

# 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](mailto:info@communityleagueneews.com)

## Yellowbird: A few casino volunteers still needed

A few more casino volunteers are needed to fill out our schedule. This casino supports our community in numerous ways, so please consider making a time contribution. Also, if you are willing to be available for a backup shift (in case of a cancellation) we would love to have your support that way too! The dates are:

*Sunday June 28*  
*Monday June 29, 2015*

Contact [casino@yellowbirdcl.com](mailto:casino@yellowbirdcl.com) to find out specific times available.

## Blackmud Creek Callaghan Park Development Project Upcoming Fundraisers

### Vendor Market & "I've Outgrown It" Sale

Sunday, July 19th; 10am - 4pm  
Ellerslie Rugby Club; More than 15 Vendors  
Contact: Kim Lucid at [klucid@hotmail.ca](mailto:klucid@hotmail.ca)

### Golf Tournament

Monday, August 31st; Red Tail Landing  
Shot-gun morning start, steak dinner, silent auction, celebrity golfers  
[www.callaghanguolf.ca](http://www.callaghanguolf.ca)

We're always looking for volunteers for our events!  
Please follow us on Facebook and Twitter @CallaghanPDP



## Twin Brooks Casino Volunteers Needed

**Aug. 15 & 16, 2015**  
**Argyll Casino**

This year the casino fundraiser will be held at the Argyll casino on August 15 & 16, 2015 (Saturday & Sunday). To get a weekend is very fortunate.

A link is included below for volunteer sign up which shows the duties and times members can sign up for.

Please consider stepping up and helping Twin Brooks Community fill the volunteer positions for this very important community fundraiser.

For further information, contact our casino coordinator, Jamie at [casino@twinbrooks.ca](mailto:casino@twinbrooks.ca).  
Volunteer sign up = <https://www.volunteersignup.org/CLWWT>

## HPCL Soccer Season Update!!

A big THANK YOU to all the coaches, assistant coaches and volunteers for all the help during the soccer season, we could not make it all this far without their help. Reminder to the parents to volunteer before August 31, you can email Maryse at [soccer@heritagepoint.ca](mailto:soccer@heritagepoint.ca) for more information. Check SWEMSA website for information about indoor soccer 2015-16 <http://emsasouthwest.com/play/registration/>

A reminder - next soccer registration for our 2016 outdoor season will be February 2016. Thank you!



## Twin Brooks Indoor Soccer Registration

Indoor Soccer Registration for the 2015/2016 season will open in early July, 2015. Get more information at the SWEMSA website <http://emsasouthwest.com/play/registration/>

HERITAGE VALLEY  
**SPECTACULAR**  
FIREWORKS & FAMILY FESTIVAL  
CANADA DAY JULY 1<sup>st</sup>  
5PM to 11:30PM  
HOT DOGS & HAMBURGERS • KIDS INFLATABLES  
COMMUNITY RESOURCE TENT • LIVE MUSIC  
FACEPAINTING • CAKE • FREE POPCORN  
Limited Parking! GO GREEN! Walk or Bike! | Food Bank Donations Received  
11520 Ellerslie Rd. | [SouthPointeCommunity.ca](http://SouthPointeCommunity.ca)  
SPONSORED BY  
Blackmud Creek, South Pointe, THE RIVER COMMUNITY CENTER, ELLERSLIE, HERITAGE point





www.blackmudcreek.ca



**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.



Proud Supporter of the

# Callaghan Park Development Project

Enhance our community by donating to our  
*playground campaign.*

*Donations over \$20 eligible for a charitable tax receipt.*

Cheques payable to "CITY OF EDMONTON"  
with "CALLAGHAN PARK DEVELOPMENT" on the memo line.

Cheques can be mailed to:  
Blackmud Creek Community League  
PO Box 22516  
RPO Southbrook  
Edmonton, AB T6W 0C3

[callaghanplayground@blackmudcreek.ca](mailto:callaghanplayground@blackmudcreek.ca)

  @CallaghanPDP





**BLACKMUD CREEK IS NOW  
ON TWITTER; FOLLOW US  
@blackmudcreekcl**



## 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.

## Edmonton 311 App

Report your concerns on the go!

