

COMMUNITY VIEWS

*Serving the community leagues of
Blackmud Creek, Heritage Point, Twin Brooks and Yellowbird.*



Published by Calder Publications. For advertising please call 780-434-9732 or email info@communityleagueneews.com

Congratulations to our Yellowbird U16 Soccer Girls!

Our Yellowbird U16 Tier IV Girls soccer team took home the gold at Provincials! Best in Alberta! Way to go, girls!

It was a tremendous season of success for the team. The girls formed a team goal this year to make it to Provincials, and were determined to get there. They began the season with a gold win at the Duggan Tournament, and moved on to win their group league standings, moving them up to Tier IV - a requirement to make Provincials. Another gold win at the Summer Sizzler Tournament, and in the league, they finished first in their group to go to Cities. They took Silver at Cities, and Provincials was the last stop.

It was a tough first game against Taber Alberta, but the girls persevered and won. Next they beat the Calgary MSB Pumas, to finally face Edmonton's other team, Willoby. It was a convincing 2-0 win against Willoby. Finally, the girls reached their goal and won Gold at Provincials!

The coaching team could not have been prouder of such a hard working bunch of athletes. They set a goal at the beginning of the season and wouldn't let anything stand in their way to achieve it. We would also like to thank the Yellowbird Community League for their continued support.

Great job girls! We're proud of you!



Indoor Soccer

Congratulations to the Yellowbird U16 Girls (Hilbrecht team) for winning the Gold Medal in the 2015 Provincials Tier 4!

Congratulations to the Yellowbird U10 Boys (Harder Team) for their Silver Medal in the City Finals!

Registration now open

The 2015/2016 Indoor Soccer Season registration is now available at the SWEMSA website (emsasouthwest.com/play/registration). Please see the website for information on how to register, payment methods, and start dates.

Mystery Grass Cutting in Twin Brooks District and Nature Park

A local resident observed a large grass-mowing machine early on the morning of July 4, which left several normally un-mowed hills, in Twin Brooks District and Nature Park, completely shaved. The hills involved are located by the Community Garden and the parking lot for the Park. City of Edmonton Parks staff have confirmed that it wasn't their people who did the unauthorized mowing. A unique feature of this 'natural area park' is the numerous hills of varying size scattered throughout to resemble a field of drumlins, normally created by glaciations. These hills have been intentionally left in an un-mowed natural state, since the Park was first created some 10 years ago. They play a key role in fostering biological diversity in a nature-oriented setting. Residents of Twin Brooks, and other users of the Park, need to be aware that this mowing activity should not have happened. We need your help in reporting any repeat incidents by recording identifying features of the equipment involved and calling the City of Edmonton 311 line or by emailing our nature stewardship coordinator at nature@twinbrooks.ca with details.

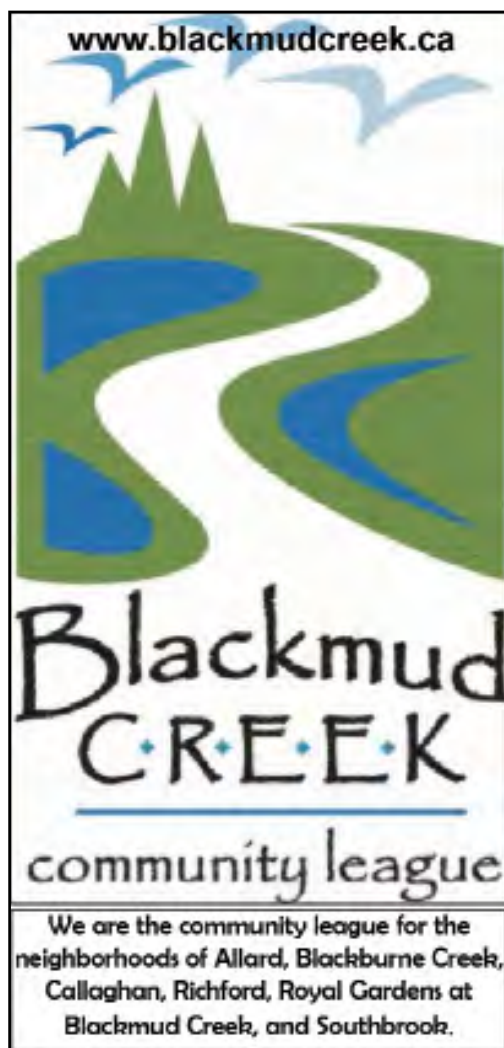


City Services & General Information

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.



