

NORTHEAST VOICE

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

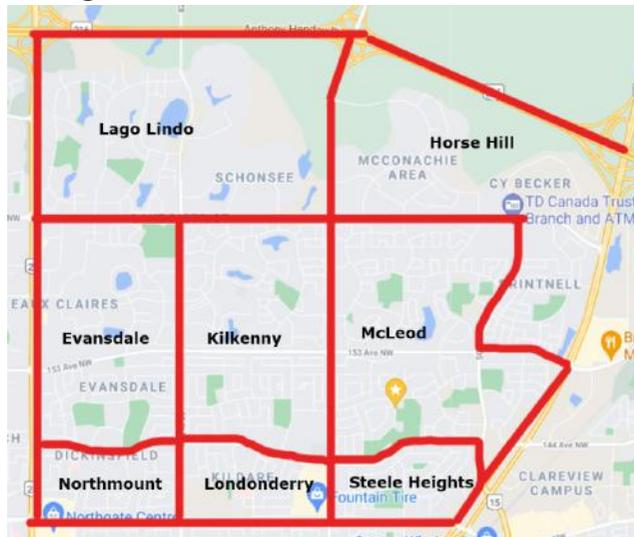
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Which Community League is Mine?

Many residents of Northeast Edmonton are not clear on what Community League's boundaries they reside in. This can be confusing. Older Leagues such as Steele Heights, Londonderry, and Northmount only include one or two neighbourhoods. McLeod, on the other hand, encompasses 5 neighbourhoods dissected by two major roads. The Edmonton Federation of Community Leagues has a site that allows residents to search their league by postal code. (<https://efcl.org/league-search/>)



Seven of the Leagues within Northeast Edmonton meet and conduct area-wide business at the Area 17 council. Those Leagues are Evansdale, Kilkenny, Lago Lindo, Londonderry, McLeod, Northmount, and Steele Heights.

These Leagues have the following boundaries:

Northmount is the area north of 137 Avenue up to 144 Avenue and from 97 Street east to 82 Street.

Evansdale comprises the area north of 144 Avenue up to 167 Avenue and from 97 Street east to 82 Street. This includes Evansdale, Eaux Claires, and Belle Rive.

Lago Lindo includes the area north of 167 Avenue to

Anthony Henday Drive and from 97 Street east to 66 Street. This includes Lago Lindo, Klarvatten, Crystallina Nera, and Schonsee.

Londonderry includes the area north of 137 Avenue up to 144 Avenue and from 82 Street east to 66 Street. Kildare falls within these boundaries as well.

Kilkenny includes the area north of 144 Avenue up to 167 Avenue and from 97 Street east to 66 Street. This includes Kilkenny, Mayliewan, and Ozerna.

Steele Heights includes the area north of 137 Avenue up to 144 Avenue and from 66 Street east to 50 Street/

Manning Drive. This includes Steele Heights and York.

McLeod includes the area north of 144 Avenue up to 167 Avenue and from 66 Street east to Manning Drive (adjacent to Miller) and to 50 Street (adjacent to Hollick-Kenyon). This includes Caselman, Hollick-Kenyon, Matt Berry, McLeod, and Miller.

Horse Hill, which is not a member organization of the Area 17 Council, spans both sides of Manning Drive. Brintnell, Cy Becker, and McConachie are all part of Horse Hill.

The attached map shows the boundaries for each league.

Kilkenny Community League General Meetings

Become a part of your community and get involved! Board meetings are held the second Tuesday every month (excluding July & August) from 7:00pm – 9:00pm in the Meeting Room of Kilkenny Hall.

Gas Mains Replacement in McLeod

In the summer of 2019, a contractor working for Atco moved several gas mains in McLeod from back-of-house service to front-of-house service.

Two years later, many of the road repairs conducted by this contractor are showing

obvious deficiencies, as can be seen in the attached photo. If you have a street repair in front of your house resulting from this project where there is an obvious dip, please call 311 and inform them.

We have been trying to get the City to take action to get

the contractor to complete their repairs, but the City needs to hear about each case. If these do not get repaired properly, our concern is that the holes continue to sink and that all roads need to be repaired in a few years at taxpayer expense.

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MCLEOD DANCE

We offer dance training in a variety of dance genres including; Ballet, Hip-Hop Jazz, Lyrical, Mini-Movers, Modern, Tap, Adult Hip-Hop, Adult Jazz & Adult Tap.

EVERYONE DESERVES THE OPPORTUNITY TO DANCE AT AN AFFORDABLE RATE.

SCAN ME

Northmount, Beyond COVID

At this time, we are asking members to seriously consider volunteering for board positions. The community league can only be run with YOUR help. All programs and functions have been on hiatus because of provincial health restrictions, but when COVID restrictions change, and social gatherings and sports start to resume, we will need



to have plans for programming and events in place. We desperately need help from community members for this!

Evansdale Community League News

Serving: Evansdale – Belle Rive – Eau Claire



Evansdale Community League Board & Committees

Address: 9111 - 150 Avenue, Hall Phone 457-0948
 Mailing address: Box 71023 Northwood Mall Post Office, Edmonton, Alberta T5E 6J8
 E-mail address: www.evansdale.ca

Jeff Muiselaar	President	780-478-1759	president@evansdale.ca
Shawna Walsh	Past President	780-237-2169	pastpresident@evansdale.ca
David Dodge	Director of Sustainability	780-478-6162	sustainability@evansdale.ca
Vacant	Soccer Director		soccer@evansdale.ca
Arrey Tabot	Treasurer	780-604-7072	treasurer@evansdale.ca
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Shawna Walsh	Bingo Director		bingomanager@evansdale.ca
Jeff Muiselaar	Programs/Sport Explorers Director	780-478-1759	programs@evansdale.ca
Jim Ragsdale	Director at large		
Yi Louise Liu	Newsletter & Social Media	780-952-0580	newsletter@evansdale.ca
Jeff Muiselaar	Area 17 Representative	780-478-1759	pastpresident@evansdale.ca
Shannon Moses	Belle Rive/Poplar Park Sign Volunteers		signs@evansdale.ca
Jim Young	Evansdale Sign Volunteer		signs@evansdale.ca
N/A	Eau Claire Playground	780-641-6171	ecbr@evansdale.ca
Terri	Hall Rentals	780-478-4444	hallrentals@evansdale.ca
N/A	Skating Rink	780-478-2577	
Cassandra Rijavec	Club Coordinator, Boys & Girls Club/Big Brothers Big Sisters	780-822-2560	Cassandra.Rijavec@bgcbigs.ca

Visit Our Website and Facebook Page

Get the latest information, our most recent newsletter, contact information and lots

of other great stuff! Also get involved, join us on Facebook! Website: www.evansdale.ca

Facebook Page: www.facebook.com/evansdalecommunityleague

Home for Heroes

Our Objectives

Our Homes For Heroes tiny home village will provide a complete solution to veteran homelessness in Edmonton by:

- Creating a unique and innovative urban community to house veterans in need;
- Establishing a full-service program to assist with the re-integration of veterans returning to civilian life;
- Fostering a sense of pride and camaraderie amongst residents in the greater community; and,
- Commemorating members of the Canadian military and honouring their legacy.

