

NORTHEAST VOICE

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

December 2025



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



February 16, 2026

12.00-4.00

invites you to our annual...

Family Day Festival

door prizes • food • crafts • games • entertainment



Bake Sale Fundraiser
for Mosaic Centre

All ages welcome. Invite your
friends & neighbours!

📍 5812 149 Ave NW, Edmonton 📞 (780) 478-1553

NEW YEAR'S DAY

Free Skate and
Hot Chocolate
and Cookies



Kilkenny Skating Rink 14910-72 st

Evansdale Community League

Annual General Meeting
February 18, 2026
@ 7:00PM

Please join us in-person
Evansdale Rink Shack
(9111 150 Avenue)



Evansdale Community Snow Angels



Do you live in Belle Rive, Eaux Claires or Evansdale
and need assistance with your snow removal this winter?

If you are a senior or have mobility/disability issues (age and ability level will be inquired)
please contact **Evansdale Community League!**

Contact Shawna
Email: coolwheelspi@hotmail.com

Less waste, more joy

During the holidays, Edmonton households produce nearly double the waste compared to the rest of the year. A growing number of residents are taking easy steps to reduce waste while still enjoying a fun and fulfilling season with friends and family.

Here are a number of simple changes Edmontonians can make this holiday season to reduce waste:

Explore new ways of gift-giving. Opt for experiences, like a night out or a new subscription, to eliminate non-recyclable items like gift wrap and ribbons. Thrifting is another great way to give without creating new waste.

Support local. Sourcing gifts from local vendors can help reduce excessive packaging and greenhouse gas emissions from transporting goods.

Visit the Waste-Less Holiday Market at the Reuse Centre on Saturday, December 13 from 10 a.m. to 3 p.m. for locally-made gifts, thoughtfully crafted with waste reduction in mind.

Optimize your holiday meals. Mindful meal planning helps avoid food waste. Plan menus in advance to reduce excessive leftovers, use everyday cutlery and diningware instead of disposables, and only open what you need. (Bonus tip: Donate unopened treats and pantry staples to a food bank.)

Properly sorting waste is also important as it helps keep waste out of the landfill, keeps staff safe and helps ensure operations run efficiently.

Tips for proper sorting:

- Use the WasteWise app to find out what goes where. Find the app on edmonton.ca/WasteWise or download it for free from Google Play or the Apple App Store.

- Follow the WasteWise guidelines to safely dispose of batteries, broken string lights and other hazardous materials. Batteries and e-waste should never be placed in the garbage. Remember—if an item makes noise, lights up or connects to the internet, then it must be disposed of at an Eco Station.

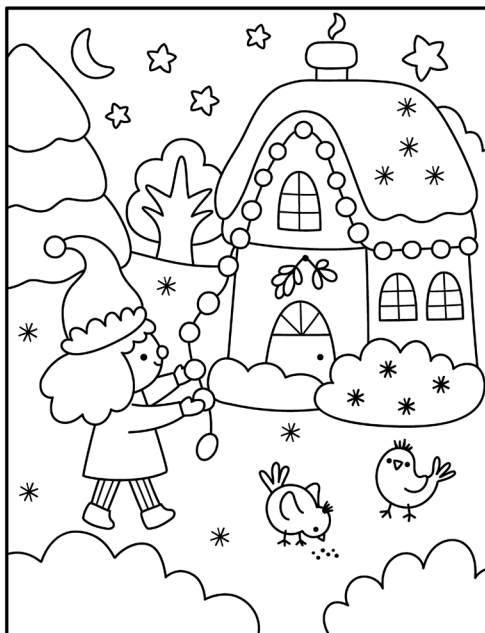
- Download and save a What Goes Where (WGW) poster for easy reference when cleaning up. Both a curbside and an apartment and condo WGW poster are available.

Reducing waste during the holidays supports the waste-reduction practices and goals established in the 25-year Waste Strategy, helping the City to continue to deliver efficient waste services.

