

NORTHEAST VOICE

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

April 2021



Published by Calder Publications. To advertise please call 780-918-0336 or email info@communityleagueneews.com

Mailbox Theft in the McLeod Community

Has someone broken-in your mailbox? Break-ins at the community mailboxes are a long-running concern in our neighborhood, and more common of late.

"If you see a Canada Post mailbox (Street Letter Box) that is damaged, overturned or vandalized, call Canada Post at 1-866-607-6301. If you see any suspicious activity regard-

ing a Street Letter Box, call the police or dial 911." (from Canada Post website)

You could also advise our area's MP Ziad Aboultaif of your concerns since Canada Post is a crown corporation, owned by the federal government. Contact him at the constituency office at 780-822-1540 or Ziad.Aboultaif@parl.gc.ca.

Sign up for a Pop-Up Community Garden



To help Edmontonians access fresh food and mitigate the impacts of COVID-19 on food security, the City of Edmonton is bringing back the Pop-Up Community Gardens pilot. Pop-Up Community Gardens consist of raised planters on City-owned or community league licensed land designed for community food production and to be a safe and healthy recreational activity.

Interested groups looking to add a Pop-Up Community Garden will be able to submit an application starting today until Sunday, April 4. Up to 30 temporary gardens will be added across Edmonton, providing gardening spots for over 300 gardeners. Applicant eligibility guidelines have been modified from last season to support those groups and individuals with the greatest need.

The City will deliver seven to 15 planter boxes, including soil, to each selected site. Each planter will be used for growing edible plants only and will be arranged by the City in a formation three metres apart

to enable physical distancing. While it is preferred that sites have their own water source, the City will be able to provide a water supply for selected sites, if required. Successful applicants will coordinate assigning volunteer duties and plot management activities. Garden groups must provide plants, seeds, disinfecting products, personal gardening protective equipment and tools, as well as the gardening knowledge and commitment to support the garden. Once harvest activities are completed in the fall, the City will remove the planters.

Community garden sites promote healthy and active lifestyles, and safer, more vibrant and connected communities. The initiative also increases recreational opportunities and contributes to community building and beautification while helping Edmontonians access fresh and locally grown, fresh food.

For more information: edmonton.ca/poppugardens

www.communityleagueneews.com

Kilkenny Outdoor Soccer 2021

We know this year holds lots of uncertainties, but we're determined that we will have a 2021 Soccer Season. We are preparing for a number of different scenarios and we will continue to work together with the Edmonton Minor Soccer Association and Alberta Soccer to determine exactly what the season will look like.

We anticipate a shorter than average registration period this year, then in the past as we await government direction.

Our goal moving forward is to ensure our players will not lose the prospect for devel-

opment and will have the opportunity to get outside and continue to play the game that they love, though perhaps a little differently.

Registration for the season will only be accepted online.

Our registration will open online on March 15th and will remain open until April 15th. All registration will be online only. Please go to www.emsanorth.com to register.

3 possible scenarios for the 2021 Scenarios:

(Anticipated Season Start date May 15th)

SCENARIO #1 - Return to Train

Training Sessions run by



Coaches through Guidance of EMSA North Technical Leads Short Sided scrimmages within cohort groups

6 weeks - 10-12 sessions
SCENARIO #2 - Return to play (modified)

Games with Referees (U9 & up)

Cohort limit (set by government)

6 weeks for U4 to U11 Com-

munity (10-12 games)

U13 to U19 games scheduled by EMSA Main

All Club games scheduled by EMSA Main

No tournaments or post season play

SCENARIO #3 - Return to play (non modified)

Same as scenario 2 with the exemption

No Cohort limit or large enough cohort limit to have multiple teams versing one another

Potential tournaments and post season play U11 & up

If you have any questions please feel free to email

soccer@kilkenny.ab.ca

Age Group	Year of Birth	Division	Scenario 1 Training & Short Sided Games Fee - Billed now	Scenario 2 or 3 Return to full game fee - Billed Later	Volunteer Deposit	Tentative Train/Play Dates	Rain Out Dates
U5	2017/2016	Mixed	\$ 125.00	\$ -	\$ 250.00	Mon & Wed	None
U7	2015/2014	Boys/Girls	\$ 130.00	\$ -	\$ 250.00	Tues & Thurs	None
U9	2013/2012	Boys/Girls	\$ 155.00	\$ 25.00	\$ 250.00	Tues & Thurs	Sat/Sun
U11	2011/2010	Boys/Girls	\$ 155.00	\$ 30.00	\$ 250.00	Mon & Wed	Sat/Sun
U13	2009/2008	Boys/Girls	\$ 175.00	\$ 70.00	\$ 250.00	Tues & Thurs	Decided by Coaches
U15	2007/2006	Boys/Girls	\$ 180.00	\$ 80.00	\$ 250.00	Mon & Wed	Decided by Coaches
U17	2005/2004	Boys/Girls	\$ 180.00	\$ 90.00	\$ 250.00	Sun & Thurs	Decided by Coaches
U19	2003/2002	Boys/Girls	\$ 180.00	\$ 95.00	\$ 250.00	Sun & Tues	Decided by Coaches

Please be aware you are paying for the Scenario 1 option when you register and if we move to Scenario 2 or 3 then those fees will be due as well. When paying today you are agreeing to move to scenario 2 or 3 and may not choose to opt out after the Refund Deadline

Volunteers needed for Casino Night

Evansdale Community League is looking for volunteers for our upcoming Casino nights.

Casino nights bring in some major revenue for the

League, allowing us to make improvements on our facility, provide quality programs and awesome events for the community.

This type of event needs

people to volunteer in order to make it a success. No experience necessary.

Please email Shawna at bingomanager@evansdale.ca if you can help!

Location: 17304-105 Avenue Date and Time:

Sunday April 18th at 5:00 PM

Sat. May 29th at 5:00 PM

Mon. August 30th at 5:00 PM

Tues. Sept. 28th at 5:00 PM

Evansdale Easter Coloring Contest

Easter is just around the corner and we would like to continue the Easter coloring Contest tradition! Open to young talents of all ages!

How to enter:

Print the sheet and color it.

Once it's colored, submit it online by taking a picture of the finished photo and emailing it to newsletter@evans-

dale.ca Alternatively, you can post it on your own Facebook wall, but make sure it is visible to public and tag us so that we can view it.

Hashtag for this event is #evansdaleeaster2021, you need to include the hashtag in your finished photo to enter the contest.

Deadline is April 16th,

2021! Please make sure you have your finished work submitted by that time.

When entering the contest, please include your kid's name and age. The winner will be announced on Evansdale Community League's Facebook after contest closes.

Prize is \$50 gift card from ToyRUs. We will be in touch

with the winner after the announcement to reach a safe and efficient way to send the prize out.

By entering the contest, a Child's parent or guardian agrees to the rules outlined above as well as to the work being published on our Facebook afterwards.