9320 ATCO Village Overview

9320 ATCO Village, located at 9320 152A Avenue NW, Edmonton ("the Property"), will be owned by Homes for Heroes Foundation ("the Owner"). The property will have 20 tiny homes to house military veterans and will include an amenity building, on site councillor office, and community gardens. The property will be operated

and managed by the Homes For Heroes Foundation ("the Operator"). Homes For Heroes Foundation is a not-for-profit organization and is a registered charity with the Canada Revenue Agency. Homes For Heroes Foundation is committed to maintaining a Good Neighbour Plan for our property.

Evansdale League Community Sign

Homes For Heroes worked with the City of Edmonton to complete the relocation of the existing Evansdale League Community sign.

Future Pedestrian Cross Walk at 153rd Avenue

The City of Edmonton Traffic Safety Team has confirmed that a pedestrian crossing located at 153rd Avenue was included in their 2021 program. The City has advised that the expected date of installation is closer to the end of the year.

On Site Construction Phase

Construction at 9320 ATCO Village is anticipated to commence in the spring of 2021 (pending weather conditions). Tenant occupancy is anticipated to occur in fall 2021. PCL Construction will professionally manage and direct all construction activities on the site. A Tree Preservation Plan has been developed in consultation with the City of Edmonton and will be adhered to.

Resident Admissions and House and Guest Guidelines

Individuals will live independently in their tiny homes with access to on-site case management supports as needed. The tiny home village will provide rental housing; 9320 ATCO Village is not a special care facility, shelter, or custodial care facility. Highlights of the Residential Tenancy Agreement which residents residing in 9320 ATCO Village will be required



to enter into include payment of pre-determined monthly rent, adherence to a Tenant Code of Conduct, adhering to noise curfew times, and participation in case management. Access to the property will be controlled. Residents will have individual keys to their units. All guests will be required to sign in and follow village rules.

Aggressive behavior towards staff, other residents or community members, and surrounding property will not be tolerated and may result in the immediate termination of the Residential Tenancy Agreement.

Property Management, Repairs and Maintenance

The Operator maintains a database of reputable contractors who will continue to ensure the property remains

in good repair.

The operating budget includes repairs and maintenance and capital reserve expenses to ensure that the property will remain in good repair.

Property maintenance such as grass cutting and snow removal will be managed by the Operator.

Staffing and Parking

There will be staff at the property from 9am to 5pm during weekdays. Staff parking is provided in the parking lot located on the property. Additional parking stalls are provided on site for guests.

Maintaining Neighbourhood Relations and Security

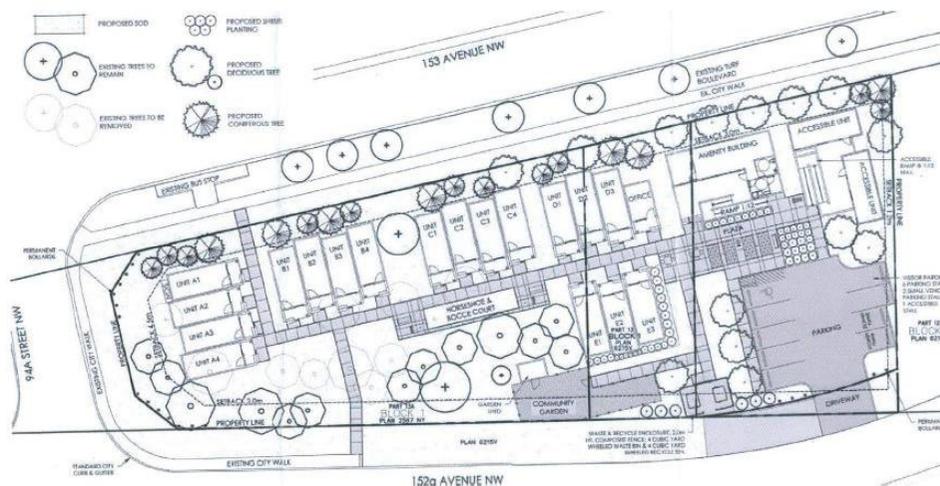
The Homes For Heroes Foundation and the Evansdale Community League are committed to keeping communication lines with all the par-

ties and the neighbourhood open.

Should significant aspect of operations change (including the contact names and numbers), all parties will be notified of the changes by email. If the Evansdale Community League experiences a concern with the operation of the property, the Operator should be contacted (contact information provided below).

All concerns or complaints regarding the attitude or behavior of residents at the property will be dealt with within a period of 2 business days.

All other concerns of an operational nature will be dealt with in an expedited manner, with all reasonable efforts made by the Operator. Video surveillance will be provided on the property.



CONTACT INFORMATION

PCL - Construction Manager	Evansdale Community League	Homes for Heroes Foundation
During On Site Activities		edmontonvillage@h4hf.ca
780.733.6000	780.423.7495	403.452.0888

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How to Stay Calm in Stressful Situations



A Strategy Guide to Remain Cool When Your World Seems to Tense Up

As we continue to deal with the pandemic and its related issues for the second consecutive year, it is only natural to feel stressed from time to time – and you might even notice that you are not alone: your family, friends, colleagues, and community members seem to be stressed occasionally as well. How do we remain calm in a world that has so many uncertainties, so that we can be supportive of those in our lives better?

As someone who has gone through supporting spouse' deployment in overseas, loss of a parent and loss of a family pet all through the first year of pandemic, I have utilized all of the following strategies to stay calm so that those in my life – my family, friends, colleagues, stakeholders and community can still count on me. Which of these strategies will you try?

Breathe

One thing I do to stay calm that produces immediate result is to breathe, or to take deep breaths to be exact. I make sure that I focus on taking deep breaths – deeper and slower breaths from my stomach to expand my chest cavity and out through the nose, comparing to the shallow and

rapid ones I default to when stressed. I usually notice the difference it makes within minutes of this conscious exercise. If I find myself stuck in a situation where I have to be mindful of others' presence, I try to tap into a peaceful place while doing deep breathing exercise. Try this next time when you are waiting in line to get into the newly opened Costco Business Centre.

Start your day with

Start your day with fill-in-the-blanks – for me personally, I try to start my early mornings with a workout. The dopamine and endorphins my morning exercise regime helps produce make me happy and stress-free for the majority of the morning when I usually schedule to get important tasks done. The sense of accomplishment from getting that important task done will get me happily through the rest of the day. For others, that fill-in-the-blanks can be a meditation or a walk to Tim's to get coffee. The point is to start your day with a routine that works for you. And develop a sense of stress-free state to carry you through the rest of the day.

Self-compassion

Take care of yourself. Take care of yourself as you would someone you are responsible for helping. Both physically and emotionally. Be kind to

yourself. Try this exercise the next time when you have the opportunity – politely say no without explaining yourself.

