

Community Views

Serving the community leagues of Blackmud Creek, Heritage Point, Twin Brooks & Yellowbird East

April 2015

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Community Views

is published 10 times a year by Calder Publications on behalf of the Blackmud Creek, Heritage Point, Twin Brooks and Yellowbird East community leagues. Editorial content is the responsibility of the community leagues.

Advertising

To place an advertisement, please phone 780-434-9732, or visit our website www.communityleagueneews.com

The Garden Season Begins in Twin Brooks

Harvest your own organic veggies or fill your house with fragrant bouquets, it's all up to you! Located in the Twin Brooks District and Nature Park, you'll garden in beautiful park space with walking and bike trails, and plenty of space for the kids to play.

The garden is available to members of the Twin Brooks community league. Anyone living in Twin Brooks and neighbouring communities can become community league members.

There are a few garden plots available for this spring 2015. For more information please email Joyce Makarowski at: joybm41@yahoo.com.

Registration will be held at 6:30pm on April 13 at George P Nicholson School. Current and interested gardeners should attend.

For more information about the Twin Brooks Community Garden, please visit the website: www.twinbrooks.ca and click on Programs and Community Garden.



Heritage Point Soccer Registrations !!

If you are interested in registering your child in outdoor soccer, please contact Maryse LeBlanc at soccer@heritagepoint.ca for more information.



New School In Southbrook

As you may have noticed the ground work for the new K-6 Public School has started in Southbrook. For more details go to: <http://www.epsb.ca/schools/newschoolsandmodernizations/blackmudcreek/>

Blackmud Creek Community League AGM

Tuesday, April 7th, 2015; 7:30 PM
at the Ellerslie Rugby Club.

All Community League members are welcome to attend. We will have vacant positions on our Board of Directors. For information about the vacant positions and to put your name in prior to the AGM please email blackmudcreek@gmail.com.



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Blackmud CREEK community league

We are the community league for the neighborhoods of Allard, Blackburne Creek, Callaghan, Richford, Royal Gardens at Blackmud Creek, and Southbrook.

Community League Swim

Free Community League Swim takes place every Sunday from 3-5 p.m. at the William Lutsky YMCA. You need to show your 2014-15 membership card.



CURRENT EXECUTIVE COMMITTEE BLACKMUD CREEK COMMUNITY LEAGUE			
Position	Name	Phone	Email
President	Garrick Ma	780-989-3356	gtama@hotmail.com
Vice President	Michelle Lapierre	780-758-2498	michelle@mortgagetailors.com
Secretary	Kim Lucid	780-430-4164	klucid@hotmail
Treasurer	Veronica Dutchak	780-469-0830	vdutchak@shaw.ca
Programs	Pam Armitage	780-668-3397	pameladawnb@hotmail.com
Sports Co-Director	Greg Wong	780-906-0381	gregorymwong@gmail.com
Sports Co-Director	Chad Willsey		Cwill72@telus.net
Membership	Andrea Hesse	780-937-2195	andreajhese@gmail.com
Fundraising	Vacant		
Facilities	Rob Powell	780-705-1423	rob.david.powell@gmail.com
Civics	Gil Rueck	780-435-6799	rueck@shaw.ca
Communications	Jill Gurela	780-293-4721	jdgurela@telus.net
Neighborhood Watch	Donna Johnson	780-441-1204	Donnajohnsonphotography@gmail.com

Blackmud Creek Community League
PO Box 22516, Southbrook PO
Edmonton, AB, T6W 0C3
blackmudcreek@gmail.com



Memberships


Did you know that with your Blackmud Creek Community League Membership you receive a 10% discount at all City of Edmonton Recreation Centrex? Another good reason to join! If you haven't purchased or renewed your membership for 14/15 you can now go to our website and do it all online and pay with Paypal. Once we've received your form and payment we will email you your membership number and then mail out your membership card.

ANNUAL GENERAL MEETING

Blackmud Creek Community League AGM

Tuesday, April 7th, 2015; 7:30 PM at the Ellerslie Rugby Club.

Join us for our Annual General Meeting (AGM) . All community league members are welcome. Find out what the league is working on for the community, meet your neighbors, have snack on us, and share your thoughts and ideas. If you're feeling really adventurous you can offer to join the board of directors.



Casino

A big thank you to all the volunteers who helped out at our casino. Casino's are a major fundraiser for our community league.

Summer Programs

The Summer Green Shack Program will once again be at Blackmud Creek Park. The City will also be having a Pop Up Play program in Allard.

New School In Southbrook

As you may have noticed the ground work for the new K-6 Public School has started in Southbrook. For more details go to:
<http://www.epsb.ca/schools/newschoolsandmodernizations/blackmudcreek/>

Allard Rink

A big thank you to our Facilities Director Rob Powell for all his hard work in maintaining the Allard Rink this winter! Did you know that you can rent the rink all year long; maybe some summer ball hockey!

