or a snack with your drink. Don't drink on an empty stomach.

AHS Wellness Articles

- Drink slowly. Don't have more than 2 standard drinks in one sitting.

- Have a glass of water or non-alcoholic, caffeine-free beverage (such as a soft drink or fruit juice) between drinks.

- Avoid risky situations and activities. Don't drink and drive, and don't get in a car with a driver who has been drinking.

- Don't take over-the-counter or prescription medicines that interact with alcohol.

- Limit how much you drink.

Who should not drink alcohol at all?

Although most people can have a drink now and then, some people should not drink at all.

Don't drink alcohol if:

- You're pregnant or trying to get pregnant. Alcohol can harm the developing baby (fetus). Alcohol can pass into the baby's blood. It can damage and affect the growth of the baby's cells. During pregnancy, not drinking alcohol is the only safe option.

- You breastfeed your child. If you choose to drink, breastfeed just before you drink alcohol. And wait to breastfeed at least 2 hours after you have a drink to reduce the amount of alcohol the baby may get in the milk.

- You're taking over-the-counter or prescription medicines that interact with alcohol.

- You have health problems made worse by drinking, such as liver problems, heart failure, uncontrolled high blood pressure, or certain blood disorders.

- You have a mental health problem and are using alcohol to try to make yourself feel better.

- You have problems controlling how much you drink, or you had alcohol problems in the past.

- You're at work.

- You plan to drive or operate tools or machinery.

- You plan to play sports or take part in physical activities.

- You're taking care of someone or supervising others.

- You need to make important decisions.

Talk to your doctor about whether drinking alcohol is a good choice for you. And if it is, ask how much is okay.

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Bicycle Helmet Safety



Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent significant injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride need to wear helmets;
- Parents can lead by example – always wear a helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To assess the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

www.albertahealthservices.ca

ELLA Expands Learning Options

Harry Wagner, a retired teacher, has always been interested in learning. When his cousin recommended that Edmonton Lifelong Learners Association (ELLA) had some interesting courses, he registered for his first spring session. That was 10 years ago, and what he liked about it then, he still likes about it now: the diversity of courses available.

"I took Tai Chi, a class on the oil sands, social media, and photography... and just loved it" claims Harry. "You can follow your heart and take courses in areas that interest you, or delve into subjects that you have no background or experience in, just to find out more. Last year I took a course on insects, and I have no science background."

Now Harry is the Chair of the Program Development Committee that determines the courses offered during the winter online and upcoming spring session at the University of Alberta. "I think what sets ELLA apart is it's entirely a volunteer-driven organization. Our committees look at suggestions from our members to identify topics that might be possible. The speakers are people in our community who have interesting things to say."

New to the ELLA's spring session is a class on Arche-

ology in Alberta, plus Introduction to Cults, and Inuit Literature and Arts. Returning favourites are What's Behind the Barn Door?: issues in animal agriculture in Alberta complete with field trips, and Wonders of the Night Sky for people curious about the stars above. There are nearly 40 courses available covering intellectual, artistic, and physical-activity realms.

Harry acknowledges it's a bit of a commitment to travel to the University to take classes, but the payoff is the positive social aspect. "It's a chance to socialize with people who have similar interests. And we've responded to people's needs. Maybe you can't commit to a full day, but the morning is available. Now you can register for 2, 3 or 4 courses – whatever works for you."

What works for Harry is the continuing opportunity to learn. "It's so important for all of us to remain curious and engage in lifelong learning. At least it is for me."

The Edmonton Lifelong Learners Association (ELLA) Spring Session runs weekdays from April 29 to May 17 at the University of Alberta campus. To register, and for more information, visit my-ella.com.

Deborah Forst

Paid article by Edmonton Lifelong Learners Association



FIND 10 DIFFERENCES



Spring waste collection begins April 2nd

Spring waste collection schedule starts the week of April 2. Green food scraps carts switch to collection every week from every two weeks, while black garbage carts continue to be collected every two weeks. Recycling collection continues on a weekly basis.

Collecting food scraps carts weekly throughout the spring and summer supports Edmontonians by reducing odours and allows for more space in carts during periods of time where residents look to dispose of increased yard waste.

Yard Waste Collection

The beginning of spring collection also means yard waste collection days are around the corner. Between April 22 and June 17, running each Monday, every curb-

side residence will receive two yard waste collection days.

Edmontonians can find collection dates by downloading the WasteWise app or visiting edmonton.ca/WasteWise. Printed collection calendars can be printed from the website, by calling 311 to request a printed copy be mailed at no charge, or by visiting a local Edmonton Public Library branch to have one printed for between \$0.10 and \$0.50.

Please set out yard waste in see-through plastic or double-ply paper bags on your seasonal yard waste collection days in spring and fall. Keep bags light enough to lift with one arm, using additional bags to achieve this, if needed.

Eco Stations

Starting April 2, Eco Stations will move to summer operating hours and be open seven days a week from 8 a.m. to 6 p.m. until November. This year, Eco Stations are opening an hour earlier than previous years. The City made this data-informed change to accommodate higher levels of demand the stations see in the morning, allowing us to serve more Edmontonians.

Eco Stations are convenient waste drop-off sites for your batteries, electronics, household hazardous waste and more. For more information visit edmonton.ca/EcoStations.

For more information:
edmonton.ca/Waste



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MCLEOD Community League News



Benefits of CGSA Soccer



Parents often ask “Why sign up for CGSA soccer?”

The most obvious benefit of CGSA soccer is exercise. The season tentatively runs from May 1st to June 30th. The CGSA community program focuses on friends playing with friends and having fun. When registering for the McLeod soccer program, players can request to play with a certain friend or coach. We try to honour requests as best as possible. However, there are occasions when friend or coach requests cannot be filled, as every team has a team player limit. Players can expect fair field time.

CGA community soccer is very affordable. In addition to registration fees,

players are responsible for their own footwear, shin pads, socks, and shorts. McLeod will provide jerseys that will be returned upon season end with the exception for U5 – U7 players who keep their jerseys. Parents will be required to purchase a community membership and sign up for one community service per child to a maximum of two per family.

We hope to see you at one of our upcoming payment sessions. For more information, please see the McLeod website at www.mcleodcommunityleague.ca or contact soccer@mcleodcommunityleague.ca.

Todd
McLeod Soccer Director



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