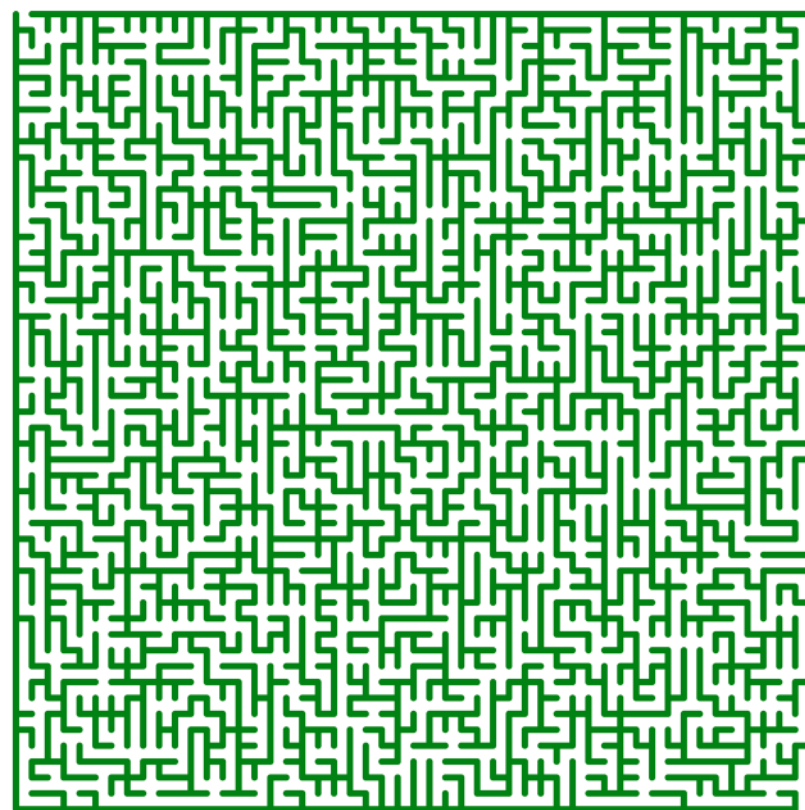
For more information:

edmonton.ca/WastelessHolidays

Spot 10 differences



Maze Game



HOPE IS HERE

(COME SEE FOR YOURSELF)

Church Service - Sundays @ 11am
Northgate Lions Recreation Centre
7524 139 Ave NW

np.church/northeast

A festive illustration for a community Christmas dinner. It features two people in holiday attire dancing around a decorated Christmas tree under a string of colorful lights. The text "You're invited to our Community Christmas Dinner" is prominently displayed in the center.

**You're invited to our
Community Christmas Dinner**

Cost \$10 per person • Please RSVP by Dec 7
All ages welcome.

Northgate Lions Recreation Centre
7524 139 Ave NW, Edm, AB T5C 3H7
np.church/northeast @northpointe.ne

An advertisement for Indra de la Cruz, a real estate agent. It features a photo of Indra smiling in front of a modern house. The text "RE/MAX RIVER CITY" is overlaid in large, bold letters. Contact information is provided at the bottom in a dark banner.

Indra de la Cruz Let's make an appointment
★★★★★

RE/MAX RIVER CITY

780-904-8281 homesale@indracruzrealtor.com

CONTACT NOW

Teachers love lively participation in ELLA classes

By Kathy Kerr

Learners on both ends of the age spectrum have a lot in common, including enthusiastic curiosity, says writer and instructor Marty Chan.