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National Organ and Tissue Donor Awareness Week

National Organ and Tissue Donor Awareness Week (NOTDAW) April 19 – 25, 2015 is a week to honour organ and tissue donors and their families who have so graciously given the precious gift of life and improved health to many individuals who require a transplant. This is also a week to heighten awareness around the need for organ and tissue donation and the benefits of transplantation.

In 2014, Alberta Health Services physicians and staff performed 313 organ transplants, thanks to 72 living and 73 deceased donors. In addition, there were 791 tissue donors (living and deceased) who gave life-enhancing tissue transplants to 3,100 patients.

Over 4000 Canadians are waiting for a life-saving organ transplant and many more wait for life enhancing tissue transplants. There are many ways to help and show support:

- Register your intent on-line at myhealth.alberta.ca
- Talk to your family and friends and share your intent to donate
- Indicate donation wishes when you renew or apply for your Alberta driver's license

For more information on organ and tissue donation, call 1-866-407-1970 or visit <https://myhealth.alberta.ca/Pages/OTDRHome.aspx>

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Find us at: www.heritagepoint.ca

Join us at Facebook: Heritage Point Community League

P.O. BOX 22510
Southbrook Post Office
Edmonton, AB
T6W 0C3

Soccer Registrations !!



If you are interested in registering your child in outdoor soccer, please contact Maryse LeBlanc at soccer@heritagepoint.ca for more information.

Baby sitter Meet and Greet Coming soon!!

Calling all babysitters! Heritage Point Community League is planning another Baby sitter Meet and Greet this Spring. Please contact us if you are a babysitter and interested in being a part of our event. More details will be announced soon. For further info contact: Chris at programs@heritagepoint.ca



Membership In Heritage Point Community League

This is the time to renew membership at Heritage Point Community League, here are the benefits of being a member.

- A great way to meet neighbours & make friends.
- Educational programs and recreation opportunities.
- Access to hall rentals, skating rinks, tennis courts, basketball courts, & more.
- Have a say in facility and park development, traffic management, & urban planning.
- Special community skate & swim times.

- Check for outdoor rinks and skate times near you and find out if your league has community swim times.
- Discounts at City recreation centers for annual and multi-admission passes:
- Present your valid Edmonton community league membership card at any one of the City of Edmonton's sports and fitness facilities and choose from the following Community League Wellness Products:
 - (a) Annual Pass* - 10% discount on Adult, Family, Child, and Youth/Senior Annual Passes
 - (b) Multi Admission Pass* - 10% discount on our already discounted multi admission pass (10+ visits)
 - (c) Continuous Monthly Pass – 10% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program.
- Safety programs and crime watch cooperation
- Fun, socials, & programs for cultural gatherings, parents, play-schools, youth, seniors, you name it!

Read a brochure about league activities and benefits

Please go to our website at http://www.heritagepoint.ca/index.php/membership_manager
OR Contact Membership Director Oksana at membership@heritagepoint.ca

Photo: Heritage Point membership drive





SouthWest Community Adult Hockey League (SWCAHL)



23rd ANNIVERSARY ADULT HOCKEY RECRUITMENT

We offer competitive but fun teams.

Adult Hockey, 35 years and over, Recreational League. (no slap shots, no hitting, one official)

35 games per team, 8 team round robin, \$425 registration fee, all games in SouthWest Edmonton (Kinsmen, Terwilligar and Confederation Arenas).

Evening Games, 1-1/4 hrs, with starts ranging from 8:00 p.m. to 10:30 p.m.. (See notes below.)

Mid September to mid March season. (average 3 games per team every 2 weeks)

REGISTER NOW! SPACE IS LIMITED!

Contact Michel Belanger @ 780-436-0167 or longhellos@hotmail.com.



2015 - 2016 Slots to be confirmed

(Each team plays average 1.5 games per week and will play each of the following slots approximately 6 times in a season.)

Mondays:	Confederation 9:15 p.m. – 10:30 p.m.
Mondays:	Kinsmen 10:15 p.m. – 11:30 p.m.
Wednesdays:	Terwilligar 10:00 p.m. – 11:15 p.m.
Fridays:	Terwilligar 8:00 p.m. – 9:15 p.m.
Fridays:	Kinsmen 9:15 p.m. – 10:30 p.m.
Sundays:	Terwilligar 8:45 p.m. – 10:00 p.m.



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3. \$2 **SPROUTS** token can be used at designated booths to spend on fresh fruit, veggies & food plants.
4. Receive a free reusable **SPROUTS** shopping bag.
5. **SPROUTS** kids can participate in fun activities based around food, nutrition and food-growing.