See page 3

Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires



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
Sue Harris	Credits	780-473-8796	credits@evansdale.ca
Jenilee Caterina	Secretary	780-984-3298	secretary@evansdale.ca
Elaine Sarac	Membership Director	780-476-7442	membership@evansdale.ca
Todd Sharkey	Hockey Director	780-238-3910	hockey@evansdale.ca
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/Park Sign Volunteers		signs@evansdale.ca
Jim Young	Evansdale Sign Volunteer		signs@evansdale.ca
N/A	Eaux Claires 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

Community League Memberships

Get your membership anytime! Membership makes you part of an amazing community of people who care about and help look after our community. Get free community swims, discounts on community programs, discounts on Edmonton City wellness programs and hall rentals, and enjoy skating in the winter!

\$25 family
\$10 single
\$10 seniors

\$15 single parent
\$15 couple with no children
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 by phone.

If you are in a rush, you can buy memberships at the Edmonton Federation of Community Leagues website: www.efcl.org

Evansdale Hall Rental Information

Hall capacity follows Gathering Restrictions.

\$50/hr meeting
\$350/day Mon-Thur, \$350 damage deposit

\$450/day Fri/Sat/Sun, \$400 damage deposit

All weekend \$650, \$600 damage deposit

Dishes \$100

BBQ \$75

Sports Building capacity follows Gathering Restrictions from Stage 2 of Alberta's Relaunch Strategy published by Government of Alberta

\$25/hr meeting



\$35/hr function
\$125/day, \$100 damage
Weekend \$350, \$300 damage deposit

References may be requested. Discounts available for community members of one year or more. Contact Terri at 780-478-4444 or hallrentals@evansdale.ca.

Visit Our Website and Facebook Page

Get the latest information, our stuff! Also get involved, join us on Facebook Page: www.facebook.com/evansdalecommunityleague
most recent newsletter, contact information and lots of other great Website: www.evansdale.ca

Evansdale Residents Letter

Comments Relating to Our Councillor Jon Dziadyk's Letter to Evansdale Residents:

Mr. Dziadyk's letter does say "Hand Delivered". In the event that you did not receive a copy of his postcard and open letter to the Evansdale residents, the letter is being published within this issue.

Mr. Dziadyk's letter covered a number of issues:

1. Financial burdens:

a. He says he's reduced his office budget by 10%.

But – he doesn't tell us the dollar value of that reduction, which would be more useful than a percentage value.

2. Core Services:

a. The bikes lanes were always going to happen because they were Mayor-approved. We agree that plowing, pot hole repair and alley repairs SHOULD be a priority, but if the Mayor doesn't agree, we can't win that battle. Maybe we need someone who will fight a little harder

for the services we pay for?

3. Tax issue:

a. He says it's not the time to add more taxes to an already taxed city, and we need to cut middle management. Then, he says that Council passed a 0% property tax. However, no news on the bulging middle management issue.

4. Snow Removal:

a. Let's be honest – the residential streets will receive attention as soon as the

major arteries are done, and that's only going to happen if we don't get major snowfalls, back to back. There is a responsibility to manage the Budget, after all.

5. Speed Limits:

a. How much money is it going to take to change all the signage around the City? I'm not opposed to lower speed limits, but believe that money could have been better spent on community programs.

6. HOMES FOR HEROES:

a. Roadway improvements and Landscaping:

Specifically, Mr. Dziadyk commented that he would be asking for roadway improvements for safe pedestrian crossings. At one of the information sessions held last year, this subject was brought up and the response from a representative of Transportation Department advised that there were no plans to make any improvements/changes at this time. Has that changed?

Regarding landscaping – In response to my inquiry about what trees were going to be removed, Ms. Howard from



Homes For Heroes advised that "the trees were identified during the land use redesignation process". We are sure that all other aspects of this project (fencing, new plantings, etc.) have already been decided. Has that changed? If it hasn't, we do not believe any suggestions put forth by Mr. Dziadyk would even be considered.

Regarding adequate programs – We were led to believe that all necessary programs had already been put in place at the time this project was approved, i.e. The Mustard Seed Foundation, Counselling, Security. All that information would have been part of the presentation made by Homes For Heroes. Our question is "what, if anything, has changed?"

In conclusion, it looks like this project is going ahead without any further input from anyone.

The Evansdale Community League is a collection of great people who value what we have in this community. We have the right to speak up whenever we see something that's not quite right. If you have any comments or concerns, please contact our League President or our City Councillor.

All Evansdale residents are more than welcome to express their views on any issue about our community. Please know that you can submit any article to our local newsletter, The Northeast Voice by email to Newsletter@evansdale.ca

Respectfully submitted
Pat Stein & Maxine Piche

Denture Specialist - Over 35 Years Experience

Londonderry Denture Clinic

FREE CONSULTATION

M. Lucyshyn DD

R. Lucyshyn DD

780-476-2529

- New dentures in one day
- Repairs in 30 minutes
- Emergency after hours appointments

SENIORS
Ask how you
may receive your
dentures
AT NO COST
TO YOU*

*Some conditions and restrictions apply.

www.londonderrydentureclinic.com 13594 Fort Rd. Northeast Edmonton



Name _____ Age _____

Phone # _____

School _____

Nail Down your Summer Home Improvement Permit

Daydreaming about that summer BBQ on your new deck? Eagerly awaiting the warmer weather so you can soak in that new hot tub? Thinking about doing basement renos or building a basement suite for some extra income?

These kinds of improvement projects are a great way to enhance your home while enjoying the summer. Before starting a project, homeowners should visit edmonton.ca/naildownyourpermit to find out if their project requires a permit and what information is needed to submit a complete permit application to avoid delays.

If a permit is required, homeowners are encouraged to apply online early for their permit in order to beat the summer construction season rush and ensure they have their permit when they are ready to start their project. The City recently introduced changes to make online permit requirement information easier to understand for homeowners. Permits can take a few weeks to process and issue, depending on complexity of the project and the City's current application volumes.

Homeowners may set up a virtual Home Improvement Permit Application Appointment to have their completed permit application reviewed prior to submitting it for processing. Due to COVID-19, in-person permit application and payment processing services are not available.

Homeowners must start construction within 90 days of receiving an approved permit or they will need to re-apply. The City encourages homeowners to purchase construction supplies online for both delivery or curbside pickup whenever possible to limit non-essential trips to home improvement stores.

Once complete, homeowners must have their work inspected by the City to ensure it meets building and safety code requirements. To help prevent the spread of COVID-19 and keep homeowners and City staff safe, innovative remote video inspections are being offered for certain projects.

Permits are an important part of building a vibrant, healthy and inclusive city. They help ensure what is being built is safe and fits in with the surrounding neighbourhood. The City is continually working to improve the permitting process, including streamlining requirements, establishing set permit processing timeline targets and increasing automation of permit applications.