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.



COMMUNITY LEAGUE DAY

Saturday, September 19, 2015
1PM -4PM

FAMILY FUN!

Come on out to Southbrook Park

Bouncy Houses

Carnival Treats

Games and more!

Meet your Community League Board and purchase your 2015/16 membership.

FACEBOOK

Be sure to LIKE our Facebook page

To keep up to date with what's going on with Blackmud Creek Community League

Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents to ensure their backyard play areas are made safe. Direct supervision is the best method to reduce the chance of injury. It is also prudent to ensure play equipment in your yard is suitable for the age and skill of the children using it. Don't forget to check the equipment often, and repair any worn, or broken parts. Set up play equipment on a shock-absorbing surface such as sand, wood chips, or pea gravel. Grass may not adequately cushion a fall.

Water hazards

- Ensure all backyard swimming pools are fenced. The fence should be at least 1.5 metres (5 feet) high and have a self-latching, self-closing, lockable gate;
- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water, if it covers their mouth and nose.

Lawn and garden tools

- Keep young children away from outdoor power equipment. Serious burns may result from touching hot engine surfaces;
- Ensure that all tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying, or re-locating hives and nests situated near your home;
- To avoid a bite in case of accidentally stepping on a stinging insect ensure your child wears shoes, or sandals;
- If your child has received an 'EpiPen Jr' prescription from your physician, (for serious anaphylactic emergencies only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, seek medical attention, or call 9-1-1.

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ON TWITTER; FOLLOW
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Memberships

Did you know that with your Blackmud Creek Community League Membership you receive a 10% discount at all City of Edmonton Recreation Centres? Another good reason to join!

If you haven't purchased or renewed your membership for 15/16 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.



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With the free Edmonton 311 app, you can use your smartphone to easily notify the city of:

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

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

For more information:

Online Contact 311 Online

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

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- Improved proficiency and confidence in Math

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Help youth stay hydrated to perform at their best

Eating healthy meals and snacks and drinking enough fluids (staying hydrated) are important for good health as well as school and sport performance. Drinking enough fluid helps your body to control its temperature. Not having enough fluid (being dehydrated) can increase the risk of injury, lead to low energy, and have an impact on performance. Active youth need to drink enough fluid before, during and after exercise to help the body function at its best.

Try these simple tips to help your child stay hydrated:

- Encourage your child to drink plenty of fluids throughout the day so they arrive at sports events well hydrated. Ensure that your child has easy access to free water:
 - o provide water stations during sport events
 - o send your child to school with a water bottle to bring to gym class and to keep at their desk
 - o ensure easy access to water fountains
- Make sure your child drinks enough fluid during activity by stopping them for regular water breaks every 15 to 20 minutes. Most children do not need a sports drink during activity.

- Encourage fluids after activity is over as well. Water, milk, and soups are great options. Discourage children from drinking soft drinks, fruit juices, sports drinks and energy drinks. These are higher in sugar (which could cause stomach aches and tooth decay). Some may contain caffeine which can be harmful to children.

Healthy food and drinks are an important part of school, physical activity and sports performance. Active children need plenty of fluids throughout the day with extra water during and after activity.

Window and balcony safety Protecting your children

As summer temperatures rise outside, many parents open their windows or balcony doors to let in fresh air. Unfortunately, along with the fresh air comes a significant risk to children.

For a curious child, an open window or balcony door can pose the risk of a serious fall.

Every year, Alberta Health Services (AHS) EMS responds to multiple calls related to children injured after falling out of windows or off of balconies. In 2014, 20 Albertan children were seen in our Emergency Departments, due to these kinds of falls, and of those 20, 17 were less than seven years of age.