**Help us raise the next generation of
market shoppers and healthy eaters!**

Donations are VERY welcome and sponsorships are still available.
Please contact www.swefm.ca for more details

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Advertisement - Edmonton City Councillor Bryan Anderson - Ward 9

GAIN INSIGHT SPEAK UP AND BE HEARD



Come and join the Edmonton Insight Community, an online group of citizens who have agreed to provide regular feedback and ideas on a range of City topics and issues. The Community is already approaching its one year goal of 2,000 members after being live for only 4 months. This highlights the significant appetite Edmontonians have for engaging with their City.

The City can now learn more from Edmontonians faster, cheaper and in a more meaningful way than ever before. The Community has provided us with a new tool that supplements other public engagement activities and supports efforts to build ongoing relationships with Edmontonians who want to help us build a better city. There are only a few municipalities in the world that are leading in this field of public research and Edmonton is one of them.

The Community is powered by innovative technology that allows us to ask questions in new and engaging ways, while knowing the demographic details of those providing the input. It allows people to participate when it is convenient for them on a device of their choosing while also allowing for powerful analysis that enables more informed, evidence-based decision making. The use of more video, audio, images, maps and documents allows participants to become better informed. The benefits of the Community are already becoming evident. The Community is available for use by all City business units at no cost to them, thereby avoiding costs for multiple surveys and polls through separate vendors. This approach also results in much higher completion rates, less bias due to self-selection, and more in-depth learning about City activities.

In the past four months the Community has been used for many topics, including: the 2014 Budget, bike lane funding and use, housing, ETS, library usage, unlicensed taxis, car-free Whyte Ave, The Way We Finance, Blatchford development, Jasper Place ARP, and surplus school sites.

By challenging ourselves to be more innovative in how we ask questions we can engage with members, and show people how their input is being used in the decision making process. This is critically important and the Community provides a powerful way to “close the engagement loop” by advising participants on how the topic or issue they’ve provided input on is progressing; i.e. when public meetings or engagement activities are being held, when a report has been completed, when Council is debating the issue, and/or when residents can speak at a public hearing.

One of the challenges Insight is facing is recruitment and this is where you come in! Go to www.edmontoninsightcommunity.ca and sign up now to join the COMMUNITY. We are focused on meeting with City staff and external city groups, in order to reach out to their customers, clients, members and stakeholders, and seek advice on how to improve the member experience. We want to target demographics that are currently under-represented in the Community. We view the Community as a long term investment, commitment and relationship with Edmontonians so we want to approach its development as a series of partnerships. Broad participation will make the Community stronger and more effective.

Bryan Anderson, Councillor Ward 9: Tel:780-496-8130

Email: bryan.anderson@edmonton.ca

Plant A Row, Grow A Row

Set aside a row of vegetables in your garden for the Food Bank.
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The big burn

Understand the risks of indoor tanning

Did you know that approximately one in every three new cases of cancer diagnosed in Alberta this year will be skin cancer? And did you know that indoor tanning just once under the age of 35 can increase the risk of the deadliest form of skin cancer (melanoma) by 59 per cent?

These facts tell us something important: the impact of skin cancer in Alberta is real, and so is the opportunity to prevent it. The decision not to indoor tan is a simple one, yet, without education on the risks, it might not be one that Albertans make. Education is particularly important for youth, whose future adult behaviour will be influenced by what they learn before they turn 18.

For this reason, Alberta Health Services (AHS) has launched a new campaign, focused on encouraging parents of children aged 10-15 talk to their kids about tanning now, before they have opportunity to start.

Much like you talk to your kids about wearing seatbelts and helmets, or not using tobacco, AHS encourages you to have a discussion with your children about the very real risks of getting cancer from tanning beds.

For more information, facts, and tips on having this talk, visit: www.thebigburn.ca

To learn more about Alberta's new indoor tanning legislation, visit www.health.alberta.ca.

By teaching our kids about the risks today, we can help protect them from skin cancer tomorrow.

Together, we can significantly reduce the risk of cancer in Alberta.

EDMONTON

Are you a Community Group looking to add fun activities to your next outdoor special event?

Take advantage of this free, private, on-site recreation activity training opportunity!

City of Edmonton staff, from the Neighbourhoods, Parks and Community Recreation Branch, will come to your community to conduct a free, 2 hour, outdoor recreation activity training session.

The session will be customized to accommodate your community group's interests and needs. Activities covered in the training could include:

- parachute games
- relay races
- active games
- face painting
- fire building
- bannock making

For: Community volunteers, board members, youth ages 13+ in your community! A minimum of 5 participants are required to run the training.

Scheduling is flexible:

Book your training on a Tuesday, Wednesday, Thursday afternoon/evening or either weekend day,

February 2015 – June 14th 2015

(Excluding Easter weekend: April 4/5 and May Long weekend: May 16/17. Bookings in May can only be accommodated on weekends). Various start times will be accommodated.

Bookings must be made **3 weeks in advance** of the training date.

Participants will receive a resource package containing many of the activities taught at the course as well as information about equipment purchasing options.