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

- Potholes • Damaged sidewalks • Damaged trees
- 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

## City Services & General Information

Visit [www.edmonton.ca/311](http://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.

**We are accepting new patients  
Walk-ins welcome**

**Rutherford Physical Therapy  
and Sports Injury Clinic**

• Same day WCB & MVA assessment • No doctors referral required  
• 15 years of dry needling experience • Chronic pain management  
• Motor vehicle accident provider  
• WCB authorized provider • Sports injury management  
• Tension headache management • Vestibular (dizziness & balance) rehab  
• Pre & post-op rehab (ACL reconstruction, rotator cuff repair, ORIF, total hip/knee/shoulder replacements)  
• Direct billing available

**780-435-8887**  
**11472-17 Ave. SW T6W 2S5**  
[www.rutherfordphysicaltherapy.ca](http://www.rutherfordphysicaltherapy.ca)  
[Info@rutherfordphysicaltherapy.ca](mailto:Info@rutherfordphysicaltherapy.ca)

PHYSIOTHERAPY      MASSAGE  
ACUPUNCTURE      IMS

**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: [www.ucmas.ca](http://www.ucmas.ca)

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

**UCMAS Edmonton Southeast**  
#3 1510 A Lakewood Rd West  
Edmonton AB T5K 3J4  
Tel: 780-885-4190  
587-357-4170  
Email: [wondermath@ucmas.ca](mailto:wondermath@ucmas.ca)

**the  
Gutter  
Doctor**

GUTTER INSTALL / REPAIR / CLEAN  
FASCIA & SOFFIT  
DOWNSPOUTS & FLASHING  
5 YEAR GUARANTEE ON INSTALLS  
**780-709-6825**  
[info@gutterdoctor.ca](mailto:info@gutterdoctor.ca)

15,000  
HAPPY  
CUSTOMERS!



## EDMONTON

### FREE Community Summer Drop-In Recreation Programs

Join in games, sports, crafts, music, drama, and special events at your neighbourhood park! Ages 6 to 12 are welcomed; ages 5 and under must be supervised by a parent or guardian.

### Green Shack Playground Programs

Monday - Friday, July 2 - August 25<sup>th</sup> 2015

#### Allard Park

660 Allard Boulevard SW

10:00 am - 1:30 pm (Monday - Friday)

#### Blackmud Creek Park\*

2099 Blackmud Creek Drive SW

2:30 - 6:00 pm (Monday - Friday)

\* The Flying Eagle Program will visit the Green Shack from August 17 to 21<sup>st</sup> to share Aboriginal teachings and activities.

### Pop Up Play Programs

Mondays & Wednesdays, July 6 - August 24<sup>th</sup>

#### Blackburne Park

747 Blackwood Crescent SW

2:30 - 6:00 pm (Mondays & Wednesday)

#### Richford Park

10804 8<sup>th</sup> Avenue SW

10:00 am - 1:30 pm (Mondays & Wednesday)

Find all community summer programs at

[edmonton.ca/dropincommunityprograms](http://edmonton.ca/dropincommunityprograms)

or call 311.



Edmonton

## 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.

For more information on ATV safety and injury prevention in Alberta, visit <http://www.albertahealthservices.ca/injuryprevention.asp>.

## 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>

## When temperatures rise, stay safe

In addition to the risk of sunburn, rising temperatures also increase the risk of heat-related illness, including heat exhaustion and sunstroke. While children and the elderly are particularly susceptible to heat exhaustion and dehydration, it's important all Albertans follow these simple precautions to prevent sun and heat-related illness:

- Wear waterproof sunscreen of 30 SPF or greater, apply 20 minutes before going outside and reapply frequently.
- Wear a wide-brimmed hat and sunglasses. If possible, wear long pants and long-sleeved shirts that cover skin.
- Stay hydrated. Drink lots of water and other non-alcoholic, non-caffeinated beverages. Proper hydration begins the night before.
- If planning to be out and about, consider preparing a backpack with sunscreen, bottled water, extra pair of shoes and healthy snacks, such as fruits and vegetables.
- Pay attention to your body and watch for symptoms of heat exhaustion and sunstroke
- Keep in mind that children and the elderly are particularly susceptible to heat exhaustion and dehydration.

