

Community Views

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

February 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



SWEMSA 2015 Community Outdoor Soccer Registration

Check your Community League Web Site for Registration details and [register online](#)
Then attend your Community registration session listed below to complete the registration



Blackmud Creek Community League

Includes: Southbrook, Royal Gardens, Blackburne, Callaghan and Allard
ALL Age groups U4 (Mighty Mite) to U18 - Complete registration at **Johnny Bright School – 1331 Rutherford Rd. SW**



Heritage Point Community League

Includes: Rutherford, MacEwan, Creekwood Chappelle and Chappelle Gardens
All Age groups U4 (Mighty Mite) to U18 - Complete registration at **Johnny Bright School – 1331 Rutherford Rd. SW**



Twin Brooks Community League

Age groups U4 (Mighty Mite) to U18 - Complete registration at **George P Nicholson School – 1120-113 St NW**



Yellowbird Community League (including Ermineskin and Bearspaw)

Age groups U4 (Mighty Mite) to U18 - Complete registration at **Yellowbird Hall – 10704 19 Ave NW**

LOCATIONS, DATES AND TIMES

Blue Quill Hall – 11304-25 Ave NW

Contact: sports@bqcl.org

Dates: Wednesday Feb. 11, 2015, 6:00 – 9:00 pm
Saturday Feb. 14, 2015, 9:00 – noon

Johnny Bright School – 1331 Rutherford Rd. SW

Contact: bcclsoccer@gmail.com (Blackmud Creek Community)
soccer@heritagepoint.ca (Heritage Point Community)

Dates: Wednesday Feb. 11, 2015, 6:00 – 9:00 pm
Thursday Feb. 19, 2015, 6:00 – 9:00 pm
Saturday Feb. 21, 2015, 9:00 – 2:00 pm

George P Nicholson School – 1120-113 St NW

Contact: sportsdirector@twinbrooks.ca

Dates: Wednesday Feb. 11, 2015, 6:00 – 9:00 pm
Thursday Feb. 19, 2015, 6:00 – 9:00 pm
Saturday Feb. 21, 2015, 10:00 – 2:00 pm

Yellowbird Hall – 10704 19 Ave NW

Contact: soccer@yellowbirdcl.com

Dates: Wednesday Feb. 18, 2015, 6:00 – 9:00 pm
Saturday Feb. 22, 2014, 9:00 – 2:00 pm
Wednesday Feb. 25, 2015 6:00 – 9:00 pm

2015 SOCCER FEES

Age Groups	Birth Year	Fees	
U4	2011	\$70	<ul style="list-style-type: none">• You MUST register online before attending the in-person registration sessions. See your community website or SWEMSA for details to complete that step.• Deposits will also be required for uniforms & volunteer fees. Please bring separate cheques for each.• All soccer players require a community membership. They can be purchased online or at the registration sessions.• Players must register in their home communities for the outdoor season. You may request a transfer at the time of registration if you would like to play in another community.• Players trying out for Sting Competitive Soccer are encouraged to register with their home community to reserve their position in the community if they don't make Sting
U-6	09-10	\$100	
U-8	07-08	\$120	
U-10	05-06	\$130	
U-12	03-04	\$140	
U-14	01-02	\$150	
U-16	99-00	\$170	
U-18	97-98	\$180	

REFEREES – We need referees! Ages 12+ can apply - get paid at every game- training is provided.

Contact malmomary@shaw.ca for more information.

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack (Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
 - Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
 - Shortness of breath, sweating or nausea and vomiting.
- Reduce your risk

Heart attack risk factors include:

- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.



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**Blackmud
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community league

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

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 Centres? 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.

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 2013-14 membership card.

Winterfest - February 16 Allard Rink

On February 16th from 12- 3pm come out and have some winter fun in Allard! Enjoy snowshoe races, maple syrup tasting, skating at the rink, a roaring rink side fire, a heated tent with hot chocolate, treats and more.

Casino Volunteers Needed; March 4 and 5!

Blackmud Creek has been awarded a Casino at Palace Casino in West Edmonton Mall on March 4th and 5th. If you are willing and able to volunteer please go to our volunteer sign up sheet at:

<https://www.volunteersignup.org/WJFD8>

Casinos are our major fundraiser and the funds raised are being allocated towards Community Recreation Facilities and Activities. This is a great opportunity to support your community and have some fun!