To book this training opportunity in your community:

Call: Andrea at 780.496.2994

or

Email: andrea.tarasenko@edmonton.ca



THE CITY OF
Edmonton

EDMONTON

Free Drop-In Bike Safety Program

Allard Community Rink
660 Allard Blvd. SW

For participants of all ages on 2 wheels or 4 wheels!
Children 5 and under require a parent or guardian to attend.

Fun and basic bike safety skills are the focus of this **free, drop-in** program. Participants will enhance their bike safety skills while participating in stations and games. They will also have an opportunity to make a personalized bike plate. The program will be adapted to the age and skill level of the participants dropping in to the program. The program will take place in a contained area.

Sunday June 7th, 2015

Time: 10:00 am – 1:00 pm

4 wheels – 10:00am – 11:30 am

2 wheels – 11:30 am -1:00pm

Stay for the full time or drop-in for a short while!

The program may cancel in the event of inclement weather

***Participants must have their own bikes.**

***A CSA approved helmet is mandatory for participation.**



THE CITY OF
Edmonton

Making sense of supplements

Have you ever wanted to try a product that claims to burn fat or help you lose weight fast? It might be tough to figure out what is truth and what is hype. Here are some questions to help you sort fact from fiction.

- **Does it sound too good to be true?**

If it sounds too good to be true, it probably is. Sometimes these claims are meant to get your attention. Companies do not need to provide legal proof for the health claims put on bottles.

- **Is a person or organization being paid to promote the product?**

Famous people often promote products to make money. This doesn't mean the person uses the product or that it is safe or effective for you.

- **Is there a Natural Product Number (NPN) on the package?**

An NPN is an eight-digit number found on some supplement packages sold in Canada. Health Canada says that products with an NPN are safe and effective if you follow the instructions. But these products may still have side effects when mixed with other medicines or alcohol.

- **Have you read the fine print?**

Many supplements have extra ingredients. If you have a food allergy or intolerance, check the ingredient list to make sure it is safe for you to take.

- **Have you talked to your doctor, dietitian or pharmacist?**

Although supplements are not prescription, they should be treated as such. Ask a health professional before taking any supplement.

Note: It is recommended that women of child-bearing age take a multivitamin containing folic acid and all adults take a vitamin D supplement of 400 International Units (IU) per day. Every adult over the age of 70 should take 800 to 1000 IU of a Vitamin D supplement.

If you have more specific questions about choosing a nutrition supplement, talk with a registered dietitian. For more information call Health Link at 1-866-408-5465 or visit www.myhealth.alberta.ca.

Parents as Role Models

Parents tend to be the strongest role models in their child's life and this can be a strong parenting asset. Imagine all of the wonderful things you want your child to be, for example, kind, respectful, and honest. If you choose to model those traits, your child is likely to follow suit.

As a role model it is important to recognize that you have a range of emotions and responses. It is not realistic to expect you can always model happy, calm behaviour. There are upsetting moments in life that can make you feel sad, frustrated or angry. However, if your child sees that you are angry, for example, but able to handle it appropriately, they are more likely to handle their own anger appropriately too.

Here are some tips for being a good role model for your child:

Communicate - Talk to your child about the choices you make to be a good role model. Ask them what they think is important in a role model, and why? Find ways to talk about the topic of role modeling when out with them. For example, if their soccer coach is supportive and encouraging, mention it and ask them what they think. Alternately, if an adult is behaving inappropriately, such as a parent booing at a sport event, talk about this too.

Provide opportunities - Find opportunities for your child to act as a role model for younger children. Ask if their school has such opportunities or seek them out in your community.

Be aware of other influences - Know your child's friends and their friends' parents. Be aware of what is being modeled in the homes that your child is visiting. Help them try to make sense of the lifestyles they see in advertising and on TV shows.

Learn from mistakes - Everybody makes mistakes; it is part of being human. If you do make a mistake, it is possible to talk to your child about this without burdening them with adult problems. You can apologize and explain that you made a mistake but that you are trying hard to change. The important thing is to reassure them that you love them and that adult problems are not their fault. When something goes wrong, use it as an opportunity to discuss different choices.

The information above was compiled from the Alberta Health Services' Parent Information Series. For more information on role modeling and other topics for parents visit <http://www.albertahealthservices.ca/2434.asp>



COMING SOON

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2015 CIRCUS DATES
MAY 1st TO MAY 3rd, 2015

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How are their kids doing?

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Let us know how you are doing. Phone 780.427.2292, through our website at www.liberalopposition.com, or e-mail liberal.correspondence@assembly.ab.ca.



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Master Hong Park, the founder of Hong Park Taekwondo College has been teaching and developing world class children's Taekwondo programs in the city of Edmonton since 1982. His continuous efforts have helped to create a series of Taekwondo programs that can help students of all ages to build character and confidence, while learning a fascinating and fun martial art in a safe and reassuring environment. Hong Park Taekwondo College places strong emphasis on developing **respect, discipline, focus, confidence**, and the power of a **positive attitude** in all its students. Join us in our new state of the art

facility! Now Open for registration!