Always take these steps to prevent falls, and keep your children safe this summer season, and year round:

- Move furniture such as cribs, beds, stools, and change tables away from windows to prevent access to them.
- Install window guards on all windows on the second floor and above. These act like gates in front of windows.
- Consider installing safety devices which limit the distance in which a window can open. to 10cm (4 inch).
- Remember: screens are designed to keep bugs out, NOT to keep children in.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate the possibility that your child will be able to fit between the vertical bars of a balcony or deck.
- Furniture and other items stored on balconies and decks can be used to climb, resulting in a fall over the railing
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Direct supervision of children is always the most effective way to prevent falls.

AHS EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Visit us at: www.windowssafety.ca to learn more.

Playing outside fuels a child's curiosity

For generations, parents have been telling their children to "go outside and play." It's good advice: playing outside is a big part of healthy childhood development. And it's fun.

"Children are eager to understand how the world works and they do this through play," says Laura Crawford, provincial lead for Play and Physical Literacy for the Early Years at Alberta Health Services. "Outdoor play fuels curiosity, problem solving and social skills."

Young kids, from toddlers to six years old, discover all kinds of new things while they're climbing, swinging, running or riding their bikes. Playing outside helps them develop basic movement skills. And as they master the monkey bars, they're also building self-confidence.

Children need lots of play time. "From ages one to four, children need at least three hours of activity over the course of the day," Crawford says. "Children five and older need at least one hour of moderate to vigorous physical activity every day."



Some of that play can be structured and led by an adult so children can learn how to do a new skill or activity. "Structured activities are things such as going to the park and kicking a ball, throwing a ball, playing soccer or learning to swim or ride a bike."

But it's also important for children to have plenty of unstructured play, such as running around or using their imagination to invent brand new games and activities. Crawford suggests allowing most play to be unstructured.

As a parent, you can watch, wait and listen as your child plays. Watch to see what your child is interested in and what he may be struggling with. Wait to see how you can offer support, but give him time to practise and see if he can figure it out on his own. Finally, listen to him describe his game or suggest how you can play along or help. Follow his lead.

— reprinted from Apple magazine

Ride safe this ATV season

As Albertans gear up for summer and outdoor activities, Alberta Health Services (AHS) reminds all residents, and particularly parents of children less than 16 years of age, to be mindful of the significant risks associated with the use of All Terrain Vehicles (ATVs).

Children less than 16 years of age have not yet developed to the point of having the strength, skills or judgment needed to operate an ATV, and this includes ATVs marketed as 'child-sized'.

From April 1, 2014 through March 31, 2015, 318 Albertans less than 16 years of age were injured on ATVs, and 40 of these children were injured severely enough to be admitted to an Alberta hospital. Of the 40 injured children, two died as a result of their injuries.

Just this spring, from April 19 to May 10 alone, 18 children were seen in Alberta's two children's Emergency Departments (combined). Seven of these children were admitted to the hospitals, and one has died.

AHS advises all parents of children less than 16 years of age to ensure their child does not drive or ride on an ATV.

Albertans 16 years of age and older are reminded to take the following precautions to ensure their ATV excursions are as safe as possible:

- Get Trained

Before you hit the trails, get formal hands-on training from a recognized/trained ATV instructor. Don't be shy about refreshing your training seasonally.

- Wear the Gear

A helmet can save your life: from 2002 – 2011, 44 per cent of ATV-rider deaths in Alberta were due to head injuries. In 77 per cent of these head injury deaths, the ATV riders were not wearing a helmet. In addition to a helmet, always wear a jacket, long pants, goggles, boots and gloves.

- Look First

Be sure you're aware of the weather forecast, fire outlook/potential, and any hazards (geographical, animal or human) that the trail(s) you're on could pose.

- Buckle Up

Be sure that you're fastened in properly, and that all gear and equipment (including your ATV restraints) are in proper working condition before you hit the trails.

- Drive Sober

Don't drink or do drugs before or while operating an ATV. Fifty-four per cent of those who died in ATV crashes between 2002 and 2011 tested positive for alcohol.