For more information about volunteering for the Casino please contact us at blackmudcreek@gmail.com

Callaghan Park Development Project

We are building a park! A team of dedicated community members is currently working on creating a fun and safe space for our children and families to play and to create a community gathering place in Callaghan.

In order to ensure this space meets the needs and priorities of the community, we ask that you share your opinions through a brief survey.

It can be found on our facebook page or online here :

<http://tinyurl.com/bcclpark>

Survey submissions will be accepted until February 28th.

We are currently putting together a fundraising strategy as well and are looking for any volunteers who would like to help.

Any inquiries, or if you'd like to volunteer or know more about the park development -- contact us at callaghanplayground@blackmudcreek.ca

Free Drop-In Learn to Skate Program

Allard Community Rink
@ Allard Boulevard SW & Alexander Way SW

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

Fun and basic skills are the focus of this **free, drop-in** skating program. Participants will be exposed to various skating skills while participating in stations and games. Children will learn basic skating skills at their own pace. The program will be adapted to the age and skill level of the participants dropping in to the program.

Wednesdays, January 14 – February 18
Time: 5:00 pm - 8:00 pm

Preschool Ages 4-6 5:00- 6:00 pm
Children Ages 7-12 6:00- 7:00 pm
Family All Ages 7:00-8:00 pm

Participants can stay for the full time for their age group or drop in for a short while!

***Program will cancel at -20 degrees Celsius or colder with the wind-chill.**

Participants must have their own skates.

A CSA approved helmet is mandatory for participation.



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fairmont.com/SpringBreak

Offers include free nights and resort credits, to be used towards dining, activities, and spa treatments. Subject to availability. Call 888-765-8322.

SAVE 25% WITH ZOO AND BRUNCH COMBO



Visit the zoo prior to noon on Sundays and save 25% with our Safari Brunch Combo. Includes day admission to the zoo and brunch.

calgaryzoo.com
403-232-9300

Purchase combo prior to noon at the north entrance. Combo price is valid in 2015. Subject to change without notice.

WEEKEND GET-A-WAY FROM \$99.00



Weekend Stays in a comfort room, Friday through Saturday starting at \$99.00 per night plus taxes.

calgaryplaza.com
800-661-1464

Applicable to Friday, Saturday, Sunday nights only. Blackout dates apply. Fees and taxes additional. Valid until February 28, 2015.

For more winter adventures, visit travelalberta.com



Be wise at the wheel

During the winter, it's easy to blame vehicular collisions on snow, ice and poor visibility. Rarely do drivers point the finger at themselves. Yet, the truth is, no matter how skilled drivers are, winter or summer, road safety depends largely on their driving attitude. "A lot of people don't think they are part of the problem. They like to blame it on the other guy or the weather," says Sharon Richards of Alberta Motor Association Driver Education.

These tips can help drivers make the right decisions on the road.

Stop tailgating

In 2009 in Alberta, driving too close was the number one reason for crashes involving a death or serious injury. Many drivers may feel they are keeping a safe distance when they're not. "The rule we recommend is one car length for every 10 kilometres per hour of speed," says Rick Gardner, acting director/deputy chief of the Alberta Sheriff Highway Patrol. In icy winter condition the distance needs to be two to three times more.

Slow down

When we get behind the wheel of a car, strangely every minute seems to count and we recklessly disobey speed limits just to get to our destination one minute earlier.

The risks of speeding increase during the winter as ice and snow drastically reduce the ability of tires to grip the road. "On icy roads, everything your car does should be slower," says Gardner. "If you try to change lanes too quickly on black ice, or make any quick adjustments, you will lose control."

Plan your route

Before leaving on a trip during the winter, plan your route and give yourself lots of time to reach your destination. Paul Oss, a public affairs officer with Alberta Transportation, also suggests you let someone know where you're going, your planned route, destination and expected time of arrival. Alberta's 511 telephone information line and website have the latest reports and conditions across the province. You can also check AMA Road Reports, at AMARoadReports.ca.

— reprinted from *Apple magazine*

Youth head injuries during sport and recreation

According to the Alberta Centre for Injury Control and Research, sport-related injury is the leading cause of emergency department visits in Alberta among teens aged 15-19 years.

Concussion is a common sport related injury that often occurs during hockey, football, skiing and snowboarding. A concussion is a brain injury that occurs when the brain suddenly shifts inside the skull and knocks against the skull's surface. It may be caused by a direct or indirect hit to the head or body.