South Edmonton
9159—25 Ave.
780-433-6567

www.hongparktaekwondo.ca

Looking for something fun and new to try that the whole family can do?

Hong Park College has just moved into their own state of the art Tae Kwon Do building. Whether you are a toddler or 100 years old, we have a class for you!

There are 2 floors of matted dojang areas where we will be offering not only Traditional Tae Kwon Do classes but also yoga and fitness classes. Our instructors are professional, courteous, and very personable. We provide a safe atmosphere with the element of fun and diversity.

If you ask 100 Tae Kwon Do students why they take Tae Kwon Do, you are likely to hear a variety of answers. The popularity of taekwondo today can be attributed to the multitude of benefits taekwondo training offers. There are few other activities that offer such a diversified list of benefits to participants of all ages and genders, and to students who range from physically fit to the physically challenged. While each of us may start out seeking a particular benefit, Tae Kwon Do training takes us down a path where we discover that we are gaining so much more.

Master Hong Park combines skill, passion and integrity to fulfill his commitment to provide the best possible learning environment to his students. He has built a team of Instructors, Student instructors and Leaders who demonstrate the very best that Tae Kwon Do offers on and off the training floor. Combining modern and traditional training techniques, Hong Park Tae Kwon Do produces healthier individuals, and better people.

What are you waiting for? Book a trial class now!

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Childhood Immunizations

When it comes to childhood immunizations, Albertans have questions. But where is the best place to get good answers?

Not only can you chat with your family doctor or local public health nurse about your child's immunization, you can also visit Alberta Health Services' new immunization website: ImmunizeAlberta.ca.

ImmunizeAlberta.ca was designed for, and is based on, insight and feedback from Albertan parents.

Whether it's a simple question about the childhood immunization schedule or what to expect after your child gets immunized, uncertainty about the real risk of diseases, or concerns about immunization safety: ImmunizeAlberta.ca has the info you need.

Visit ImmunizeAlberta.ca today.

Basic Websites

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780-450-8990 / info@websitesyntax.com



TWIN BROOKS Community League

CHECK OUT ALL THE LATEST NEWS
AND INFO ON OUR COMMUNITY AT
TWINBROOKS.CA

Twin Brooks Board

President: Geoff Falconar
Vice President: Mike Lanteigne
Past President: Ida Richards
Secretary: Jason Janus
Treasurer: Flora Cheung
Membership: Kelly Casault
Facilities: Jim LeBlanc
Sports: David Murray
Sports Assistant: James Wilson
Programs Director: Natalia Shakhova
Programs Assistant: Meet Patel
Social: Renata Figueroa
Communications: Jennifer Smereka
Volunteers Coordination: Shauna Nichols
Finance Committee Chair: James Wilson
Fundraising Coordinator: VACANT
Casino Volunteers Coordinator: Jennifer Scott
MEETINGS:
Meetings held monthly September through June. Contact volunteer@twinbrooks.ca for times and locations.

Spring Soccer

Twin Brooks Community League Soccer is accepting Wait-List Soccer registrations for the Spring Season. There are a few spots remaining. Visit the sports page at www.twinbrooks.ca or email sports@twinbrooks.ca for more details.

All players that have been registered will be contacted by their coaches in the 3rd week of April. If you have not heard from a Coach by then please contact sports@twinbrooks.ca



50+ Ladies Monthly Meet-up

The 50+ Ladies will be meeting at 1PM, on Thursday March 26th, at the Yellowbird Hall. We meet every last Thursday of the month. Every month we entertain ourselves with different activities and enjoy friendship together. If you wish to know more about our small group of ladies, please contact: Joyce Markowski at: joybm41@yahoo.com or call 780-988-6262

What is Responsible Pet Ownership?

Scoop the Poop

- Pet waste can be smelly, unattractive, and can even be a health issue for you and your pet. Carry a bag with you to pick-up your pet's poop whenever you are off your property. Poop can be collected in a plastic bag and thrown in the garbage.
- You do not need to clean up waste immediately on your private property, but you still need to clean it up regularly. Allowing excessive waste to build up affects your neighbours and pet negatively.

Get a Licence

- Licences are affordable, available online, by mail, by fax, or in person and all proceeds go to animal care.

Keep Them Controlled

- Dogs must always be on a leash when on public property and should be contained in a secure yard or building when on your property. Dogs are not allowed on school grounds, sports fields, playgrounds, and golf courses. For more information visit edmonton.ca/pets

Community League Wellness Program

The Edmonton Federation of Community Leagues and the City of Edmonton are pleased to offer the Community Wellness Program exclusively for community league members.

The Community League Wellness Program offers community league members opportunity to purchase an annual pass or multiple admission pass packages to City of Edmonton sports and recreation facilities at a substantial savings.