Focus on your own energy

Whenever I get off a phone call with an upset caller or finish an interaction with someone who seems stressed, I take a moment to remind myself that behavior is about their energy, not mine. I have learned to distinguish between the two and made conscious efforts to focus on my own. I have noticed that I am less stressed after stress-inducing situations when I take a moment to focus on my own energy.

Offer your solution

There are work-related situations where I am on a call with someone who sounds upset. I first remind myself that is about them, not me. Next, I listen – listen tentatively, without talking over them or passing on judgement when their emotions are running high.

Then, I offer my solution. I find it truly satisfying and de-stressful to de-escalate a stressful situation. It is empowering to offer your solution to solve a problem – try it next time.

*Submitted by
Yi Louise Liu
Evansdale Community
League Communication Co-ordinator*

Maylewan Residents Letter

To: Pat Stein & Maxine Piche.

I just wanted to comment on a well-written article you submitted to the Northeast Voice re: Jon Dziadyk's letter. It was informative and concise and sounded like he was
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being held to account. Well done.

I live in the Maylewan area. I was a bit shocked to see a bench with Jon's name on a metal plate.

I emailed him to ask if he had paid for this personally.

He replied he had not, that it came out of a separate account they get for other expenses. He indicated he thought it was a nice touch. I replied I did not agree.

*Shirley Napora
Maylewan resident*



Evansdale Easter Coloring Contest Winner!

We thank all our young talents who have submitted their work this year. It is a tough decision, and we are excited to announce that the winner of 2nd Annual Evansdale Easter Coloring Contest is – Holly! We will be in touch with Holly's parents for the safe delivery of the prize.



McLeod Soccer Registration Continues

Age Group	Soccer Fee	Game Night
U5	\$75	Monday
U7	\$85	Tuesday
U9	\$110	Wednesday
U11	\$135	Thursday
U13	\$140	Monday
U15/U17	\$140	Tuesday

The government has moved back to stage one of their reopening plan. They are scheduled to provide an update on April 30. This has forced CSGA to rethink their outdoor program. Discussions are underway looking at options to allow community members to participate in

soccer this season. 2021 outdoor soccer fees are as follows and are subject to change based on government restrictions. Please see CGSA.ca for the most current fees.

We will most likely be short coaches so please consider coaching. Coaching younger

age groups is about making new friends, having fun and snacks.

Feel free to contact me at soccer@mcleodcommunity-league.ca or contact CGSA at info@cgsa.ca if you have any questions or concerns.

Todd, McLeod Soccer Director

Sweet Bins

You might have noticed some small additions on your walks around Edmonton-Manning recently.

Hopefully these little bins will help make it easier for us to clean up after our pups this Spring. There are 12 of them spread out over the area so hopefully you'll find one when you need it. Take-A-Bag, Leave-A-Bag or call my office for a refill. Thanks to our neighbours for helping choose the locations!

Heather Sweet, MLA for Edmonton-Manning 780-414-0714, edmonton.manning@assembly.ab.ca



Automated waste collection begins in Edmonton

Residents in phase 1 of cart delivery should set their carts out for collection on their designated collection day starting this week. Edmontonians will now need to sort their food scraps and yard waste and set them out in their food scraps cart for collection. In sorting their food scraps, which can be made into compost, Edmontonians will help reduce greenhouse gas emissions. The rest of the city will transition to the new way of sorting and automated collection throughout the spring and summer until cart delivery is complete in August. Residents in other phases of cart delivery should not set out their carts for collection until their first

cart collection day. First collection day and phases can be found in the calendar and City map that accompanies cart delivery, the WasteWise app or at edmonton.ca/waste.

"We have waited for automated collection for many years, and this is a major milestone for Waste Services, especially for our waste collectors whose jobs will be improved by the new program," said Jodi Goebel, Director, Waste Strategy. "Not only will this new automated collection make our waste system more efficient and help divert more waste from landfills it will also improve collector safety."

The new carts are emptied by automated collection trucks

using a mechanical arm, which means collectors won't have to lift heavy cans. This new waste system reduces injuries and physical strain on waste collectors that currently lift about 20,000 kg of waste per day.

Edmontonians are asked to do their part when it comes to sorting and proper set-out to make sure the waste collectors can continue to safely pick up everyone's waste. On collection day, in order for the new automated collection trucks to grab, lift and return the carts safely and neatly, carts should be placed: At least 1 m (3 ft.) away from other carts, structures, snowbanks, bags or other objects. Visit edmonton.ca/waste for more info!

The Importance of Parks and Open Spaces



Edmonton's parks and open spaces are part of our city's identity. Over the last year, in the midst of the COVID-19 pandemic, our parks have offered us a safe and healthy way to connect with the people we care about, connect with nature and stay active.

Residents came out in droves to city parks as a safe escape during the COVID-19 pandemic. Compared to 2019, many river valley parks and trail systems saw a 100 per cent increase in users.

The shared pathway on River Valley Road saw 199,196 users from June to September, 2020, compared to 91,948 during the same time frame in 2019.

The Rosedale Trail or shared pathway saw 117,740 users from June to September, 2020, compared to 60,207 during the same time frame in 2019.

The Gold Bar Trail saw 196,958 users from June to September, 2020, compared to 53,744 during the same time frame in 2019.

As our City grows to eventually welcome two million residents, the demand for parks and open spaces will only increase. That is why we are planning for the future, today. During the 2021 construction season, the City will renew Confederation District Park, Emily Murphy Park, Gold Bar Park, Hermitage Park and Glengarry District Park. The City will also build or renew 14 playgrounds and plant six thousand trees through the Urban Tree Canopy Expansion Project. The City is planning for future parks, including Warehouse Campus Park, a park that will provide

a much-needed urban green space to address the needs of current and future downtown residents, students, workers and visitors to our downtown.

2021 Naturalization: 150 hectares of stormwater management facility land

Alongside plans for future parks, the City is also planning the future of naturalized spaces in Edmonton. This year, 150 hectares of land around stormwater management facilities throughout the City will begin their conversion to naturalized sites. In these areas specifically, naturalization helps protect the banks of stormwater management facilities, like wet ponds, from erosion and captures rainwater. It also reduces stormwater runoff and reduces the risk of flooding.

Naturalization increases habitat and food sources for plants, birds, wildlife and beneficial pollinators, like bees and butterflies, and increases areas for planting trees and shrubs which in turn provide benefits to residents such as windbreaks, shade and beauty.

2021 parks and open space service levels

Our approach to service levels this season will be improved compared to early summer 2020 when the City faced sudden impacts of the pandemic. With these adjustments, although they are not the same as pre-pandemic levels, crews are working within allocated resources for this year.

Turf maintenance throughout parks will be completed on a 10-14 day schedule, except for premier parks and sports fields which will continue to be maintained on

their 7-10 day cycle. At the start of last year, as a result of the pandemic, turf was maintained in parks on a 21-day cycle, before service levels were increased to a 14-day cycle in July.