For more information:
edmonton.ca/naildownyourpermit

McLeod Community League News

McLeod President's Message



It has been more than a year since the start of the pandemic, and while the situation in our city kept changing, McLeod volunteers remain the constant during this difficult time. McLeod volunteers have had to think outside the box to keep the league engaged with the community, while remaining vigilant and abiding the national and the provincial health orders that impacted our city.

As a recent example, McLeod volunteers had to come up with creative ways during the winter to ensure McLeod residents and other community residents had access to an ice rink for skating. From signup forms, creating cohort groups, skating times, to social distance and other public safety measures, the group was able to safely run a successful skating season without any incident or out-

breaks. All of that above and beyond the actual work to have a skating rink running. Their effort was noticed and welcomed and appreciated by our community members. Kudos to McLeod secretary, Jason, who took the leadership role and all the other volunteers for their hard work and commitment.

Speaking of volunteers, I would like to welcome two new board members to McLeod board of directors; Sativa, has joined the board as the new Vice President. Sativa is a long time McLeod volunteer. Matt also joined the board as the Matt Berry representative. Please join me in welcoming both. In addition, McLeod board has multiple vacancies now, if you wish to be part of our team, please do not hesitate to contact me.

Fadi, President
President@mcleodcl.ca

Update on Contamination Site in Hollick-Kenyon

When a new segment of open data on contaminated city owned was released by the City, we noticed a parcel was in our neighbourhood. We asked our representative Councillor Paquette to get more information for us, and here's his office's reply:

"An independent consultant carried out our most recent environmental investigation of this property in 2018. It investigated potential contamination related to a former dugout, a decommissioned oil and gas well, as well as a vehicle salvage yard located southeast of the park. The study did find concentrations of some contaminants that exceeded the Alberta Environment Tier 1 Guidelines for Residential/Parkland Use, which are the most restrictive guidelines for contaminated site evaluation in Alberta. However, none of the contaminants present a risk to human health or significant risk to the environment. The consultant recommended that proper soil disposal be carried out when landscaping or other projects that cause soil disturbance are completed at the



park; there were no additional limitations on regular use.

To ensure this requirement is maintained, the City is developing a Risk Management Plan for the site, which will lay out the required actions when landscaping activities or other development occurs at the park. No other remedial measures are required.

If you have any additional questions, please don't hesitate to let me know. Councillor Paquette and our office have asked to be updated when the Risk Management Plan is completed, and we will be sure to share those details with you once we have them."

Aaron.paquette@edmonton.ca
780-496-8138

Benefits of CGSA Soccer

Parents often ask "Why sign up for CGSA soccer?"

The most obvious benefit of CGSA soccer is exercise. The average season goes from May 1st to July 31st. Players can expect one practice and one or two games per week, each approximately one hour in duration.

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. We try to honour the request as best as possible. 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 in regular season games.

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 U4 – 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.

Other soccer programs will have more expensive registration fees, require you to purchase jerseys, and participate in multiple volunteer/fund raising activities that may not benefit the community parents live in.

We hope to see you at one of our upcoming registration sessions. For more information, please see the McLeod website at www.mcleodcommunityleague.ca.

Soccer Registration Continues

Preparations are underway for the 2021 outdoor CGSA season. Please see the McLeod and CGSA websites for additional information.

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-](mailto:soccer@mcleodcommunityleague.ca)

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

league.ca or contact CGSA at info@cgsa.ca if you have any questions or concerns.

Todd
McLeod Soccer Director

The Day the Volunteers Quit

One day, Mr. & Mrs. Extremely Busy were up early getting ready for work. Mr. Busy states, "I have several meetings today, I am going to get the oil changed on my lunch break, and I have several projects due by the end of the week". Mrs. Busy replies, "After I drop off the kids, I also have several meetings, I need to get groceries on my lunch break, a meeting with our littlest's teacher, make supper and get homework done". Mr. Busy asks, "Have we heard when Junior's soccer is starting yet?" "Well, we got an email looking for parents to volunteer to coach, but I did not reply as we are too busy. I will try to find a spare minute during my day to send an email inquiry." With that, Mr. & Mrs. Extremely Busy were off in their separate directions

to start their very busy day.

On the other side of the community, Mrs. Whiny was also getting ready to start her day. Over a cup of coffee and cereal she thinks to herself: "We were one of the first people at registration, I paid my fees, I should have heard something by now. I know they were looking for volunteers, but I don't know anything about softball, they must have found someone by now? I am going to email at lunch, this is getting ridiculous". Mrs. Whiny continued with her day.

Lastly, Mr. & Mrs. Overwhelmed are pondering the upcoming day. Mr. Overwhelmed has a good job in an office with regular hours. However, he finds his job quite draining and when he comes home in the evenings he really looks forward to relaxing.

Mrs. Overwhelmed has very young children, two are now old enough for soccer. She is looking forward to the upcoming soccer season where she can have a break for at least an hour a day! She will send an email at the end of the day to find out when the season will be starting.

In the middle of the community, the President is also starting his day. He is in the middle of packing up his house, preparing to move. He has been working many hours of overtime, his elderly mother is sick and has been spending most weekends tending to her house and needs. The President has a family with children in activities. He has not been able to watch their events; his VOLUNTEER DUTIES attending community league meetings, area meet-

ings, president meetings are in regular conflict. The President is really passionate about growing a strong community where everyone can feel safe in a friendly, neighbourly area. Today, though his mom has a doctor's appointment, his child has an important event, he will be working late, and there is a presidents meeting. He has had enough, something needs to give: The President quits.

On the edge of the community lives the Soccer Director. She has slept in and is scrambling to get her children out the door to school. She was up until the very early morning hours completing her school assignments. The Soccer Director is also very committed to the community. She believes her efforts can help enrich the lives of many children. Today her neck is stiff as she

was hunched over books until 3 am. After she takes her kids to school, she will have just enough time to get a coffee on her way to work. She works full-time, her husband works out of town and all the parenting and household responsibilities fall to her. Her only time for herself is after the kids are in bed, which she needs for studying and laundry. Today the Soccer Director has a performance review at work, an exam at the end of the week, she is out of laundry soap, her husband's time away has been extended, no one has responded to her emails regarding coaching and has received 3 emails wondering why their team hasn't started practicing yet. She takes a deep breath and quits.

The President and Soccer Director have quit. The reset

of the community board can't cover such major roles. They also have jobs, families, and other responsibilities. Given the ever increasing volunteerism demands, they decide to quit.

Suddenly, 100 children from the community who were registered in Scouts, Beavers, Brownies, and dance have nowhere to gather. The President always came to open the community league building for them. 20 ladies, including Mrs. Extremely Busy can no attend Yoga on Tuesday evenings. Mr. Overwhelmed can no longer go for evening stakes at the community rink. Mrs. Overwhelmed is no longer able to walk her kids to the community preschool. The lives of hundreds of children and their families were affected the DAY the VOLUNTEERS QUIT.