Annual Pass – Community League Members receive a 10% discount on Adult, Family, Child and Youth/Senior Annual Passes (applies to new purchases only).

Continuous Monthly Pass – Community League Members enjoy a 10% discount using a convenient Pre-Authorized Debit Program.

Multi Admission Pass – Community League Members receive a 10% on the City's already discounted multi-admission pass (10+ visits)

Facilities and amenities include swimming pools, wave pool, dive tanks, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton, tennis and basketball courts, indoor running tracks, gymnasiums and pro shops. For more information, please call 311 or visit www.edmonton.ca/wellness

Position Filled Communications Director

Congratulations to Jennifer Smereka who was voted into the Twin Brooks Community League board on March 2, 2015 as the new Communications Director. Jennifer and her family moved into Twin Brooks in 2012 and she has wanted to find ways to be more involved with the community. Jennifer has had a long career in IT which has assisted with past community volunteer roles. She, as well as her husband Shad and their four sons, is looking forward to getting to know the residents of Twin Brooks better in the upcoming year.

Do you want to communicate to our community? Jennifer can be reached at News@TwinBrooks.ca

Volunteering is an important part of every Community. Looking for information on what role is the right fit for you? Shauna, our Volunteer Director will be glad to fill you in. Just email her at volunteer@twinbrooks.ca.



City Services & General Information

Visit www.edmonton.ca/311 or call 311 for information and access to City of Edmonton programs and services such as:

- Inspections, licenses, permits
 - Comments, commendations, bylaw complaints
 - Roadway & waste management information
 - Program registrations and bookings
 - Transit information
- 311 agents are available 24 hours a day, every day.

EDMONTON

Free Drop-In Bike Safety Program

Twin Brooks Community League Rink
11341 – 12 ave NW

For participants of all ages on 2 wheels or 4 wheels!
Children 5 and under require a parent or guardian to attend.

Fun and basic bike safety skills are the focus of this **free, drop-in** program. Participants will enhance their bike safety skills while participating in stations and games. They will also have an opportunity to make a personalized bike plate. The program will be adapted to the age and skill level of the participants dropping in to the program. The program will take place in a contained area.

Saturday May 30th, 2015

Time: 10:00 am – 1:00 pm

4 wheels – 10:00am – 11:30 am

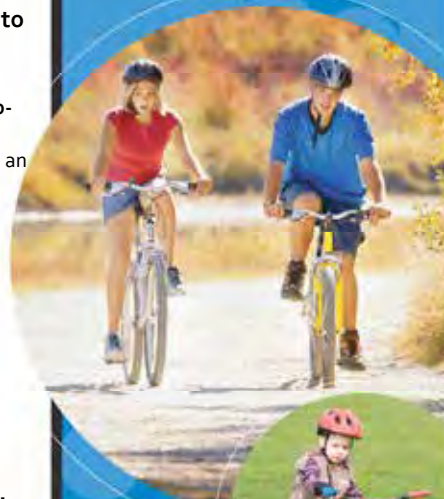
2 wheels – 11:30 am -1:00pm

Stay for the full time or drop-in for a short while!

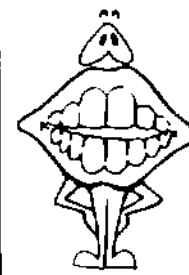
***The program may cancel in the event
of inclement weather***

***Participants
must have their
own bikes.**

***A CSA
approved helmet
is mandatory for
participation.**



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Edmonton



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Smoking in Outdoor Shared Spaces

The City of Edmonton is proud to be one of more than 30 municipalities across Canada that has implemented outdoor smoking regulations. Residents and visitors to the City of Edmonton are not allowed to smoke within 10 metres, at all times, at or around playgrounds, water spray parks, sports fields and courts and temporary, seasonal outdoor ice skating rinks. Public Places Bylaw

An amendment to the Public Places Bylaw was passed on April 4, 2012 with the intention of keeping areas that are frequented by children, smoke free.

The smoking restrictions are in effect at all times but only apply to the outdoor structures and places listed above.

Not complying with the bylaw will result in a \$250 fine.

Enforcement

If you witness a violation of the bylaw, feel free to discuss your concerns with the smoker. You can also record the address and description of the violation and report it to 311.

The ability to enforce individual infractions is limited but areas with high reports can be targeted and patrolled by enforcement officials. Enforcement of the bylaw through targeted blitzes will be used in problem areas on a complaint basis only.

Content for field use contracts, etc

Please be aware, smoking is not permitted within 10 metres at or around sports fields in accordance with the Public Places Bylaw 14614. Failure to comply will result in loss of field privileges.