Edmontonians showed their community spirit last year by mowing grass in areas with longer grass. However, for safety reasons the City does not encourage the public to mow City-owned parks. There are several other ways residents can get involved in programs that support Edmonton's natural environment and beautification of green spaces.

Crews are also sweeping trails to remove any gravel, sand or debris. These trails will receive periodic sweeping during the year if there is too much debris or sand. For the summer months, litter will be collected from garbage cans located along trails twice per week.

For a complete breakdown of service levels for parks and open spaces, including trails, outdoor City maintained sports facilities such as ball diamonds and running tracks, turf, horticulture shrub beds, and weed control, visit edmonton.ca/ParkCare.

Parks are a treasured and vital resource for Edmontonians. Those enjoying our parks and open spaces this spring and summer are reminded to spread out, make use of the many parks and amenities available in your communities and throughout the City, and follow all COVID-19 related restrictions and requirements. For more information please visit Building Edmonton: building.edmonton.ca

How to build resilience

Resilience is an inner strength that helps you bounce back after stressful situations. When you are resilient, you may recover more quickly from setbacks or difficult changes, including illness.

Developing resilience begins with simple actions or thoughts that you practice, such as planning for what you'll do next and learning to accept change.

Being resilient doesn't mean that you find it easy to deal with difficult or stressful situations or that you won't feel angry, sad, or worried during tough times. But it does mean that you won't feel so overwhelmed. You'll be less likely to give up and more likely to cope with stressful situations in healthy ways.

Why is resilience important?

Part of resilience is how you think. Your mind can have a positive or negative effect on your body. For example, negative emotions such as worry and stress, can cause tense muscles and pain, headaches, and stomach problems. But having a positive outlook on life might help you better han-

dle pain or stress than someone who is less hopeful.

How can you build resilience?

People who are resilient often work to have a positive outlook on life. It may take gradual, small changes in your outlook on life and careful self-evaluation. You may be able to begin this shift on your own. A counsellor or therapist can also help you.

Here are some tips to get started:

Change how you think.

Accept that things change.

Look at change as a challenge rather than a threat.

Examine how and why you feel the way you do when things change.

Expect things to work out. You can't change what happens, but you can change how you feel about it.

See the big picture.

Find the positive in stressful situations and learn from the situation.

Look for things to learn. Difficult or emotional situations can teach you about yourself. Look to the future, and ask yourself how the stressful event might help you.

See the funny side of bad situations.

Change how you act

Seek out interactions with people who make you feel better.

Build relationships that are solid and loving with your family and others. Help them, and don't be afraid to let them help you.

Develop a support network.

Believe in yourself and the things you can do.

Solve problems. Look at all aspects of a problem, and brainstorm solutions. Ask friends for suggestions.

Do things to gain self confidence and build self-esteem. For example, list the things you've achieved in your life or those that make you proud.

Take good care of yourself.

Do things that you enjoy. Have a good meal. Laugh with your friends. Know what's important to you.

Try relaxation techniques such as deep breathing and guided imagery.

Talk about how you are feeling, and manage your emotions.

Be thankful for the good you see around yourself.

More Safety and Security coming to transit

The City of Edmonton, Edmonton Police Service (EPS) and community partners are continuing to take an integrated, multi-layered approach to further enhance safety and security on transit with a goal to create safer outcomes and support across the system.

In February and March 2021, additional security guards were deployed at select transit facilities to provide extra surveillance and support, and liaise directly with the ETS Control Centre for further security, as needed. They proactively identify and report issues for follow up. Data from March 2021 indicates that over 80 per cent of incidents on transit are related to: loitering, not wearing a mask or face covering and trespassing, and less than one per cent of offences are against another person. Furthermore, in early March, the EPS Community Engagement team, along with Centre High students, began public engagement sessions at some transit facilities to help activate spaces and provide safety information. Sessions occurred

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weekly in March and April. The EPS Crime Disruption Teams also currently deploy proactive policing on the transit system.

Starting in early May, the City, in collaboration with EPS, will be introducing joint operational teams involving additional police officers and Transit Peace Officers who will conduct dedicated, proactive patrols on transit and will be deployed based on intelligence-led data. These teams are in addition to other Transit Peace Officers who regularly patrol the transit network.

"Safety will always be our top priority at the City, and we're continuing to take action, along with our community partners, to help Edmontonians remain safe in our community and on transit," said Andre Corbould, City Manager. "Since the pandemic began, we have been working day in and day out on enhancing safety measures in our public spaces, and we will continue to amplify efforts to keep Edmontonians and staff safe."

"There is a large team of

cross-functional staff working on these security challenges daily, and we are fully committed to providing a safe transit network and transit experience for Edmontonians and staff," said Carrie Hotton-MacDonald, Branch Manager of Edmonton Transit Service (ETS). "Our highest priority is the safety of the community, transit riders and transit staff."

There are many safety features on transit and different ways of being an active bystander to report a concern:

Security guards are onsite at 21 transit centres and LRT stations.

Customers can text/call Transit Watch at 780.442.4900. Texting is a discreet way to report.

Emergency blue phones at all transit centres/LRT stations connect to the ETS Control Centre.

Red push buttons and yellow stripes on trains connect directly to the train operator.

Over 3,800 security cameras monitor transit service across the system.

McLeod Community Safety Director Message

I think Spring is finally here but who really knows here in Alberta. May's Alberta Traffic Safety Calendar focus is motorcycles. If you have a motorcycle it is important to check and see if your registration and insurance are valid and that you have the original registration with you and a copy of the insurance, whether it be on paper or digital copy on your person while riding. Ensure your license plate is up and properly mounted so it is clearly visible. These tips can save you from being stopped, possibly towed, and being issued tickets. I have seen a lot of motorcycles out already and one of my concerns is the amount of gravel that is still on our streets and highways. Riders make sure you are aware of this until street sweeping is completed. And finally, to the rest of us driving, make sure you check your mirrors before changing lanes and not follow too close when a motorcycle is in front of you. We all want to go home safely.

Neighbourhoods

Whether you live in McLeod or any other community, please do not speed in residential neighbourhoods. No one likes watching a vehicle zoom by on their street while they are out working or enjoying time in their yard. Slow down and be sure to watch for any children that might be out and about.

Parking Tips

Unattached Trailers:

You are not permitted to leave your trailer unattached for any period of time on the roadway. The section that covers this under the City of Edmonton Traffic Bylaw #5590 is Section 20. Ticket for this offense is a penalty of \$50.00. Your trailer could be towed as well, at your cost.

On another note, please do not park your trailer on or across your sidewalk. You could be issued a ticket the same as a vehicle parked on or across the sidewalk as I have indicated above. Your trailer, even though it is parked on your driveway, can still be towed at your cost if it is on or across the sidewalk.

Parking on/across sidewalks:

Please do not park on or across sidewalks at any time, this forces pedestrians, including children or parents

pushing strollers, to have to go onto the roadway. The section that covers this under the City of Edmonton Traffic Bylaw #5590 is Part 2 Section 4. Ticket for this offense is a penalty of \$50.00 or it may be issued under the Alberta Use of Highway Rules and Regulations Section 44 (d) which carries a penalty of \$78.00. Your vehicle could be towed as well, at your cost.