- Seek Help

Before you head out on the trail, let others know where you're going and when they should expect you back. This helps your loved ones know when to call for help if you've been gone too long. Take a cell phone or working radio with you, as well as a first aid kit. Never hesitate to call for help if you're stuck, have damaged your ATV, or are injured.



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Join Us!

Heritage Point Community League Membership

A good news to the community members: a new membership benefit is added this summer. Now HPCL members can swim in all the city outdoor pools as per the schedule provided. Please see the outdoor pools schedule and more details on HPCL web site under Programs.

Indoor swimming facility is available in William Lutsky YMCA on Saturday and at Terwillegar Rec Center on Sunday, for community slot schedule please see www.heritagepoint.ca.

The 2015/2016 memberships are available for purchase on July 1st. Contact HPCL Membership Director, Oksana at membership@heritagepoint.ca for more information.



Southwest Edmonton Farmer's Market Sprouts Kids' Club Program

HPCL is a sponsor of the Sprouts program, this program is designed to

- Introduce kids to nutritional food choices,
- To empower children to make their own healthy eating decisions,
- To educate them about where their food comes from,
- To encourage them to lead a healthy lifestyle.

For more information, please visit website <http://www.swefm.ca/sprouts-kids-club.html>

Thank You Volunteers!!

The first time organized July 1st Canada Day celebration was very well appreciated and attended by community members. The event was co-sponsored by HPCL and was made possible by its volunteer's dedication. HPCL board thanks all the volunteers for their help and community members who joined the fun.

HPCL will keep continue its efforts to provide such events and programs to the community members.



Community League Day Volunteers Needed!!

We are looking for volunteers for our upcoming Community League Day event being held at Rutherford Park on Saturday, September 19th. We are hosting family-friendly activities from 6:30 - 8:30 PM with a movie in the park to follow. There are many more details to come. This is a great opportunity for outdoor soccer parents who have not yet met their volunteer requirement for this past season.

Please contact Christine at volunteer@heritagepoint.ca to sign up for volunteering. Thanks!

Thank you!

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.

Childhood Immunizations

New Alberta website launches.

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.

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Green Shack Playground Programs

Monday - Friday, July 2 - August 25, 2015

Heritage Point Community League Locations:

Alexander Rutherford Park
1327 Rutherford Road SW
10:00 am - 1:30 pm

Chappelle Urban Park
1137 Chappelle Boulevard SW
10:00 am - 1:30 pm

MacEwan Park
252 MacEwan Road SW
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Find all community summer programs at edmonton.ca/dropincommunityprograms or call 311.



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Ring endorsement for new 811 Health Link phone number

More Albertans using 811 than old numbers

Just weeks after the launch of Health Link's new 811 phone number, Albertans are grabbing on to the easy to access number and dialling 811 for health information and advice.

Call statistics show just two weeks after the number was announced, 66 per cent of callers were using the new, easy to remember number in place of the old 10 digit numbers.

Health Link is Alberta Health Services' free, 24/7 health information and advice line. This province-wide service helps callers by providing at-home treatment options and information on the most appropriate health care services..

811 replaces the existing local numbers in Calgary and Edmonton as well as the provincewide toll-free number. The old numbers will continue to direct callers to Health Link for the time being. In a medical emergency, Albertans should continue to dial 911 or visit the nearest emergency department.

For more information visit www.MyHealth.Alberta.ca/811.

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TWIN BROOKS Community League

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Finance Committee Chair: James Wilson
Fundraising Coordinator: Vacant
Casino Volunteers Coordinator: Jamie Popowich
MEETINGS:
Meetings held monthly September through June. Contact volunteer@twinbrooks.ca for times and locations.

Twin Brooks Community Garden

Give ourselves “a huge pat on the back” for winning first place in the recent Edmonton Horticultural Society garden competition. Thank you to Susan Parker for entering and earning this lovely accolade for our garden.

Gardeners please mark your calendars for Sat Sept 19 as we once again hold our annual Harvest Bounty Potluck Supper from 4-7pm in the nature park. Along with great food, we will also enjoy a guest speaker who will share knowledge on a compost structure.

Vandalism and garden theft are a sad sight for gardeners who put a lot of effort into their plots. Please do not “help yourself” without permission or damage any garden structures.