McLeod Community Safety Director

The Alberta Traffic Safety Calendar month of April 2021 focus is speed. Speed kills. Simple.

As your speed increases, so does your reaction time and stopping distance. In addition, the force of impact also increases, and likelihood of serious injury or death is especially high if pedestrians, bicycles, or motorcycles are involved.

Please do your part and follow the posted speed limit when weather and roads conditions are ideal.

Edmonton Police, RCMP, CN and CP Police, Alberta Sheriff's, Community Peace Officer's, Conservation Officers and Fish and Wildlife Officers will be making this a focus to ensure vehicles are following the speed limits. Violation tickets come with fines and demerits and your insurance premiums can increase.

Did you know - You cannot exceed the maximum speed limit to pass another vehicle?

Additionally, please practice the rules of the road:

- Leave sufficient space between you and the vehicle that is travelling in front of you.

- Use your turn signals when changing lanes or making turns.

- Come to a complete stop (motion ceases which means tires stop not keep rolling) at stop signs and ensure it is safe to proceed. The three second rules is a myth.

- Come to complete stop (vehicle motion ceases) at red lights if you are turning right. Ensure it is safe to proceed.

- Ensure your head lights and tail lights are clean and are on during poor lighting or weather conditions.

- Clean your windows and mirrors to assist in visibility and help with the glare of the sun.

Motorcycles

Motorcycles will be coming out onto the roadway as the snow goes away. Please be mindful of this and ensure you are doing your shoulder checks and being aware what is behind and beside your vehicles.

Motorcycle drivers please be cautious of other drivers not being used to you being on the road and watch for less-than-ideal road conditions with gravel and sand still being on the road from the winter.

Reminder to check your registration and insurance is up to date and valid copies are with you while driving.

Vehicles

Ensure your valid driver's license, valid registration and valid insurance card are with

you or in your vehicle while driving. Only your insurance card can be in electronic format, such as a photo or email on your cellphone.

If you are driving someone else's vehicle or renting a vehicle ensure the copies of the registration and insurance are in the vehicle. If you get stopped you are responsible to be able to produce these documents on demand of a Peace Officer.

The Government of Alberta changed the requirement to use Validation Tab stickers on your license plates. If you purchase a new license plate you will notice there is no longer stickers on them.

What to do if stopped by Police, Peace/Fish and Wildlife/Conversation Officer or Sheriff:

- When blue and red lights are behind your vehicle you are required to slow down and immediately pull over to the right and stop when safe to do so. This does not mean you can continue to drive until you find a location that is more suitable for you. Failing to stop forthwith for a Peace Officer is a \$405.00 violation ticket.

- Place the vehicle in park.

- Have your driver's license, insurance and registration ready for the officer when they approach.

- Remain calm, getting stopped does not mean automatically that you are going to get a ticket. Be polite and respectful. An officer might ask more questions such as where you are going to and where you are coming from. The Officer might be trying to figure out if there could be a reason as to why the traffic infraction occurred and the situation you might be going through. Remember officers are people too.

- Have your hands where the officer can see them and avoid reaching under the seats, or in compartments. An officer does not know whether you are reaching for a weapon to harm them or hiding illegal weapons or drugs.

- Do not get out of the vehicle for any reason. This includes any passengers. This is for your safety and the officer's. If you need to get the officer's attention honk or wave.

- If you do receive a ticket for an offence, this is not the time to argue with the officer. The officer does not have to show you their radar, laser or video at the time of the stop. The Court has ruled on this with case law being set. At your court date you can ask for disclosure from the Crown, which will provide you with

any evidence against you.

If you feel that the Officer or vehicle stopping you is suspicious you can call 911 and they will confirm whether the officer is real. In this situation, keep your doors locked and roll your window down slightly. Provide the officer with your Driver's License, Insurance and Registration regardless. The 911 Operator will provide any other instructions required if it is ruled you are stopped by someone that may not be a real officer.

I get asked all the time how is the best way to get out of a ticket. My response is to be polite and respectful, have your Driver's License, Insurance and Registration ready to give to the officer when they approach. Take responsibility for what you did and do not ask for a reduction or a warning. If the traffic offence is not egregious and there is not multiple offences found there is a chance this could be an educational opportunity and only receive a warning. I cannot speak for every officer but most of the ones I know follow this approach as well. Now saying that not everyone can receive only a warning as the deterrent to not break the traffic laws would not be as strong.

Radar Detectors are not illegal in Alberta but if you are stopped for speeding chances of you getting only a warning by myself is slim to none. People do not put Radar Detectors on their dashes for the look of it.

In Regard to speeding, if you know you have a heavy foot and road conditions are good I highly recommend using cruise control. If you have modified your vehicle with different rims or tires, I would have your speedometer checked to ensure it is accurate. Contact your local mechanic shops, which offer this service.

Parking Tips

Edmonton Traffic Bylaw 5590 Fire Hydrants Section 8 (1) states:

Except as permitted in this section, a vehicle shall not be stopped on a highway within 5 metres of a fire hydrant or, when the hydrant is not located at the curb, within 5 metres from the point on the curb nearest the fire hydrant.

(2) A taxi may stop within 5 metres of a hydrant identified as a taxi zone only if:

(i) the operator remains in the vehicle at all times; and

(ii) the operator immediately removes the vehicle from the taxi zone upon the direction of a peace officer or



a member of the City's Fire Rescue Service.

Use of Highway and Rules of The Road Regulation Fire Hydrants Section 44 (i) states: Vehicles cannot park within 5 metres from any fire hydrant, or when the hydrant is not located at the curb, within 5 metres from the point on the curb nearest the hydrant.

Fine under this regulation is \$81.00 and can be issued anywhere in Alberta.

Either fine may be issued. Edmonton Traffic Bylaw 5590 Intersections Section 7 states:

Unless a traffic control device permits or requires, a vehicle shall not be parked:

(a) at an intersection within 5 metres of the projection of the curb or edge of the roadway;

(b) within an intersection other than immediately next to the curb or edge of the roadway in a "T" intersection; or

(c) within 1.5 metres of an access to a garage, private road or driveway or a vehicle crossway over a sidewalk.

Fine under this bylaw is \$50.00.

Alberta Use of Highway Rules of the Road Regulation Parking Restrictions section 44 states:

A person driving a vehicle shall not, unless

(j) within 1.5 metres from an access to a garage, private road or driveway or a vehicle crossway over a sidewalk.

Fine under this regulation is \$81.00.

Either fine may be issued.

If you have any parking complaints, you may download the City of Edmonton 311 app on your smartphones and make the complaint on your app or you can call 311. You need to obtain the description of the vehicle including colour, make and model, location and licence plate information.