Fire Prevention

Fire Bans come and go in the province. Before you light, check <https://albertafirebans.ca/> to determine if there is a ban or restriction in your area. Lighting a fire when there is a ban or restriction can lead to tickets being issued and you could be billed for the cost of the fire service to respond and put out the fire or any damage your fire has caused.

If you are having a fire, let the fire burn down before you plan on putting it out. Spread the embers or ashes around in the fire pit and then add water or loose dirt and stir. Water is preferred. If any wood is still burning, add more water or loose dirt until you can no longer see smoke or steam. Do not bury your fire or leave it believing it will go out on its own. Embers will smolder and can re-emerge as a wildfire, especially if a wind picks up. To ensure your fire is out check and see if you feel any more heat from a safe distance. Do not stick your hands in or too close to the wood or ashes.

If you are a smoker, please do not throw your cigarette out the window of your vehicle. Put it out in an ashtray and dispose of when it is out.

Please make sure that every level of your home has a working smoke and carbon monoxide detector. Test them monthly. Ensure you have a charged fire extinguisher in your kitchen. Never leave your stove unattended while cooking. And please do not put out your cigarettes in plant pots or planters. Too many fires are caused by this.

Distraction Theft

Distraction thieves are skilled pickpockets who use excuses to get close to your body and rob you of your valuables. They generally work in public spaces and often target the elderly, tourists and people who have visited a bank machine or are displaying



valuables on their body. The thief will present themselves as a helpful, friendly person and may act as if they know you, or they may pretend they need your help.

Only carry cash or cards that you need. Keep your purse zipped and your wallet in your front pocket.

Be cautious of people who approach you in public spaces who are being overly friendly or speaking fast.

Be extra careful if you notice something left on your vehicle.

Children in vehicles

Please do not leave your children unattended in your vehicle. Your child could bump the vehicle into gear, open the door and fall out or be victim to be kidnapped or assaulted. These criminals walk among us and look for the easy opportunity to make your children their prey. Believe me, I have seen hundreds of them here in the Edmonton area while they were behind bars.

Family and Partner Abuse

Please contact the Edmonton Police at 780-423-4567 if you are being abused.

Do you feel?

Treated as a child, servant, or possession.

Powerless and embarrassed.

Afraid of your partner.

That you deserve to be physically hurt or mistreated. Isolated.

Does your Partner?

Treat you like a possession or sex object.

Make decisions for you and gives instructions on what to say and do.

Calls you names, insults you at home and/or in public.

Prevents you from seeing friends or family, going out, and or constantly checks up on you.

Threaten to harm or kill you and your children.

Threatens to commit suicide, file charges, or call police on you.

Breaks objects in front of you.

Harms the family pets.

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Due to the ongoing COVID-19 pandemic, our office is closed to the public. Please call or email us and we can assist you remotely.



Chris Nielsen
MLA for Edmonton-Decore

My office is here to help address your questions and concerns with Government of Alberta programs and services, including Alberta Works, AISH and WCB.

Unit 203, 8119-160 Avenue NW
edmonton.decore@assembly.ab.ca
780-414-1328



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- Returning Officers assist candidates, agents, and electors to understand the voting process, and meet with different community groups to communicate voting information, give presentations, or to respond to media inquiries.

For more details or to apply, visit elections.ab.ca/jobs
Elections Alberta is a non-partisan Office of the Legislative Assembly of Alberta

New beginnings and new opportunities in Ward 72

Edmonton Catholic Schools Trustee Sandra Palazzo

Spring brings a message of hope! With new life springing up around us, we thank God for the hope and renewal that He brings to our world and to our hearts and lives.

We are pleased to announce that Edmonton Catholic Schools (ECSD) will be consolidating all its departments, with the exception of Facility Services, to one central location! This will ensure that maximum education dollars will be directed to schools and classrooms rather than to support old and inefficient infrastructure. ECSD has purchased the building known as the 50th Street Atria (9405 – 50 Street), which will bring together more than 300 Division employees under one roof, reducing our administrative physical footprint by 12 per cent. The purchase, which uses only Capital Reserves, will see us saving over a million dollars a year in operational and maintenance expenses.

The Alberta government has released the new draft kindergarten to grade six curriculum. The Government is seeking feedback and now is the time for you to provide your input! You can find the survey on the government of Alberta website: <https://www.alberta.ca/curriculum-have-your-say.aspx>.

As the safety and well-being of all students and staff continues to be our top priority we have moved to online learning for all ECSD students in Grade 7



to 12 due to a significant number of students and staff in isolation at those grade levels, a shortage of teaching staff available to deliver in-person learning, and the substantial rise in COVID-19 cases in the community.

We are grateful for your support as we work together to help prevent the further spread of COVID-19 in our learning communities. Edmonton Catholic Schools is partnering with Alberta Education and Alberta Health Services to offer in-school rapid testing at select schools. The program started as a pilot in Calgary and is now being expanded to 300 schools across the province including Edmonton. Schools are chosen based on a variety of factors, including how prevalent COVID-19 cases are in a school or community.

Screening students and staff can quickly identify people without symptoms who may have COVID-19. This will allow students and staff to isolate sooner and help reduce the spread

of the virus. Rapid screening tests are another tool, along with health measures already in place at schools, to maintain in-person learning.

Our Division will inform parents/guardians and staff when rapid testing is selected at their school. Participation is optional and consent forms will be collected from students who choose to participate.

Our Board continues to advocate for vaccination priority for school-based staff. It is our belief that allowing for teachers and school support staff to be considered front-line workers and be eligible for priority vaccination, would ensure maximum safety for our schools.

Thank you to all our families for sharing your learning intentions for the 2021-2022 school year. We are pleased to share that over 97% of our families have indicated that they plan to return to in-person learning in September.

In closing, I want to take the opportunity to share my appreciation for the continued outstanding dedication of our staff, students, and families for being incredible stewards and ambassadors of our Division during these extraordinary times. I welcome the opportunity to engage with our school communities as I am committed to making decisions that are in the best interests of our students and ensuring the well-being of our Division is at the forefront of all that we do!

Article sponsored by Sandra Palazzo

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Kilkenny Community League News

Kilkenny Community League Memberships

Memberships are sold in person during the spring (March) and fall (September) sports registration dates (please bring proof of address [utility bill or drivers license]). However memberships are sold year round through the Edmonton Federation of Community Leagues (EFCL) website. Membership types and rates are listed there.

Benefits of membership include:

Free community league swim at:

Londonderry Fitness & Leisure Centre, located at 14528-66 Street NW, every Sunday from 4:15 pm – 5:45 pm.

Grand Trunk Fitness & Leisure Centre, located at 13025-112 Street NW, every Sunday from 4:15 pm – 5:45 pm and Fridays 7:15 pm – 9:15 pm.