Remember to “help one another, there’s no time like the present and no present like the time!”



Students Help Naturalize 119th St. Boulevards in Twin Brooks

In late May, grade 5 & 6 students from George P. Nicholson (GPN) Elementary School helped to initiate the planting of native trees and shrubs in the boulevards bordering 119th St. between 9B Ave. and Twin Brooks Way. Current naturalization efforts along the 119th Street corridor will help to beautify this popular walking and biking area, while also strengthening the ecological integrity of this parkland area, plus Twin Brooks District and Nature Park at the north end of the corridor. This is the third year that students from GPN School have participated in the City of Edmonton’s Root for Trees program. Their previous efforts focused on the un-mowed hills in the northeast corner of the District Park. This is a great opportunity for students to engage in hands-on learning about the value of our protected green spaces and to make a contribution towards the conservation of these areas.

The GPN student involvement is an essential part of the Twin Brooks naturalization projects organized by the Friends of the Twin Brooks District and Nature Park group, in cooperation with the Twin Brooks Community League, GPN School and the City of Edmonton’s Community Services department. Additional planting events, within the 119th Street corridor, are continuing throughout the summer and early fall of 2015 and will involve other volunteer planting events organized by the Root for Trees Program. It is hoped that GPN students will participate again in the spring of 2016 to help complete the 119th Street planting project. Further information about the 119th St. project and other nature-related initiatives within Twin Brooks is available at: http://www.twinbrooks.ca/index.php/mini_site/site/Nature/home and www.edmonton.ca/naturalization.



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YECL Board Contacts

President:	Michael Karpow	president@yellowbirdcl.com
Vice President	Anne Hudson	vicepresident@yellowbirdcl.com
Memberships	Heather Pearson	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.

50+

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

Zumba

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



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.



ANNUAL GENERAL MEETING

Membership Drive BBQ and AGM

Our annual membership drive and FREE BBQ is here again! AGM to follow.

Sept 10
5:30 - 7:00pm Membership Drive BBQ
7:00pm AGM

Come out to renew your membership, and enjoy some free food! Join us for our community AGM at 7pm.

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

Parents and Tots Playgroup

Playgroup will resume in September (see yellowbirdcl.com for details).

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

Come Learn About Fire Safety

In order to keep children and their families fire safe, the City of Edmonton Fire Rescue Services is setting up a Fire Station Open House:

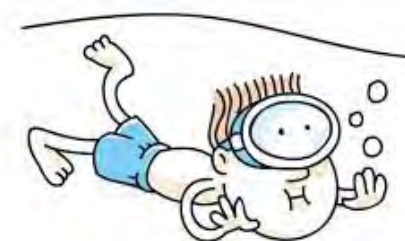
August 22, 2015
12 - 4 pm

Station 13, Rainbow Valley Community Fire Station
4035 - 119 Street

Neighbourhood Safety

Are you concerned about suspicious activity in your neighbourhood? Join the "Walk Your Block" program to help reduce crime! Research shows that crime and suspicious activity is significantly reduced where community residents are visibly present.

More information available at enwatch.ca/walk-your-block



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.

THANK YOU CASINO VOLUNTEERS !

Corinne P., Michael K., Kitt S., Donna L., Michel B., Tricia L., Greg M., Melanie H., Swapan S., Emily C., Lena M., Jeff H., Arianna K., Tony P., Graeson K., Nathan L., Deb P., Joan F., Barbara G., Asma Q., Tracy W., Tammy G., Charlene P., Linda H., Erin Y., Jacob H., Karen Y., Chris H., Trevor W., Sarah O., Julie W., Trina D., Janet L., Marina B., Blake M., Janice H., Nancy A., Angela B., Karen H.

Thank You for your contribution to our Casino Fundraising Event June 28th & June 29th. Thank You so much for generously giving of your time. Your commitment and participation as a volunteer made our casino fundraising event a great success.

Sincerely,

Cheryl K.
Casino Director
Yellowbird East Community League



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Waste Management Technology in Edmonton



Since the start of our curbside recycling program in 1988, Edmonton has become a world leader in urban waste management. However, our city's population has grown by more than 12 per cent over the past five years and as a result the amount of organic material collected exceeds our current composting capacity.