After suffering a concussion, a person may experience many different symptoms. These could include, headache, ringing in the ears, nausea and/or vomiting, disorientation, emotional and personality changes, dizziness, poor balance and/or coordination, poor concentration, light sensitivity, irritability, fatigue and sleep complications.

In order to reduce the risk of a concussion, encourage your teen to look first when engaging in a risky activity, such as hockey. Preparation, good sportsmanship and fair play all help to reduce the risk of injury, including concussion.

Teens should also wear the gear, such as a helmet that fits correctly and is secured on the head throughout the sport. Always replace your child's helmet after impact or as instructed by the manufacturer. In high impact sports such as hockey, teens should wear a face and mouth guard. To manage a concussion, encourage your teen to seek help from a coach, teacher or parent immediately after an injury has occurred. Consult a physician immediately after being notified of an injury in order to determine if a concussion has occurred. Finally, ensure that your teen does not return to activity or play until it has been approved by their doctor.

Risk is a part of life, and while not all risks can be eliminated, most can be managed. Taking smart risk means recognizing the risks of an activity and choosing to manage risk to prevent injuries. For more information on smart risk visit: <http://www.alberta-healthservices.ca/4880.asp>

For more information on concussions go to www.myhealth.alberta.ca.

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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 15% 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. Hours of operation are from 5:30 a.m. to midnight (hours vary according to facility).

For more information, please call 311 or visit www.edmonton.ca/wellness



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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

Sandboxes available for HPCL

Heritage Point Community League would like to inform its members regarding the Sandboxes available at JBS. The sand from these boxes can be used for sidewalks, near post boxes etc. by any resident of the community. For further details, please contact Steve at facilities@heritagepoint.ca.

Thank You from HPCL

Heritage Point Community League would like to thank **Meaghan Lim** our **fabulous Fundraising Director** for her endless dedication, organization, and efficiency coupled with countless late hours in running Heritage Point's first ever Casino! HPCL is lucky to have her! We would also like to thank our wonderful volunteers who dedicated their precious time on Jan 3 & 4 weekend, to raising almost \$100,000 for the league programs and development projects. Your Community is grateful!

New Soccer Coordinator for HPCL

Heritage Point Community League would like to welcome our new Soccer Coordinator Maryse LeBlanc. For further information about Soccer Registration or to help out email Maryse at soccer@heritagepoint.ca

Always dreamt of coaching Soccer?

We would love to have you join us! Heritage Point is looking for soccer coaches and we will provide you with ALL the necessary information and training to give the confidence to be a GREAT soccer coach even without experience! To join us contact Maryse HPCL Soccer Coordinator at soccer@heritagepoint.ca

Membership In Heritage Point Community League

HPCL members please renew your membership cards to be ready for the February 2015 Outdoor Soccer Registration Events.

Please go to our website at http://www.heritagepoint.ca/index.php/membership_manager

OR Contact Membership Director Oksana at membership@heritagepoint.ca



OUR SINCEREST THANK YOU'S

HPCL would like to thank the 30 volunteers,

Who gave countless hours of their time and energy to make our 2015 Casino Event happen. We had a great time over the weekend, working toward a common goal. Volunteer efforts will help support our community, having earned *nearly* \$100,000 toward community programs, facilities and events.

In appreciation for these volunteers, and all those who are the backbone of our vibrant community, HPCL will hold a Volunteer Appreciation event later this year.

Many Thanks,

Your Heritage Point Community League Board of Directors

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

Sledding Safety

Alberta Health Services, EMS would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects such as trees and rocks or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Educate your family how to stay safe by following these simple reminders and have a fun day on the toboggan hill.

Equipment

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.

Plan ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up out of the cold.
- Ensure frostbite hasn't affected any exposed skin.
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.

Free Drop-In Learn to Skate Program

Allard Community Rink
@ Allard Boulevard SW & Alexander Way SW

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

Fun and basic skills are the focus of this **free, drop-in** skating program. Participants will be exposed to various skating skills while participating in stations and games. Children will learn basic skating skills at their own pace. The program will be adapted to the age and skill level of the participants dropping in to the program.

Wednesdays, January 14 – February 18
Time: 5:00 pm - 8:00 pm

Preschool	Ages 4-6	5:00- 6:00 pm
Children	Ages 7-12	6:00- 7:00 pm
Family	All Ages	7:00-8:00 pm

Participants can stay for the full time for their age group or drop in for a short while!