Home Safety Tips

Here are some tips to keep

you, your family and home safe:

- If you are working in your back yard do not leave your front doors unlocked.

- Trim trees and bushes from blocking your windows or doors

- Put locks on your gates, sheds and do not leave bags or bottles or anything of value easily visible in your yard

- Do not hide spare keys in your yard or in your vehicle

- Install motion detector lights and/or security camera's

- Have security bars on basement windows

- Point knives and forks down in the dishwasher basket

- Store medications and chemicals in a safe location away and not accessible from children

- Never leave a child or infant unattended in a bathtub or pool

- Parents or Guardians know where your children are. Ensure they are not on any body of water (storm water ponds, lakes, rivers, creeks) as the ice melts away.

- Before going to bed at night please check all doors and windows that someone could get access to are locked and secure. In addition, check your doors on all vehicles as well that they are locked.

Addresses on Garages in Alleys

Edmonton Police are offering limited quantities of free numbers at their Northeast, Downtown, Southeast, Southwest, West and Calder community police stations to put on garages that face back alleys to assist them, EMS and FIRE when responding for calls for service or emergencies. Please help them out and take advantage of this great program. If you do not have a garage, I would still get these numbers and put them on your fence.

If you see suspicious persons or vehicles in our com-

munity, please report it to police at 780-423-4567. If you see a crime in progress or suspicious persons around schools, please call 911 immediately.

Bicycle Safety

I have already seen kids back on their bikes, which is great. However, parents/guardians I am still seeing many not wearing helmets. This concerns me. Not only is it the law but this can prevent serious injury to your child. Please ensure they have a helmet on and it is properly adjusted. Here are some tips on helmets:

- Make sure the helmet is level from front to back when put on.

- Check that the front edge of the helmet sits 1 to 2 finger-widths above the eyebrows.

- Adjust the straps to form a "V" just below and in front of the earlobes.

- Do up the chinstrap, adjust the chinstrap so that there's only 1 finger-width between the chin and the chinstrap.

- Adjust the helmet tighter if it moves when your child nods or shakes their head.

- Please treat your helmets with care. It is recommended to replace the helmet if it dropped even one time onto a hard surface.

- Replace helmet when expired.

It is the law in Alberta that everyone under 18 years must wear a helmet. The law applies to both riders and passengers, including children in bicycle trailers or carriers. You as a Parent or Guardian can receive a ticket.

Additionally, a bike must have a bell or horn and have a working brake.

This last year has been a challenge for all of us and some more than others. I strongly encourage you to reach out to a co-worker, friend, or family if you need help. If you are not comfortable with that, I am going to provide some contact information below to reach out to:

-Health Link (24 Hours) Call 811

-Canadian Mental Health Association (24 Hours) 780-482-HELP (4357)

-Text and Online Chat options for all Alberta Youth through Calgary ConnectTeen Mon-Fri 3pm to 10Pm

Saturday and Sunday 12pm to 10 pm

Visit calgaryconnectteen.com or text 587-333-2724

It is also up to us to reach out to our co-workers, friends, neighbours and family and do a check in. You may save a life. Stay Safe Everyone!



Your **FIRST Choice** For All Your Home Comfort Needs

We Now Offer Virtual Quotes or Safe, In-Person Quotes!



LENNOX Air is life. Make it perfect.

Get up to \$1,800 in Rebates On a Lennox Complete Ultimate Comfort System!

PLUS: Make no payments for the first 6 months!



firstcallheating.ca | 780.464.3337

New Online and In-Class Programs coming to City Arts Center



Explore your creative side and learn something new with one of our arts programs! Try your hand at painting, drawing, pottery, dance, cooking, sewing, photography and more. We have courses for all ages including children, youth and families. We currently offer virtual programs from the comfort of your home and are taking registrations for future in-class programming. Visit MoveLearnPlay to register online or email cityartscentre@edmonton.ca for more information.

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

Free Stuff in our McLeod Community

If you are looking to find your next treasure for free or looking to easily upcycle some items you no longer need, join the community free group on Facebook, Free Stuff: Pilot Sound and Bordering Neighbourhoods. Members of this group can create posts, giving away their things, and other community members can arrange to grab the items from their front steps. It saves the giver from tossing items or making a trip to a donation drop-off location and it saves the receiver some cash.

The group was created by McLeod Community member, Charles F. Gray in September 2019. When asked what inspired him to create the group, Gray writes, "I noticed in other Edmonton Facebook groups that people would occasionally be giving things away for free amongst a mountain of 'For Sale' items. This was inconvenient and not very practical. I really felt that a dedicated group only for free items would be ideal. I wanted the group to be local for ease and as driving halfway across the city for a free box of tea, as an example, would be too much of a hassle."

The group encompasses many neighbourhoods including: Brintnell, Cy Becker, Gorman, Hollick-Kenyon, Matt Berry, McConachie, Casselman, Ebbers, McLeod, Miller, Crystallina Nera, Mayliewan, Ozerna Nera, and Schonsee. Having the included neighbourhoods within a quick drive is one of the appealing aspects of the group, as compared to joining city-wide upcycling groups that include posts from all over Edmonton.

Local businesses can also utilize the group to drum up some new business. Gray writes, "Businesses must offer no strings attached items or services in their post."

No two for one deals, no paid products or services, no discount Saudi Gold, no discount products, no get rich quick schemes, and no selling duct cleaning or carpet cleaning. Businesses, whether they are a product and/or service oriented, can create awareness about their business to local customers, thus increasing their client base. I truly think this is underutilized as there are many great businesses in the area who, by giving away a promotional item,

as an example a free slice of pizza, can gain a lifelong repeat customer."

I have found the group to be very useful during this pandemic, especially when many organizations that normally would have taken my donations were not accepting items. When we have decluttered and had a pile of things we no longer needed, we would simply create a post and usually the items were picked up within a day or two, without having to haul anything away ourselves. I have also been able to pick up things for our house or our children, like a box of newborn baby clothes before my daughter was born, puzzles, craft items, utensils, garden fencing and an exersaucer.

I you find yourself with a pile of unwanted "junk" when you finish up your spring cleaning and you want to give it away, or you're looking for some upcycled items, send a request to join (be sure to include your neighbourhood in the request) the Free Stuff: Pilot Sound and Bordering Neighbourhoods group at: <https://www.facebook.com/groups/3015126372044912>

Holly Thomas

www.communityleagueneews.com

New beginnings and new opportunities in Ward 72

Edmonton Catholic Schools Trustee
Sandra Palazzo

As the earth tilts towards the sun the days become longer and warmer, and we look forward to all the glorious natural events and warm feelings that spring ushers in. Students will be enjoying their annual ritual - Spring Break! Spring break provides a wonderful opportunity for families and our staff to rejuvenate and spend time with loved ones. Students will be dismissed for Spring Break on Friday, March 26th. Classes will resume on Tuesday, April 6th.