For more information: 311

Annual Garage Sale Saturday May 2nd 9 am till 3 pm

**Southminster-Steinhauer United
Church, 10740-19 Ave.**

Hundreds of items to choose:

Household goods, gardening stuff, sporting goods, electronics, small appliances, toys and games, small furniture, books, attic treasures, baked goodies
And a women's boutique including clothes, jewelry, handbags, luggage, shoes.....And much more!!

Soup and beverages will be available too





YECL Board Contacts

President:	Michael Karpow	president@yellowbirdcl.com
Vice President	Anne Hudson	vicepresident@yellowbirdcl.com
Memberships	Janice Hoover	memberships@yellowbirdcl.com
Newsletter/Website	Julie West	editor@yellowbirdcl.com

For full board listing, see our website: yellowbirdcl.com

Find us on Facebook: <http://www.facebook.com/YellowbirdCL>

Hall Rental

YECL offers a bright window lit hall with an adjoining kitchen, bar and outdoor patio. Folding chairs and 5-ft circular tables are available for use.

10710 - 19 Avenue NW

Friday, Saturday, Sunday

Non-members \$500 per day/\$75 per hour

Members \$450 per day/\$60 per hour

Deposit: same as fee

A multi-purpose room or furnished board room may be rented separately for smaller groups. Please call Connie at 780-438-1318 or email office@yellowbirdcl.com for more information.

Community Garden

Yellowbird is in the process of establishing a community garden in our neighbourhood, which would be open to any community member to join. If you are interested, let us know! We'd love to hear your thoughts, opinions, and especially if you are interested in helping us get started. We really hope to have things rolling in time for a spring planting!



Contact Julie at yellowbirdgarden@gmail.com

Find us on Facebook:
Yellowbird Community Garden

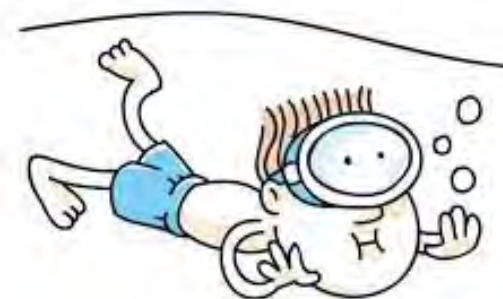
Parents and Tots Playgroup

Join us for a drop-in playgroup at Yellowbird Community Hall, for moms/dads or caregivers and their little ones 0-6 years old.

\$2.50 per child, per visit, with your community league membership
Tuesday mornings, 9am – 11am

Free Community Swim for Members

Every Sunday at William Lutzky YMCA from 3-5 pm. Show your community league membership card at the door. Free access to YMCA indoor playground from 3-5 pm on Sundays.



Yellowbird Yoga

Classes run Thursday evenings from 7:00pm to 8:15pm. Six week session is only \$75.00. Classes are tailored for all ages and all levels from beginner to advanced. For information and to register please contact Ruth at 780-237-6730.

What is Responsible Pet Ownership?

Scoop the Poop

- Pet waste can be smelly, unattractive, and can even be a health issue for you and your pet. Carry a bag with you to pick-up your pet's poop whenever you are off your property. Poop can be collected in a plastic bag and thrown in the garbage.
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Get a Licence

- Licences are affordable, available online, by mail, by fax, or in person and all proceeds go to animal care.

Keep Them Controlled

- Dogs must always be on a leash when on public property and should be contained in a secure yard or building when on your property. Dogs are not allowed on school grounds, sports fields, playgrounds, and golf courses. For more information visit edmonton.ca/pets


Zumba



Join the party!
Wednesdays 9am-10am
Yellowbird Hall (10710- 19Ave)
Contact Jen
780-436-2287
zumba.yellowbird@gmail.com

50+

New members 50+ welcome! Please join us for a fun monthly social, Thursdays 12:00pm at Yellowbird Hall.



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780 643 9153

www.mattjeneroux.ca
Edmonton.southwest@assembly.ab.ca

Matt JENEROUX

f t in

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- Litter • Graffiti

Help keep Edmonton great! Be the eyes and ears on the streets!

By doing this, you're helping us to better assess, prioritize and determine the corrective action based on severity, location, and other factors.

Note: The 311 mobile app is one more way for you to report your concerns to the city.

Download 311 App

Search for "Edmonton 311" on: Google Play & iTunes App Store

For more information:

Online Contact 311 Online

Whole Brain Development Program For Your Child



The UCMAS program is much more than math! Developing an astonishing calculation speed is actually the end result of increasing the "brain fitness" of essential cognitive skills that support the overall learning success.

Our program, designed by child development experts, fosters active learning and activates key cognitive functions such as memory, attention, perception, symbolic learning and reasoning. UCMAS children become motivated learners - the best route to success in academics and beyond!