***Program will cancel at -20 degrees Celsius or colder with the wind-chill.**

Participants must have their own skates.
A CSA approved helmet is mandatory for participation.

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Celebrate the Launch of the Ski2LRT SWAC Rack

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January 31st, 2015 11:30AM - 3:30PM



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TWIN BROOKS Community League

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

Twin Brooks Board

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Secretary: Jason Janus
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Sports Assistant: James Wilson
Programs Director: Natalia Shakhova
Programs Assistant: Meet Patel
Social: Renata Figueroa
Communications: VACANT
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.

No News Is Bad News

We have been doing everything we can think of to get a volunteer to fill the role of News / Communications director for about two years with no luck.

I am totally busy with the other community league roles I'm filling in addition to this and will not be able to continue. Please someone step forward so we can continue to keep you informed.

Website & Newsletter Editor:

Manages content on our website, newsletter, and school newsletter.

Want to find out more? Shauna, our Volunteer Director will be glad to fill you in. Just email her at volunteer@twinbrooks.ca.



Community League Openings

(no experience required)

We have immediate openings for volunteer positions now:

Website & Newsletter Editor:

Manages content on our website, newsletter, and school newsletter.

Fundraising Coordinator:

Organizes some fundraising events.

Want to find out more? Shauna, our Volunteer Director will be glad to fill you in. Just email her at volunteer@twinbrooks.ca.

Twin Brooks Community League Centre Building Progress Update

January 14, 2014

We are still waiting for Epcor to connect the power at the building and ATCO to connect the natural gas. Until we have these, we cannot occupy the building. We applied for the respective services in July 2014. ATCO have given us an approximate date for hookup (mid-February) but no word from Epcor on the electricity yet. Rink lighting installation is in progress. Of course, no rink lights until Epcor connects our power. We currently have portable lights on site, and as soon as we get rink ice in good condition, we can light up for some evening skating on select nights.

Additional items like surround for waste bin, patio, fire pit, etc. will be done in the spring 2015.

We are all eagerly looking forward to having the community start to use the building.

The Twin Brooks Facility director is looking for assistance with the successful operation of the finished community center. We have several inquiries for rental of the facility for different uses. The Community League needs an individual or group interested in managing the building for these type of uses. This is a Community run facility. If anyone has an interest in getting involved with our Community Center and its operation, or would like to refer someone, please contact facilities@twinbrooks.ca.

Twin Brooks Rink Update


The rink volunteers continue to struggle along with ice making. Unfortunately due to circumstances of our situation with no utilities on site, we are currently using the Fire Hydrant as a water source and continue to struggle with hoses freezing up. If not freezing hoses, forecasts above zero temperatures are also hindering ice making, so no flooding can proceed during this period of warmer weather (optimum temperature is -8° to -17°C for flooding rink).

When our building is complete, we will have hot water to flood with, which will alleviate these hardships.

There is plenty of winter left and we are confident we can get some good skating ice on the rink for all to enjoy before long. To get more information about weekly rink maintenance events, contact facilities@twinbrooks.ca or see our website for updates. TWINBROOKS.CA







Back Be Nimble
Massage & Wellness Centre
...dedicated to your well-being

NEW Wellness Classes
6 – 8 week registered sessions in foundation yoga, pilates, dance and more for beginner adults, kids and prenatal.

Massage Therapy Sessions
Therapeutic, prenatal, deep tissue and more. All of our RMTs are 2200-hour registered.

Classes start January 2015
Register or book online at backbenimble.ca or call 780-466-0027
1921-91 Street SW



TWIN BROOKS ANNUAL

WINTER FESTIVAL

SUNDAY FEB 8

1 – 4 pm

Twin Brooks Park

Sleigh Rides
Skating
Hot Chocolate & Cookies
Fort & Snowman
Building Contests
Prizes
and More!

Come out to one of the biggest annual events in Twin Brooks. Meet your neighbours & have lots of FREE fun!

Brought to you by the volunteers of:



EDMONTON

Free Drop-In Learn to Skate Program

Twin Brooks Community League Rink
1120 113 Street NW

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

Fun and basic skills are the focus of this free, drop-in skating program. Participants will be exposed to various skating skills while participating in stations and games. Children will learn basic skating skills at their own pace. The program will be adapted to the age and skill level of the participants dropping in to the program.