This is also the time we Catholics prepare our hearts for the Triduum and are reminded that in the midst of our struggles through the pandemic that a bright light is shining in the resurrection of our Lord, Jesus Christ. It is in this light that we rest our hope that God is always with us. I wish you and your family a blessed Easter!

On March 10, the provincial government announced the 2021 Capital Plan. Edmonton Catholic School Division (ECSD) was heartened to learn the 2021 Alberta provincial budget allocated \$268M for school construction. As part of that announcement, ECSD is especially pleased that funding has been provided for a new Catholic high school in north Edmonton. Our Division is pleased that the provincial government acknowledged the critical need for our first Capital Plan priority of a new high school in Castle Downs/Dunluce. We are grateful to the Alberta Government in addressing our advocacy to support the needs of our students and community. Nearly 1,400 high school students reside in north Edmonton with no school option within their community. A new high school will also ease enrolment pressure at Archbishop O'Leary which is currently at a utilization rate of 116%.

The Board of Trustees is committed to ongoing interaction with our stakeholders. The Board hosted a virtual Division-wide parent engagement evening in March. School council executive members were invited to join their Ward Trustee representative to learn about the four Board priorities for the upcoming year, which includes the following: Growing in Faith, Student Success, An Excellent Place to Work and Learn, and Building Our Future Together. Parents were provided an opportunity to share their ideas and insights on these initiatives, which are important in planning for how these priorities will be brought to life in our schools.



Engaging student voices in a meaningful way is another key in promoting and advancing Catholic education at ECSD. Student representatives from our high schools met virtually with the Board four times this year. They provided their perspective on topics such as: what supports are important in school, faith in a digital world, ways to strengthen partnerships between school staff, students, and parents, and much more. We are grateful for these discussions and look forward to continuing our conversations in the Fall.

The ECSD Learning Services Department presented its long-standing Spring into Art exhibition through a virtual art gallery on the ECSD website. Students from 100 Voices through to Grade 12 showcased their artistic gifts and talents with our Catholic community through the gallery, which featured over 400 pieces of artwork.

In closing, I want to take the opportunity to share my appreciation for the 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

Movie and book lending group started within McLeod

Charles F. Gray, creator of the growing community free stuff group, has recently started a new Facebook group for lending movies and books. The group is called Pilot Sound Video and you can find community members offering up their movie or book collections for others to enjoy.

Regarding what inspired him to begin this additional community group, Gray writes, "I started this group on February 19, 2021. A mem-

ber messaged about offering to lend out movies from her movie collection. I agreed and she posted. The same member mentioned about the Little Free Libraries where people lend out books from their own collections. People were interested in both, so I figured a separate group for lending out movies and books would be a good idea so I created it. The video rental stores are mostly long gone, but the idea is cool. Besides many of the movies in

people's collections are only available on PAID streaming sites or that antiquated thing called Cable TV or not at all."

For now, the group will remain for movies and books, but could possibly be expanded to video game lending in the future as well.

If you want to join up, you can find the group here: <https://www.facebook.com/groups/169054131483160/>

Holly Thomas

www.communityleagueneews.com

Tax Stress? We can help!

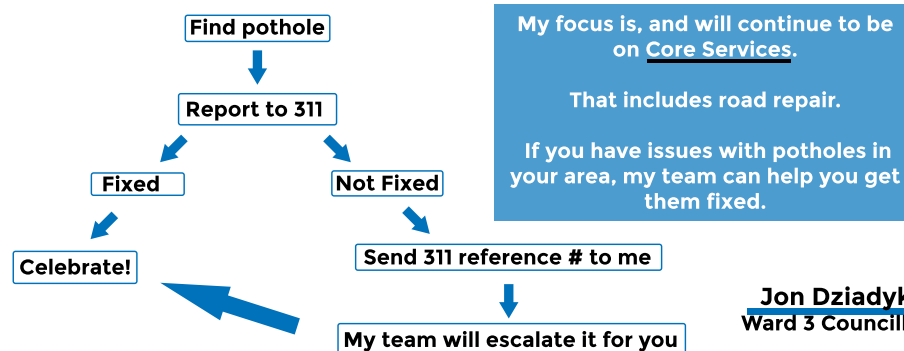
FREE TAX FILING

- Filing done over the phone
- Experienced tax filers, registered with CRA
- Multiple languages available

Call 211 to book your appointment today!



HOW TO GET POTHOLES REPAIRED



Email Jon.Dziadyk@edmonton.ca Social Media @JonDziadyk Phone 780-496-8128

CN Tax & Accounting

Maximum Tax Refund



Trusted Accounting Firm

Specialized in Personal Tax
Business Tax
Tax Saving Planning

780-289-3870

Improving your sleep

Everyone has a “bad night” once in a while. Dogs barking, the wind howling, or overeating may make it hard to sleep. It is estimated that 35 per cent of adults have occasional sleep problems, which can have many causes.

The medical term for trouble falling asleep or staying asleep is insomnia. Insomnia can include:

- Trouble getting to sleep (taking more than 45 minutes to fall asleep).
- Frequent awakenings with inability to fall back to sleep.
- Early morning awakening.
- Feeling very tired after a night of sleep.

Insomnia usually is not a problem unless it makes you feel tired during the day. If you are less sleepy at night or wake up early but still feel rested and alert, there usually is little need to worry.

Occasional insomnia may be caused by noise, extreme temperatures, jet lag, changes in your sleep environment, or a change in your sleep pattern, such as shift work. Insomnia may also be caused by temporary or situational life stresses, such as a traumatic event or an impending deadline. Your insomnia is likely to disappear when the cause of your sleep problem goes away.

Short-term insomnia may

last from a few nights to a few weeks.

Long-term insomnia, which may last months or even years, may be caused by:

- Advancing age. Insomnia occurs more frequently in adults older than age 60.
- Mental health problems, such as anxiety, depression or mania.
- Medicines. Many prescription and non-prescription medicines can cause sleep problems.
- Chronic pain, which often develops after a major injury or illness.
- Other problems that interrupt your sleep, such as asthma, coronary artery disease, chronic obstructive pulmonary disease (COPD) or menopause.
- Alcohol and illegal drug use or withdrawal.
- Cigarettes and other tobacco use.
- Drinking or eating foods that contain caffeine, such as coffee, tea, chocolate or soft drinks.

Sleep apnea

Sleep apnea refers to repeated episodes of not breathing during sleep for at least 10 seconds (apneic episodes). It usually is caused by a blockage in the nose, mouth, or throat (upper airways). People who have sleep apnea usually

snore loudly and are very tired during the day. It can affect children and adults.

Narcolepsy

Narcolepsy is a sleep disorder that has distinct symptoms, including:

Sudden sleep attacks, which may occur during any type of activity at any time of day. You may fall asleep while engaged in an activity such as eating dinner, driving the car, or carrying on a conversation. These sleep attacks can occur several times a day and may last from a few minutes to several hours.