BENEFITS OF THE UCMAS PROGRAM

- Improved concentration and mental endurance
- Sharper memory
- Enhanced creativity
- Better problem solving capabilities
- Greater listening skills
- Boost in confidence and self-esteem
- Strengthened mental calculation skills
- Improved proficiency and confidence in Math

Call/Email us to register:

UCMAS Edmonton Southwest
810 Saddleback Road NW
Edmonton T6J 4W4
Tel: 780-965-4818
587-336-0001
Email: UCMAS.EDMSW@gmail.com

UCMAS Edmonton Southeast
#3 1510 A Lakewood Rd West
Edmonton AB T5K 3J4
Tel: 780-707-9616
780-885-4190
Email: wondermath@ucmas.ca

www.ucmas.ca

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HOST A MEET YOUR STREET POTLUCK PARTY

Community starts with you!



*"It's fun, it's easy, and we made
some really great friends."*
*"I feel much safer knowing
who my neighbors are."*

In an effort to build the strength
of our community, the YECL is
offering up to a \$50 reimbursement
to anyone who hosts a community
block party. See website for the
details. www.yellowbirdcl.com

Advance Care Planning Day, April 16, 2015

Conversations matter: talk about your wishes and health care values

If something happened to you and you couldn't speak for yourself, what type of care would you want? Do your loved ones know?

None of us know what tomorrow might bring, or know how our health will be in the future. Planning today makes sure that your wishes are known, no matter what the future holds.

April 16, 2015 is National Advance Care Planning Day. Alberta Health Services (AHS) is encouraging all Albertans to think about, talk about and document your wishes for health care to ensure your voice is heard. It's a process that can help you make health care decisions now and for the future.

Advance Care Planning, which allows your family or close friends to know what kind of care you would want, may bring comfort and peace of mind to you, your family, and those who have to make health care decisions on your behalf.

We can all benefit from Advance Care Planning. On April 16, take the time to talk to your friends and family about your wishes. If there's an unexpected event or change in your health and you aren't able to make decisions about your health care, planning ahead makes sure your wishes are known. Check out AHS's interactive guide to help you talk about your wishes at <http://goals.conversationsmatter.ca/>.

Things you can do:

- Learn about Advance Care Planning
- Think about your values and wishes for your health care now and in the future
- Talk with those who you are close to about your values and wishes
- Discuss your wishes with your health care provider
- Consider naming an alternate decision maker or agent
- Complete your personal directive

It's about making choices for your health care before it becomes a personal crisis, you owe it to yourself and you owe it to your family to think about your health care wishes now. Visit: www.conversationsmatter.ca for more information.



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Needed for all Positions

Casino Edmonton
7055 Argyll Road
Edmonton T6C 4A5

Sunday June 28 & Monday June 29, 2015

Volunteer Worker Positions

Bankers • Cashiers • Chip Runners

Count Room Staff • Alternate General Managers

No experience necessary. Training provided for all positions. Volunteer worker must be 18 years of age. Meals & snacks provided free during your volunteer shift. Make it an outing / "date night" - work a volunteer shift with friends / spouse / teammates.

EMAIL: casino@yellowbirdcl.com PHONE: Cheryl 780-436-2407



Third Annual General Meeting

Wednesday, April 22, 2015

Yellowbird East Community Centre Auditorium
10710-19 Avenue

Registration and refreshments - 6:30 pm

Meeting - 7:00 pm

Guest Speaker - Michael Walters

The SouthWest Edmonton Seniors Association (SWESA) is Edmonton's newest seniors organization and is currently developing social, cultural and recreational programs, aiming to create a gathering place for individuals 55+. Come and hear about SWESA's activities to date and plans for the future.

South West Edmonton - A great place to be 55+

Information: call 587.987.3200

Email: swedmontonseniors@gmail.com

Website: www.swedmontonseniors.ca



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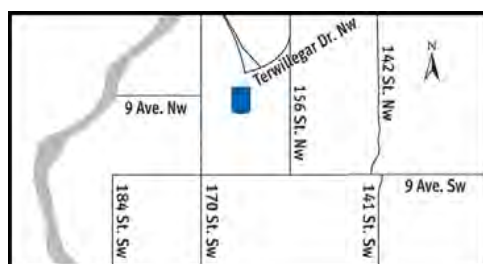
Talk with an RBC Insurance advisor right in your own neighbourhood.

At your local RBC Insurance® branch, you can have a personal one-on-one conversation about your individual or business insurance needs. We can offer you the right insurance options that make the most sense for you – all in a comfortable setting – right in your own neighbourhood.

You'll find a wide range of insurance coverage – car, home, health, life and travel, as well as business. You'll also find people who understand what's important to you, and how to choose the right insurance to protect it.

Drop by or call to make an appointment today.

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Edmonton AB T6W 0L8
Tel: **780-448-6678**



Monday: 9:00 - 5:00
Tuesday: 9:00 - 5:00
Wednesday: 9:00 - 5:00
Thursday: 11:00 - 8:00
Friday: 9:00 - 5:00
Saturday: 9:30 - 3:00
Sunday: Closed
Bank Holidays: Closed

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