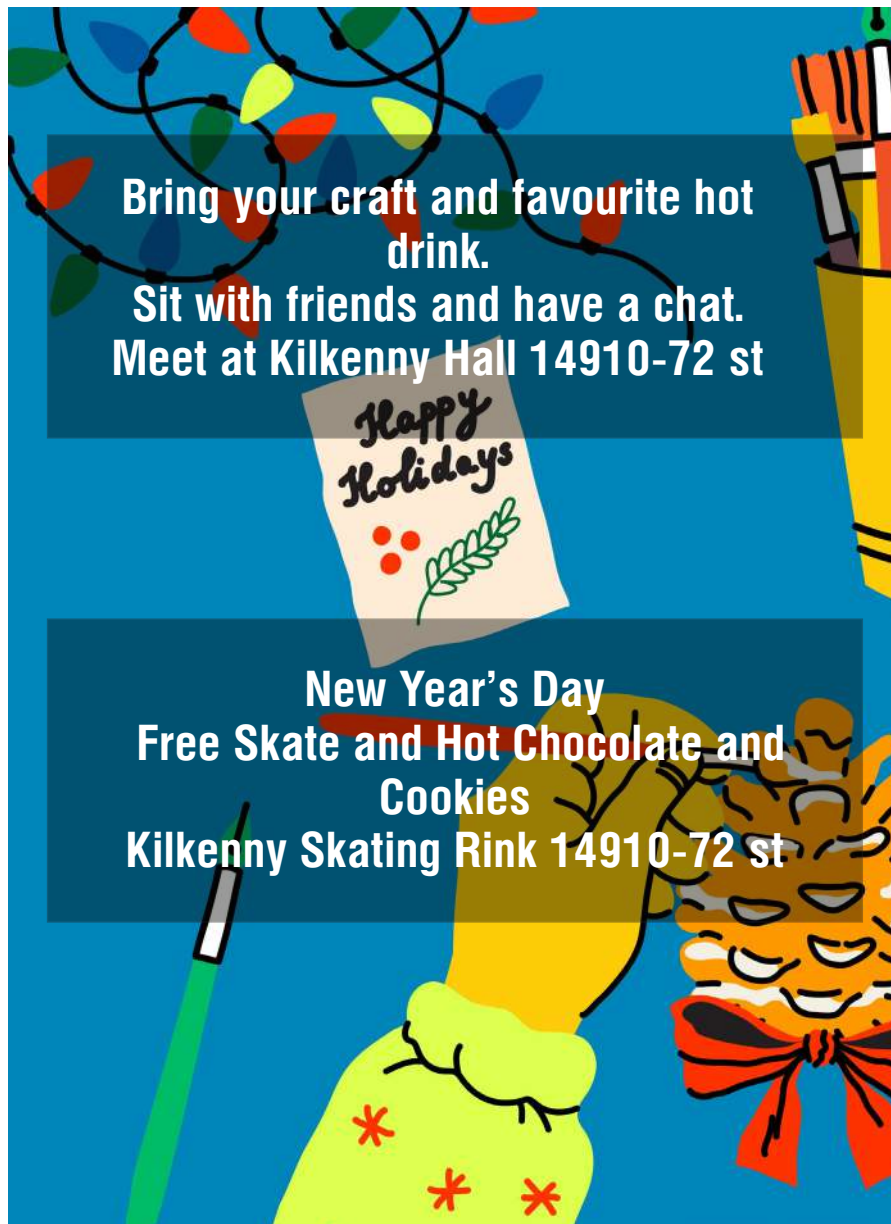
The award-winning children's book author is teaching The ABCs of Writing for Kids for Edmonton Lifelong Learners Association's online session, one of 17 courses offered by the organization this winter.

Students at ELLA, which offers classes for those over 50, are ready with as many questions as the elementary school kids he usually teaches, Chan says.

His class will cover basics, such as character and plot development, and topics such as crafting a voice which will grab the younger reader. Chan says students have a variety of motivations for taking the class, from telling stories to grandkids to publishing a book.

ELLA's winter session course topics range from art to politics, Zumba to psychiatry.

Registration for ELLA's Online Winter Session begins Dec. 2, with classes starting Jan. 12. For course information and more details, visit my-ella.com.



**Bring your craft and favourite hot drink.
Sit with friends and have a chat.
Meet at Kilkenny Hall 14910-72 st**

Happy Holidays

**New Year's Day
Free Skate and Hot Chocolate and Cookies
Kilkenny Skating Rink 14910-72 st**



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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



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.

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 freshest. 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 options 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 packing. 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](https://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."

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

Pickleball at Evansdale

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

Rick and Skating Oval at Evansdale

Please visit our Facebook page and website for up-to-date information about winter season and opening dates (weather permitting)
<https://evansdale.ca/programs-events/skating/>

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

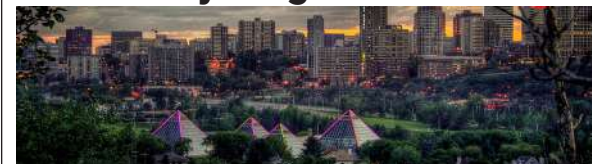
\$15 Single Family/ Senior Couple

\$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

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

CONTEST!

Evansdale Community League wants to hear from you!

We want to know what you would and would not like to see on our online social and printed media.
(Facebook, website and Northeast Voice)

- ♦ What would you like to see **LESS** of?
- ♦ What would you like to see **MORE** of?
- ♦ What would you like to see that you haven't seen from us before?

Please send us your thoughts via email to newsletter@evansdale.ca and be entered into a draw for a \$25 gift card of your choice!

*one entry per email address
*you must reside within our community boundaries
*Bonus entry if you have a current membership

Overcoming the barriers of fruit and vegetable intake

Did you know that since 2015, intakes of vegetables and fruit by Canadians have been steadily decreasing? Only 16 per cent of Albertan men consume vegetables and fruit five times or more per day.