- Sudden, brief periods of muscle weakness while you are awake (cataplexy).
- Hallucinations just before a sleep attack.
- Brief loss of the ability to move when you are falling asleep or just waking up (sleep paralysis).

While almost everyone experiences daytime sleepiness from time to time, it can have serious consequences such as motor vehicle accidents, poor work or school performance, and work-related accidents.

Sleep problems may be a symptom of a medical or mental health problem. If you are having sleep issues, see your doctor or call Health Link at 811 to speak with a registered nurse.

Take care of your brain



March 15 marks the start of Brain Awareness Week.

A concussion is a type of traumatic brain injury that is caused by a blow to the head or body, a fall, or another injury that jars or shakes the brain inside the skull. Although there may be cuts or bruises on the head or face, there may be no other visible signs of a brain injury.

Post-concussion syndrome occurs after a concussion. Common symptoms are changes in the ability to concentrate, think, remember, or solve problems. Symptoms, which may include headaches, personality changes, and dizziness, may be related to stress from the events that caused the injury.

Follow-up care is a key part of your treatment and safety.

Be sure to make and go to all appointments, and call your doctor or Health Link at 811 you are having problems.

It's also a good idea to know your test results and keep a list of the medicines you take.

• Rest is the best treatment for post-concussion syndrome.

• Do not drive if you have taken a prescription pain medicine.

• Rest in a quiet, dark room until your headache is gone. Close your eyes and try to relax or go to sleep. Do not watch TV or read.

• Put a cold, moist cloth or cold pack on the painful area for 10 to 20 minutes at a time. Put a thin cloth between the cold pack and your skin.

• Have someone gently massage your neck and shoulders.

• Take your medicines exactly as prescribed. Call your doctor or nurse call line if you think you are having a problem with your medicine. You will get more details on the specific medicines your doctor prescribes.

Try to reduce stress

Some ways to do this include:

- Taking slow, deep breaths.
- Soaking in a warm bath.
- Listening to soothing music.
- Having a massage or back rub.
- Drinking a warm, non-alcoholic, non-caffeinated beverage.
- Get enough sleep.
- Eat a healthy, balanced diet. A balanced diet includes whole grains, dairy, fruits and vegetables, and protein. Eat a variety of foods from each of those groups so you get all the nutrients you need.
- Avoid alcohol and illegal drugs.
- Try relaxation exercises, such as breathing and muscle relaxation exercises.
- Talk to your doctor about counselling. It may help you deal with stress from your injury.

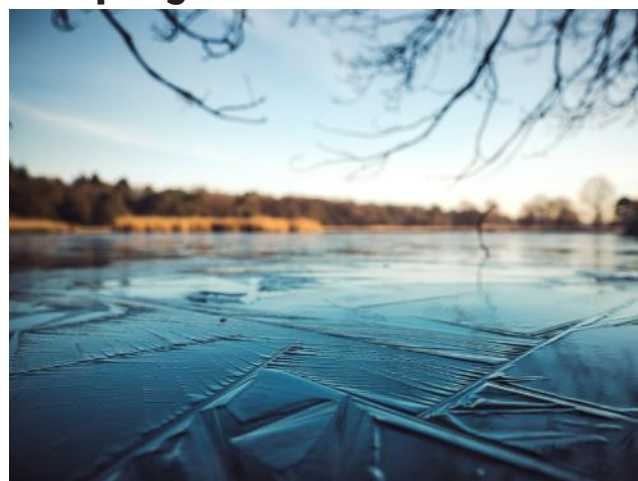
Stay safe on the ice this spring

As temperatures rise, many Albertans are eager to return outdoors after a long winter at home. Yet with spring in the air, it's important to know how changing ice conditions can impact your safety.

Whether you spent most of your winter indoors or you picked up a new sport to get outside, such as skating, snowshoeing or cross country-skiing, you may have only experienced ice at its thickest and safest. Warmer weather means that ice becomes thinner, less stable and can be far more dangerous.

A lake or river that appears frozen-solid may not be. If you're going to be on ice, it should be at least 15 to 25 cm thick. However, that sort of measurement can be impossible to judge with a naked eye. An easier way to get a sense of the ice's strength is by looking at the colour. Clear blue ice is strongest, while white is half as strong as blue. Grey ice, which indicates the presence of water, is unsafe and should always be avoided: If it's grey, stay away.

Rivers and stormwater lakes and ponds are ice surfaces you



should always stay away from as water is continuously flowing beneath the surface year round.

Below are a few key tips to help you stay safe around ice this spring:

• While ice thickness is important, it's not the only factor in safety. Your best course of action is to check with local authorities for information. This can often be done online or by checking the signs on or near the ice.

• Use the buddy system, don't walk on ice when you are alone.

• Teach your child to call for help loudly and clearly if in trouble.

• Make sure a responsible adult is watching your child if they are on the ice.

If the ice cracks:

- Call 911 for help.
- Lay down on the ice.
- Crawl or roll back to land.
- If a person is in trouble, push or throw something they can use to get out of the water, or float on, until expert help arrives.

If you try to rescue someone from the ice, you can put yourself at risk.

Keep on top of your child's immunization schedule

As we continue to live through the COVID-19 pandemic, we are reminded of how important it is to use the immunizations that protect us against vaccine-preventable diseases such as measles and pertussis that are still present globally and locally.

Routine immunization programs are an essential service and remain available to all Albertans during Alberta Health Services' (AHS') response to the pandemic.

All routine childhood immunization appointments continue to proceed as booked, and new appointments continue to be taken. These appointments may be shorter in length, but will ensure all Albertan children continue to be protected. All appointments will be carried out with appropriate pre-screening and following physical and social distancing guidelines.

School immunizations

While there may be de-



lays as staff and resources have been redeployed to support the COVID-19 response, school and routine childhood immunizations will proceed this year. Local Public health teams are working directly with schools to determine when immunizations can be offered.

What immunizations does my child need and when?

The goal of Alberta's routine immunization schedule is to keep you and your child as healthy as possible. By following this schedule, you and your child will be immunized against diseases at the safest and most effective ages and stages. Visit www.immunizealberta.ca to learn what immunizations are recommended for your child based on their age.