Two new facilities – the Waste-to-Biofuels and Chemicals Facility and the Anaerobic Digestion Facility – will help keep up with these increased demands by turning waste into resources.

The organic portion of household garbage is sorted at the Edmonton Waste Management Centre and composted at the City's Composting Facility. This municipal composting, along with our recycling programs and the waste reduction that residents practice (grasscycling and back-yard composting), means we currently keep more than 50 per cent of our household waste out of landfills. When the two new facilities are fully operational, the City will be able to increase that diversion rate to 90 per cent.

Edmonton's Waste-to-Biofuels and Chemicals Facility, which opened in 2014, is the first industrial scale facility of its kind to turn household garbage into biofuels and biochemicals. Owned and operated by Enerkem Alberta Biofuels, the facility will convert 140,000 tonnes of waste that can't be recycled or composted into 38 million litres of biofuels and chemicals annually. The facility will first produce methanol, followed by ethanol, which will help support the growing demand for biofuels.

The City's Anaerobic Digestion Facility will process up to 40,000 tonnes of organic waste a year. Scheduled to operate by the end of 2017, the facility will produce high quality compost. It will also generate renewable energy in the form of heat and electricity. By keeping organic waste out of landfills, the facility will help reduce greenhouse gas emissions. The project is estimated to reduce emissions by 198,570 tonnes of carbon dioxide equivalent over 10 years – about the same as removing 39,700 cars from the road.

For more information about Edmonton's waste management system, I encourage you to visit edmonton.ca/waste.

If you have any comments or questions, please contact me at bryan.anderson@edmonton.ca or 780-496-8130.

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Hong Park Tae Kwon Do College

Grand Master Hong Park has been making a difference in students' lives for over 35 years in the Edmonton area. He 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. As a family friendly school, many of our students join their family members on the path to a black belt. Parents, children, siblings. Training together give families common ground and helps us grow stronger together. We take great pride in our Tae Kwon Do family at Hong Park.

Hong Park offers the following classes:

Little Tigers (Ages 4 - 5 year olds)

Children Program (Ages 6 - 14 year olds)

Adult Program (Ages 15 and up)

General Health

At the Hong Park Tae Kwon Do College we believe that developing and maintaining a sound body and mind are critical to getting the most out of life. In our Adult programs you will experience a unique approach to self defense and exercise that benefits the body and the mind.

Exercise

To strengthen the body, you will begin with fundamental strength building exercises and cardiovascular training. Flexibility will be enhanced through a gradual building process and easy stretching techniques. You will find that the breathing and concentration exercises sharpen your senses and reflexes while allowing you to relax from the stress of daily life. This unique combination of using the power of the body and of the mind is the key to increased energy, self discipline, and fitness for a longer, happier life.

Confidence and Self Esteem

Self Control and Discipline come with belief of self worth, a benefit of goal setting and achievement. In our course you will set goals which we will help you achieve. To strengthen the body, you will begin with fundamental strength building exercises and cardiovascular training. Flexibility will be enhanced through a gradual building process and easy stretching techniques. You will find that the breathing and concentration exercises sharpen your senses and reflexes while allowing you to relax from the stress of daily life. This unique combination of using the power of the body and of the mind is the key to increased energy, self discipline, and fitness for a longer, happier life.

If you are interested in our program, please contact the school at **780-433-6567** to book your free trial.



9159-25 Ave
Edmonton, AB
T6N 0A5
Phone: 780-433-6567
E-mail: hongparktaekwondo@gmail.com

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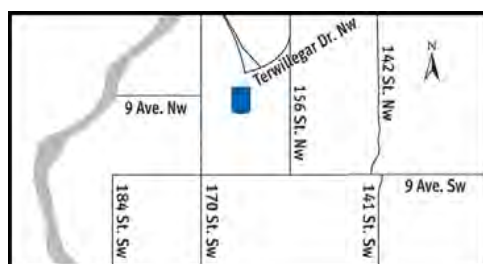
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