Most people know that vegetables and fruit are good for their health.

Research has shown that men identified the following barriers to getting enough vegetables and fruit daily: lack of time, taste and cost. Read more to find out about these obstacles and tips on how to incorporate more fruit and vegetables in your daily life.

Lack of time

Having a busy schedule, whether it is due to work, family, or other daily activities, may make it difficult to plan, shop for, and prepare healthy meals and snacks. The following tips provide ways to add vegetables and fruits into your daily diet, without making meal preparation too overwhelming.

• Plan ahead:

Look at your schedule at the beginning

of the week and brainstorm meal and snack ideas for the week.

Choose vegetables and fruits that can be used for multiple meals in that same week to reduce waste. Try filling of your plate with vegetables and fruits at every meal.

Feeling like you have no time to cook?

Try preparing your meals in bulk on your days off for the week ahead. This way, you can come home after a busy day to a completed meal full of vegetables.

• Grocery shop with ease:

Make a grocery list and stick to it. This may reduce food waste and additional grocery trips.

Buy vegetables, fruits, and other ingredients needed for your meals and snacks ahead of time so you have enough for the week ahead.

To reduce food preparation time, try pre-cut or pre-washed vegetables such as baby carrots and spinach or frozen

mixed vegetables.

• Prepare:

Place washed and cut up vegetables in containers to always have options ready to go

Add it to your breakfast: berries on cereal/oatmeal, vegetables to omelets, spinach to smoothies.

Add it to your lunch or dinner: broccoli to macaroni and cheese, peppers and mushrooms on pizza, extra vegetables in stir-fries.

• Try new cooking methods and textures

Roasted: Roasting is a slow cooking process that uses dry heat (like an oven) at high heat to cook and create browned edges on the food. Try roasting broccoli and topping it with parmesan cheese or thinly slicing sweet potatoes into fries.

Pureed: Pureeing changes the textures of solid foods by turning them into a smooth texture with no lumps. Use a blender or food processor to puree berries into a sauce or squash into a soup. Steamed: Steaming uses indirect heat from hot steam to cook food. Try steaming frozen or fresh corn and add it into a dish.

Grilled: Grilling is a quick cooking method that uses direct heat at a high temperature. Try placing mushrooms and peppers on a skewer and placing them on your BBQ or even place them directly onto the grill.

Sautéed: Sautéing uses a hot pan with a small amount of fat over high heat while constantly stirring the food. Use chopped onions, broccoli and carrots with some olive oil to add into your next meal.

• Add some flavour

Drizzle olive oil or lemon juice, and add herbs or garlic to vegetables

• Pair with foods you enjoy

Add bananas, apples, or berries into pancakes

Add carrots, zucchini, or apple into muffins and loaves

Add mushrooms or peppers into your favourite omelets

Add tomato and lettuce to a burger

Cost
With grocery prices rising, it can be difficult to incorporate vegetables and fruit into your diet. Check what you have at home in your pantry, fridge, and freezer before going out to buy more vegetables and fruit. See if you can use what you already have.

Plan your shopping trips and compare prices with different grocery stores to find the cheapest products. Some stores will even match a lower price product found at a competitor's store. Compare brand names, as some popular brands may be more expensive than a generic brand. Look for grocery stores with discount days, where you can save money off your total grocery bill. Fresh, frozen, and canned vegetables and fruits are equally healthy options. Research fresh produce in season or choose frozen and canned options for lower prices of your favourite vegetables and fruits. Choose items with close best before dates if you can use it within the date, as they may price it lower.

Store food properly. Storing vegetables and fruit properly will reduce waste, prevent extra grocery store trips, and save you money. Some vegetables and fruit should be stored at room temperature, while others need to be refrigerated. Freezing produce can allow them to last longer and to be used at a later time. Visit Canada.ca/FoodGuide and search "Storing Vegetables and Fruits" to find out more information.

Find more resources on healthy eating including meal planning, recipes, and grocery shopping tips at HealthyEatingStartsHere.ca.

Find more tips on incorporating vegetables and fruits into your diet at Canada.ca/FoodGuide.

Evansdale Community League Swim

Show your valid 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	
Facility closed for maintenance November 3, 2025 to January 9, 2026	
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

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

Denture Specialist - Over 35 Years Experience

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R. Lucyshyn DD

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*Some conditions and restrictions apply.

www.londonderrydentureclinic.com

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www.communityleagueneews.com

Northeast Voice December 2025 7

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