Life is an exciting journey



Life is an exciting journey! One that can take us in unexpected directions that leave us seeking a way to get Back on Track. My name is Colleen Wagner, the owner and founder of Back on Track Specialized Exercise and Wellness Solutions. I am a Medical Exercise Specialist with over 35 years of experience as a healthcare and wellness professional. As we get older, many of us are faced with life-altering challenges that affect our quality of life and well-being. By using Medical Exercise techniques, we can help with the transition. We target your recovery strategy to less the effects of such common aging challenges as joint and back pain, arthritis, recovery from stroke or a degenerative condition. Our programs are safe, effective and tailored specifically to your needs. For more information please contact Colleen Wagner 578 988-8075

TLC for LRT Partial LRT closures in April 2021

Construction work on the Stadium LRT Station Redevelopment project will require some partial LRT closures in April, as crews start working on the new overhead canopy. As a result, no trains will be running between Churchill and Clareview during the following times:

April 2 until end of service on April 4

April 9 (starting at 6 p.m.) until end of service on April 11

April 16 (starting at 6 p.m.) until end of service on April 18

During these times, LRT replacement buses will run every 8 minutes between Clareview and Corona stations using bus stops with red "LRT Replacement" signs. LRT will run every 15 minutes between Century Park and NAIT.

Also, during the early hours of April 2, crews will start removing the elevator at Stadium Station. For those customers who normally use the elevator at Stadium Station, a shuttle service between Stadium and Coliseum Transit Centres will be available starting 5 a.m. on April 5. To access the shuttle, transit customers can call or

text 825-993-0555. During the upcoming partial LRT closures (see above), transit customers will use LRT replacement buses instead of the shuttle. The stairs and escalator that connect the underground concourse to the Stadium Station platform remain open.

Crews are prioritizing the building of ramps to enhance accessibility at the station and ramp access to the Stadium Station platform is expected to be available by this June.

The Stadium LRT Station Redevelopment project began in May 2020. Last year, crews

started demolition of the station building and construction of the new platform. Other improvements include new heated shelters, new public washrooms and a new security office.

Edmonton's 40-plus year-old LRT network needs main-

tenance and upgrades to ensure it continues serving Edmontonians reliably and efficiently for the long-term. TLC for LRT helps LRT customers plan their commutes during these projects.

More impacts related to this work and other major mainte-

nance/revitalization projects will be announced in April and this summer. Up-to-date information will be provided at edmonton.ca/tlcforlrt, ETS Twitter and signage at LRT stations.

For more information: edmonton.ca/tlcforlrt



Emergency
Medical
Services



Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further prevention tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

www.windowssafety.ca

www.albertahealthservices.ca



Kilkenny News

E-scooters return to Edmonton



With the great weather, E-scooters have returned. E-scooters are a great way to enjoy the outdoors, be active and move around the city.

"We are excited to have e-scooters on our streets again," said Olga Messinis, Director of Traffic Operations. "They are a great way for people to travel around our beautiful city."

We encourage everyone who uses an e-scooter to visit edmonton.ca/scooters

for information on how to use them safely and properly."

Parking and riding rules are communicated with riders through their operator app and are also available on edmonton.ca/scooters.

E-scooters are not cleaned and disinfected between customers. E-scooter users are advised to wash their hands, or use hand sanitizer, before and after using the equipment, and avoid touch-

ing their face during use. It is also advised to maintain physical distancing when using e-scooters.

Have fun and scooter with care Edmonton. Please ensure you're not blocking sidewalks and doors when parking after an enjoyable ride along shared pathways, bike lanes, and roads with speed limits of 50 km/hr or less.

For more information: edmonton.ca/scooters

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 news-

letter!! Please send it to Lindsay, Kilkenny Publicity Director at publicity@kilkenny.ab.ca.

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.



MOUNTAIN
ADVENTURE SCHOOL

THIS JOURNEY WILL
CHANGE YOUR LIFE

- > LAKE AND WHITEWATER CANOEING
- > ROCK CLIMBING AND RAPPELLING
- > BACK COUNTRY BIKING
- > HIKING AND WILDERNESS LIVING
- > RIVER EXPEDITIONS
- > EARN HIGH SCHOOL CREDITS

HeLa
Ventures

PROGRESSIVE
ACADEMY

SESSIONS STARTING IN
JULY AND AUGUST

**SIGN UP
TODAY!**

TO REGISTER NOW OR FOR MORE
INFORMATION CONTACT US:

Progressive Academy
mountainadventure.school
780-455-8344

WEISS-JOHNSON
HEATING, AIR CONDITIONING

House Too Cold?...We Can Fix That!

If it's time to replace your home's furnace Weiss-Johnson has the experience and expertise to ensure it's installed right!



DAIKIN
COMFORT FOR LIFE

**Daikin high efficiency furnaces
carry the industry leading
12 year parts limited warranty.**

**DON'T PAY FOR
12 MONTHS!****

**Receive a complimentary duct
cleaning with the purchase
of a new furnace.**

**Call Weiss-Johnson today!
780-463-3096
weiss-johnson.com**

* Complete warranty details available from your local dealer or at www.daikincomfort.com.
To receive the 12-year Parts Limited Warranty, online registration must be completed within
60 days of installation. Online registration is not required in California or Quebec.

**conditions may apply

President’s Message

Hello everyone, I hope everyone is keeping safe and connected in a socially distance way.

With things always changing, some programming will continue to be on hold to do our part as we keep the cases of Covid-19 down.

Yoga and Hapkido will continue to follow direction from the Province. Spots will be available on a limited capacity to ensure everyone’s safety.

At this time, we are not taking new registrations, but students currently registered will continue to have their

spot held for them. If you would like to be added to the waitlist once registration opens again, please email president@northmount.ca

All future board meetings will continue to be held virtually and this will stay in place until at least April 2021. If you want to attend a board meeting please email president@northmount.ca by 5 PM the Thursday before the meeting to be added to the virtual invite list.

All the best and be well!
Meagan Plamondon (she/her)

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

family.

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>

WE WANT YOU!!

Northmount Community League is looking for dedicated and enthusiastic volunteers to fill various board, committee, and volunteer positions. If you or someone you know is interested, please contact Meagan by email president@northmount.ca for more details!

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 – Now our meetings

are virtual – you can attend from the comfort of your couch!

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

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

Don’t see a position or role you are interested in? Contact Meagan to discuss what you want to see at Northmount

Northmount, Beyond COVID

Our next AGM will be held in April. 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!

This years AGM will have the following key positions up for election, President, Treasurer, Secretary and Bingo Director. We also currently need a communications director and have many other directorships vacant due to lack of volunteers. If you would like more information on how you can be part of the community leagues plan for the future, please email Meagan at president@northmount.ca or reach out to any current board members you may already know.

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!

the Gutter Doctor
Home Exterior Services

**GUTTER CLEAN, FIX & INSTALL
FASCIA • SOFFIT • SIDING REPAIR**

780-709-6825 Over 50,000 happy customers since 2003!
gutterdoctor.ca

TV+ internet + smart security from just \$95/mo.*

Knock knock!

Open your door to one of our best deals ever.

telus.com/WholeHome

*On 2 and 3-year terms when bundled with mobility.¹ Current regular price is \$160/mo. plus \$20/mo. for unlimited internet. Early cancellation fees apply.

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 month 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.