10% discounted Annual, Multi Admission, or Continuous Monthly passes to ANY City of Edmonton Recreation Centre.

Free outdoor skating at

ANY Community League rink (ensure you have current skate tags).

Free indoor skating at Londonderry Fitness & Leisure Centre, located at 14528-66 Street NW, every Sunday from 4:00 pm – 5:00 pm.

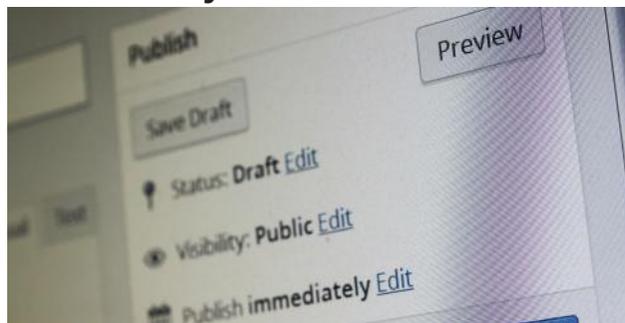
Voting rights at the Kilkenny Annual General Meeting (AGM) held in November.

Please come out and support your community!

If you have any other questions, please email Membership@Kilkenny.ab.ca

Do you have a special content you would like to see??

Do you or someone you have content that you would like in the North East Voice? We would like to hear from you!! Feel free to send in a picture and the appropriate information and we will include it in the next newsletter!! Please send it to Lindsay, Kilkenny Publicity Director at publicity@kilkenny.ab.ca.



Free Big Bin Events are back

Starting May 7th, residents can drop off large, bulky items at one of the City's Big Bin Events. The weekend events will be held at ten locations across the city. This service allows residents to recycle or dispose of household items too large for regular collection—at no charge. Along with the Big Bin Events, the City of Edmonton will hold two free weekend events at Eco Stations for residential drop-offs to help Edmontonians transition to the new cart-based system. Free weekends will not apply to the Edmonton Waste Management Centre for residential drop-offs.

The ten Big Bin Events run from May 7 until September 19 while the two Free Eco Station weekend events for residential drop-offs will be held in June and September. Visit edmonton.ca/bigbinevents and edmonton.ca/ecostations

for dates, times and locations.

All events will adhere to Alberta Health Services safety guidelines. All residents must unload their own vehicles, maintain a safe physical distance and are encouraged to wear a mask.

Please review the list of accepted materials before attending an event. Items allowed include:

couches, chairs, mattresses and other household furniture items too large for curbside pickup
fridges, freezers, washers, dryers and other large household appliances

computers, televisions and other household electronics
grass clippings and yard waste, including branches no longer than 1.2 m (4 ft) and 0.75 m (2.5 ft) in diameter (accepted for free anytime during the year)

tires and scrap metal
excess household garbage

(should not include food scraps or recycling)

All materials will be accepted at no charge including bulky items, appliances and electronics. Household hazardous waste, including paint, varnish, household cleaners or batteries, will not be accepted at Big Bin Events. These items should be taken to an Eco Station for proper disposal at no charge anytime during the year.

Edmontonians are asked to do their part when it comes to sorting to help Waste Services divert more waste from landfill and help keep our City clean. Residents who are unsure whether an item is too large for regular collection can use the WasteWise app. The City thanks all residents for their patience as longer than usual wait times are anticipated this year.

For more information:
edmonton.ca/bigbinevents

Learning more about pulmonary hypertension

World Pulmonary Hypertension Day was May 5.

Pulmonary hypertension is high blood pressure in the arteries of your lungs. It may also be called pulmonary arterial hypertension (PAH).

These arteries carry blood from the heart to the lungs, where the blood picks up oxygen. The walls of the arteries may get thick, which narrows the space inside the arteries. When this happens, blood does not flow as well as it should. Pressure builds up in the arteries. Then your heart has to work harder to pump blood through your lungs.

Pulmonary hypertension may cause heart failure. Heart failure means that your heart doesn't pump as much blood as your body needs. It can happen to anyone at any age, even to young children.

It can be stressful to learn that you have a problem with your lungs and heart. But there are things you can do to feel better and stay as active as you can.

What are the symptoms?

At first, you may not notice any problems. But in time,



you may have symptoms such as:

- Shortness of breath.
 - Feeling tired, faint, or dizzy.
 - Swelling (edema) in your legs, ankles, feet, and belly.
 - Chest pain.
- If you have pulmonary hypertension, stay as healthy as you can:

- Try to avoid colds and flu.
- Get a pneumococcal vaccine shot. If you have had one before, ask your doctor if you need another dose.
- Get the flu vaccine every year.
- If you must be around people with colds or flu, wash your hands often.

• Eat healthy foods, and try to stay at a healthy weight. Healthy foods can help you have the energy you need.

• Do not smoke. Smoking can make this condition worse. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.

• If you're a woman of child-bearing age, talk to your doctor about preventing pregnancy. Pregnancy and childbirth can cause changes in the body that could be life-threatening for women who have this condition.

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**conditions may apply



Northmount Community League News

Northmount Board of Directors as of April 20, 2021

POSITION	NAME	Contact
President	Kim Manzo	president@northmount.ca
Vice President Operations	James Crocker	Vp-operations@northmount.ca
Vice President Programs	Robin Wheatley	Vp-programs@northmount.ca
Treasurer	VACANT	
Acting Treasurer	Margaret Warwick	treasurer@northmount.ca
Secretary	VACANT	
Area 17 Council Rep.	Terry Kitching	
Adult Programs Director	Robin Wheatley	
Bingo Director	VACANT	
Acting Bingo Coordinator	James Crocker	bingo@northmount.ca
Casino Director	VACANT	casino@northmount.ca
Children's Program Director	VACANT	
Civics Director	VACANT	
Communications Director	VACANT	
Acting Newsletter Editor	Michele Crocker	newsletter@northmount.ca
Facilities Director	Sid Plamondon	facilities@northmount.ca
Family Programs Director	VACANT	
Memberships	Robin Wheatley	memberships@northmount.ca
Past-President	Terry Kitching	
Seniors Programs Director	VACANT	
Soccer Director	VACANT	
Adult Wellness Director	Sid Plamondon	

Follow us on Social Media



Do you want to keep up to date on happenings in Northmount?

Join our Facebook page at <https://www.facebook.com/groups/NorthmountCommunityLeague/> Join in the conversations, RSVP to Events we are hosting, and connect with fellow community members. We'd love to see you there!

President's Message



Hello and Goodbye Northmount,

Northmount held its first virtual AGM and it went smoothly! Thank you to everyone who attended and made it possible to continue with the meeting. At the AGM we said goodbye to some Volunteers, but we did welcome Volunteers into new roles to keep Northmount active! So stayed tuned for updates from your new board of directors.

This will be my last President's message to you as my term with Northmount has concluded. It has been great working and meeting people around the neighbourhood during different events and programs at the hall. Sadly, with Covid it has halted a lot of activity but one day soon

events and programs will continue again. I wish everyone the very best and hope to see people around the neighbourhood.