Saturdays, January 10 – February 21

NO CLASS ON FAMILY DAY WEEKEND (February 14th)

Time: 9:00 am - 12:00 pm

Preschool	Ages 4-6	9:00-10:00 am
Children	Ages 7-12	10:00-11:00 am
Family	All Ages	11:00 am-12:00 pm

Participants can stay for the full time for their age group or drop in for a short while!

*Program will cancel at -20 degrees Celsius or colder with the wind-chill

Participants must have their own skates.

A CSA approved helmet is mandatory for participation.



Edmonton

Childhood Immunizations

New Alberta website launches.

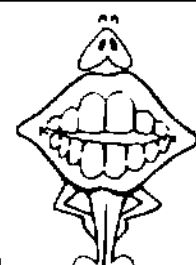
When it comes to childhood immunizations, Albertans have questions. But where is the best place to get good answers?

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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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.

Free Drop-In Learn to Skate

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

Fun and basic skill are the focus of this free drop-in skating program. Participants will be exposed to various skating skills while participating in stations and games. Children will learn basic skating skills at their own pace. The program will be adapted to the age and skill level of the participants dropping into the program.

Tuesdays, January 13 – February 17

Time: 4:00-7:00

Preschool Ages 4-6 4:00- 4:30

Children Ages 7-12 4:45- 5:30

Family All Ages 5:30-7:00

Participants can stay for the full time for their age group or drop in for a short while!

*The program will cancel at -20C with the wind-chill

Participants must have their own skates. A CSA approved helmet is mandatory for participation



Congratulations to Christmas Colouring Contest winners!

Congratulations to our winners Colin, Esprit, Aidan, and Soren, for their outstanding entries in our Christmas colouring contest! Each winner received a gift card to Toys R Us. Enjoy your prizes!

Interested in a Community Garden? (updated)

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 programs@yellowbirdcl.com.

Neighbourhood Watch

There have been increasing reports of theft from cars this winter season. Edmonton Police Service asks all drivers to remove valuables from cars. If you do leave valuables in your vehicles, please keep them out of sight or lock them in the trunk. And make sure to lock your cars!

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.

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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AGE	BIRTH YEAR	BOYS	GIRLS
U10	2006	FEBRUARY 14 3:15 - 4:15 PM WEST SOCCER CENTER #3	FEBRUARY 14 3:30 - 4:30 PM WEST SOCCER CENTER #4
U10	2005	FEBRUARY 14 4:15 - 5:15 PM WEST SOCCER CENTER #3	FEBRUARY 14 4:30 - 5:30 PM WEST SOCCER CENTER #4
WEST SOCCER CENTRE · 17415 – 106A AVENUE			

Edmonton 311 App

Report your concerns on the go!
 With the free Edmonton 311 app, you can use your smart-phone to easily notify the city of:

- Potholes • Damaged sidewalks • Damaged trees
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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
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- 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



www.ucmas.ca

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





UCMAS
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YELLOWBIRD COMMUNITY LEAGUE Free Family Fun Day!

Chili Hotdogs Sleigh rides Skating Hot chocolate Outdoor fun



February 16th, 2015 from 12-4pm
Yellowbird Community Hall
10710-19 Avenue

Join your friends and neighbours for food and activities, such as chili & hotdogs, hot chocolate & cookies, skating, sleigh rides, petting zoo and more.



OPEN TO ALL SOUTHWEST AREA COMMUNITY MEMBERS

FREE FAMILY FUN DAY SPONSORED IN PART BY SOUTHWEST AREA COUNCIL

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.

Did you know?

You can report graffiti, vandalism, potholes, broken street lights, and other hazards or issues in our neighbourhood with your smartphone. Instead of saying "somebody should do something about that", you can alert city officials with just a few clicks.

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Disorder Reporter (it's a free download, available in the Apple App store and Google Play).

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www.stteresa.ecsd.net

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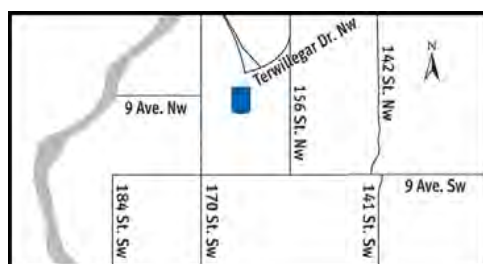
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Wednesday: 9:00 - 5:00
Thursday: 11:00 - 8:00
Friday: 9:00 - 5:00
Saturday: 9:30 - 3:00
Sunday: Closed
Bank Holidays: Closed

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