My last act as the outgoing President is to introduce you to Northmount's new President, Kim Manzo.

Kim has passionately stepped into the role to lead the board and community towards its next adventure. Kim has lots of experience to share with the neighbourhood and has lots of great ideas. Welcome Kim!

Thank you again Northmount for some great experiences.

Stay safe, wash your hands and be well!

Meagan Plamondon (she/her)

Our Community Needs you!

"Volunteers don't get paid, not because they're worthless, but because they're priceless." – Sherry Anderson

Northmount Community League recently held our Annual General Meeting, which elects the new board members. These are volunteers who run the community hall, and all programs and events.

Unfortunately, we are very low on volunteers, so we have many positions still open. Filling as many of these positions as possible is necessary to maintain the hall and playground, and to offer programs and engaging events to community members. We are asking community members to PLEASE step up and volunteer; without YOU the community league stagnates.

"Start where you are. Use what you have. Do what you can." – Arthur Ashe

Do you want to live in a vibrant community? One with programs for our seniors and young families? With recreational programs for all ages? With fun and exciting events to attend (once we can)? Then reach out to our new president Kim Manzo at president@northmount.ca You do not need to have experience, just an interest in making your community a

better place to live!

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." – Dr. Seuss

Northmount Community League can only keep the doors open by relying on dedicated volunteers. That is why we need your help!

Board Members meet every third Tuesday of the month, except for July and August – Our meetings are now virtual – you can attend from the comfort of your couch!

Each position will require a different level of commitment depending on tasks required.

We desperately need a Treasurer, Secretary and Bingo Director. These positions are being held temporarily, but the volunteers can only commit a few more months. The Treasurer and Secretary are Executive positions, and the board cannot run properly without all Executive positions filled.

Below is a list of all the open board positions, if something interests you, or you can think of a completely different position for yourself, please reach out to Kim at the email address above, or any current board member through email or on our Facebook Page.

Description of all Positions cur-



rently open this year and length of term.

Secretary – 2 year term

- The Secretary will:
 - attend all meetings of the League, the Board, and the Executive Committee and keep accurate minutes of the same;
 - be responsible for the minute and meeting notice distribution;
 - have charge of the minute book and other records;
 - have charge of all correspondence of the League under the direction of the President and the Board;
 - may have signing authority;
 - is a member of the Executive Committee;
 - have charge of the seal of the

League; and

- in the absence of the Secretary, the Board or the President may appoint another officer to discharge these duties.

Treasurer – 2 year term

- The Treasurer will:
 - be responsible for all financial records of the League;
 - be responsible, on behalf of, or in the name of the League, for all monies collected or otherwise received, issuing receipts, payments of all accounts when properly approved, and keep proper accounts, receipts, and other vouchers of same, and the deposit of funds to the League's bank accounts;
 - report the financial standing at

every Board and General Meeting;

- present at the Annual Meeting an audited/reviewed statement of the financial affairs for the preceding fiscal year;
- review and prepare policy and procedures with respect to the financial matters of the League;
- recommend, in conjunction with the President, an annual budget to the Board of Directors;
- have signing authority; and
- is a member of the Executive Committee.

Bingo Director – 1 year term

- The Bingo Director will:
 - be responsible for the organization, timing and completion of the assigned bingo dates;
 - keep an updated record of and maintain status of volunteer membership lists and other records pertaining to Bingos;
 - ensure compliance with the Gaming regulations;
 - applies for licenses and permits to run Bingos;
 - help recruit volunteer workers;
 - review and prepare policy and procedures with respect to Bingos;
 - report monthly to the Board of Directors; and
 - attend Bingo Association gen-

eral meetings.

Communications Director - 2 year term

The Communications Director will:

- be responsible for the publication of the League's newsletter;
- oversee the delivery of the newsletter;
- be responsible to oversee the maintenance of the League Internet web site and social media;
- arrange for publicity for League events;
- prepare an annual budget for communications and submit it to the Treasurer;
- review and prepare policy and procedures with respect to publicity; and
- report monthly to the Board of Directors.

Soccer/Hockey/Softball/Baseball Director - 1 year term

The Director will:

- be responsible for the organization, timing and completion of the required registrations;
- keep an updated record of and maintain status of volunteer membership lists and other records pertaining to the sport;
- ensure compliance with the Gaming regulations;
- help recruit volunteer workers for the sport teams;
- maintain and organize sport equipment;
- review and prepare policy and pro-

cedures with respect to the Sport;

- report monthly to the Board of Directors; and

- attend required sport Association general meetings.

Civics Director - 1 year term

The Civics Director will:

- be responsible for the organization and communication between the league and the city re: citizen engagement and feedback for city development notices, etc.
- review and prepare policy and procedures with respect to the civics director;
- report monthly to the Board of Directors.

Seniors Director - 1 year term

The Seniors Director will:

- be responsible for the organization, timing and completion of Senior programming;
- keep an updated record of senior programs;
- ensure compliance with the Gaming regulations;
- help recruit volunteers and engage with the community;
- review and prepare policy and procedures with respect to Senior Director; and
- report monthly to the Board of Directors.

Children's Program Director - 1 year term

The Children's Program Director

will:

- be responsible for the organization, timing and completion of Children's programming;
- keep an updated record of children's programs;
- ensure compliance with the Gaming regulations;
- help recruit volunteers and engage with the community;
- review and prepare policy and procedures with respect to Children's Director; and
- report monthly to the Board of Directors.

Family Program Director - 1 year term

The Family Program's Director will:

- be responsible for the organization, timing and completion of Family programming;
- keep an updated record of family programs;
- ensure compliance with the Gaming regulations;
- help recruit volunteers and engage with the community;
- review and prepare policy and procedures with respect to Family Program Director; and
- report monthly to the Board of Directors.

If you want to get involved but do not want to hold a board position, we also have various Chair and Committee positions available that can be created as needed to run specific programs.

Become a Community League Member!!



Community League Memberships are now on sale. Purchasing a membership helps supports the programs that you see being run in your neighbourhood.

Community League's are special to Edmonton. It is a place where community members are understood and valued, and where we can build a great neighbourhood together and advocate for the city we want.

We are inviting you to explore and become involved in your community!

Discover what community can offer to you and your fam-

ily. Create supportive networks and friendships with people who live in your Neighbourhood.

Ensure that everyone living in Northmount feels welcome and a chance to feel that they belong to a community.

Increase safety and security in our Neighbourhood.

Belonging to a community can improve your health.

Discover a place to socialize.

To purchase a membership please contact Robin at 780-473-8634 or purchase online at <http://efcl.org/membership>

The Bus Network Redesign will be in place by time you read this. Hopefully most of the concerns are not as bad as I anticipated.

I attempted to adjust the routes I viewed as a reduction in service. I will continue to work and improve the system.

Please provide me with any and all feedback on this project.

Jon Dziadyk
Ward 3 Councillor

Phone: (780) 496-8128
Email: Jon.Dziadyk@Edmonton.ca
Social Media: @JonDziadyk



Your mental health matters



Your mental health matters. Small steps make a difference. We are all faced with stressful times, especially as we continue to face the impacts of COVID-19. During Mental Health Week, May 3 to 9, Alberta Health Services is reminding Albertans about the small steps they can take for their mental well-being.

Small things can have a big impact on your mental health and ability to bounce back from adversity. Building a healthy routine, limiting media use, and learning to manage your worries as well as mindfulness and other coping skills all can have a positive impact.

Create a healthy routine that can include physical activities like a walk around the neighbourhood, a regular sleep schedule, and self-care strategies such as mindfulness or meditation.

Aiming to include ways to connect with others in a safe way, physical, self-care and productive activities will help you take-charge of your mental wellbeing. Plan out a weekly schedule and identify mini-goals for yourself focusing on your healthy routine. At the end, reflect on what works best for you and commit to making them part of your regular routine.

As part of your routine you can include taking wellness courses such as a free virtual stress management workshop or sign up for Togetherall, an online resource that has self-assessment and courses available to all Albertans age 16 and above.

Resources and supports, such as Text4Hope and Togetherall, are available to help you or someone you know. Just visit www.albertahealthservices.ca/helpintoughtimes. Remember, if you are struggling, you are not alone. There are supports in place to help you.

Talk about your concerns with your family doctor, your partner or someone else you trust. Or call the Mental Health Helpline toll-free 24 hours a day, seven days a week, at 1-887-303-2642.

crossword

animals

The crossword puzzle grid is set against a background of a savanna landscape. The grid has 10 numbered starting points for words:

- 1: Down, 1 letter
- 2: Across, 4 letters
- 3: Down, 2 letters
- 4: Across, 3 letters
- 5: Down, 3 letters
- 6: Across, 3 letters
- 7: Across, 3 letters
- 8: Across, 4 letters
- 9: Down, 3 letters
- 10: Across, 4 letters

Fire restriction issued in Edmonton

Effective April 16th, Edmonton Fire Rescue Services has issued a fire restriction that prohibits open burning and fireworks.

The decision is based in part on the Fire Weather Index (FWI), which takes into account weather data such as temperature, humidity, wind speeds and precipitation, as well as the progressive green-up of vegetation which is yet to occur given the time of year.

Backyard fire pits and recreational cook stoves in parks are allowed, provided they

are used with caution. Backyard fire pits must meet all the requirements of the fire pit bylaw. The City will emphasize compliance over enforcement. However, anyone who does not comply with the terms of this restriction may be subject to fines or charges if the activity causes a safety issue. A resultant fine may also include costs for emergency services.

If this spring continues to provide warm and dry conditions resulting in extreme FWI values, a fire ban may be im-

plemented. A fire ban would prohibit the use of backyard fire pits, cooking stoves in parks, and barbecues using solid fuels such as wood and briquettes.

This restriction will remain in effect until further notice. Edmonton Fire Rescue Services will continue to monitor the Fire Weather Index rating in order to determine the necessary precautions required to keep people safe.

In early spring, there is a heightened risk in natural areas and great caution is nec-



essary by people using these areas. Carelessly discarded smoking material can have a devastating effect in these dry

conditions.

To stay up to date on the fire bans, please visit alberta-firebans.ca

Heather Sweet Thursday June 3rd Paint and Pour Night

- 7 PM - 8:30 PM via Zoom
- Join Heather Sweet and the Edmonton-Manning NDP for an instructor-led paint night!
- All required art supplies and local beverages will be delivered in Edmonton or shipped Alberta-wide
- All ages and abilities welcome!
- Use the QR code to secure your spot



HEATHER SWEET, FOR EDMONTON-MANNING



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1. Offer subject to change without notice, and may not be combined with other offers. Available to new and existing TELUS customers who have not subscribed to Internet, Optik TV, and SmartHome Security in the past 90 days. \$15/mo. for the Smart Automation Plus available to customers who have not subscribed to TELUS SmartHome Security services in the past 90 days and are signing up for Internet and Optik TV services on a new 2-year term, and SmartHome Security on a 3-year term (\$540 savings over three-years). Offer includes Optik TV Essentials, Internet 25, and SmartHome Smart Automation Plus. From months 1-24, a \$15/mo. discount applies to Optik TV, and a \$25/mo. discount applies to Internet. Mobility customers will have an extra \$10/month discount applied to the home services bill for 24 months (or as long as they continue to have eligible home services products). Eligible home services products include TELUS Home Internet 15 and higher, Optik TV, Home Phone or a combination thereof. This is a total discount of \$50/mo. (\$1,200 savings over two years). Current regular price of Internet 25 is \$90/mo. and Optik TV Essentials is \$40/mo. For customers signing up on a 24 months term, the Internet and Optik TV rate plan price is guaranteed to remain the same for the duration of the 24 month term. Prices of features and add-ons such as unlimited internet data, a la carte TV channels/theme packs and premium TV content are not guaranteed during the 24 month term and subject to change anytime. For customers signing up on a 36 months term, the SmartHome Security rate plan is guaranteed to remain the same for the duration of the 36 month term. All prices do not include applicable taxes. \$0 unlimited data offer is only available to customers signing up on a 2-year internet service agreement. Regular pricing (currently \$20 for Unlimited Data add-on) applies at month 25. Minimum system requirements apply. TELUS reserves the right to modify channel lineups and packaging without notice. HDTV input equipped-television required to watch HD. Final eligibility for the services will be determined by a TELUS representative. Downgrading to Lite after accepting a promotional offer will trigger the cancellation fees associated Optik. A cancellation fee applies to the early termination of your internet and Optik TV service agreement, which will be the sum of \$720, declining by \$30, for every month of Internet and Optik TV service and reducing to \$0 at the end of your commitment term. If you cancel a single service (Optik TV or Internet), the service cancellation fee is \$360 declining by \$15 per month and reducing to \$0 at the end of your commitment term. Rental equipment must be returned in good condition upon cancellation of service, otherwise the replacement cost will be charged to the account. Maximum speeds require optimal network conditions on a wired connection. Internet access speeds may vary depending on location, usage within the home network, Internet traffic, applicable network management or server configurations. Equipment may not be as shown. Regular price for Smart Automation Plus plan applies after the end of the 3 or 5-year service agreement, and is currently \$30/mo. Regular price is subject to change without notice. A cancellation fee applies for early termination of the 3-year or 5-year Security service agreement equal to \$10/mo. multiplied by the number of months remaining in the service agreement (with a partial month counting as a full month), plus applicable taxes. TELUS SmartHome Security installation fee applies and is \$100 for customers subscribed to one or more of the following services: TELUS postpaid mobility, SmartHub or High Speed Internet. The installation fee for all other customers is \$450. TELUS, the TELUS logo, telus.com, TELUS PureFibre, and the future is friendly are trademarks of TELUS Corporation, used under licence. All rights reserved. © 2021 TELUS.