If you feel dizzy, nauseous and/or faint, you may have heat exhaustion. Drink plenty of water and move into shade. Symptoms of sunstroke include high body temperature, lack of sweat, disorientation, fainting and unconsciousness. Move people with sunstroke to shade, remove their outer clothing and shoes, wrap them in a wet towel and get medical attention promptly.

For more information visit the Alberta Health Services heat advisory information page at [www.albertahealthservices.ca/heat.asp](http://www.albertahealthservices.ca/heat.asp).



#### 2015-2016 HERITAGE POINT BOARD

President	Rhiannon Hoyle
Past President	None
Vice President	Tina Blake
Secretary	Beverly Eastham
Treasurer	Geoff Gumpinger
Program/Social Director	Cassandra Theim
Membership Director	Oksana Stetsa
Civics Director	Deepali Medhekar
Communications Director	Ramesh Raj Sharma
Sports Director	VACANT
Facilities Director	Stephen Gibson
Volunteer Director	VACANT
Fundraising Director	Meaghan Lim
Director-at-Large	Matt Gillard

Find us at: [www.heritagepoint.ca](http://www.heritagepoint.ca)

Join us at Facebook: Heritage Point Community League

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

## 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.

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

## Front Yards in Bloom 2015

This City of Edmonton recognition program is all about celebrating the efforts of our neighbours in beautifying Edmonton's neighbourhoods. Is there an attractive yard in your community that deserves special recognition? Consider nominating a neighbour's yard for an award this year!

Deadline for nomination is June 30

Visit [http://www.edmonton.ca/programs\\_services/landscaping\\_gardening/front-yards-in-bloom.aspx](http://www.edmonton.ca/programs_services/landscaping_gardening/front-yards-in-bloom.aspx)

## Southwest Edmonton Farmers' 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>



# total/Focus

## Family Optometry Centre

988-EYES/988-3937

3352 Gateway Blvd

Hours  
Mon/Wed/Fri: 9 - 6 pm  
Tue & Thurs: 8:30 - 8:30 pm  
Sat: 9 - 4 pm

Dr. Darren Antoniuk  
Dr. J. Craig McQueen



- **Professional Eye Exams**
- **Infection Treatment**
- **Disease Testing and Treatment**
- **Contact lenses**
- **Latest Fashion Frames**

**Quality Eyecare That's Affordable**



REAL ESTATE LAW	REAL ESTATE LAW	REAL ESTATE LAW	REAL ESTATE LAW
REAL ESTATE LAW REAL ESTATE LAW REAL ESTATE LAW REAL ESTATE LAW	 <p>PETER B. MASON B.COMM. MBA LL.B.</p>		
	<h1>REAL ESTATE LAW</h1>		
	<p>CELL: 780-908-6721</p>		
	<p>P.MASON@HERITAGELAW.COM 2841 109 STREET NORTHWEST #108, EDMONTON, AB T6J 6B7</p>		
REAL ESTATE LAW	REAL ESTATE LAW	REAL ESTATE LAW	REAL ESTATE LAW



The Eggsperiment - Calcium is a major part of tooth enamel. Check out how acid affects calcium, the mineral that keeps an eggshell hard. Gently place a hard-boiled egg with it's shell into a container of vinegar until it is completely covered. Let the egg sit for at least 24 hrs. Observe what happens to the shell, how is this similar to tooth erosion?

# EDMONTON

Find all community summer programs at [edmonton.ca/dropincommunityprograms](http://edmonton.ca/dropincommunityprograms) or call 311.

## FREE Community Summer Drop-In Recreation Programs

Join in games, sports, crafts, music, drama, and special events at your neighbourhood park! Ages 6 to 12 are welcomed; ages 5 and under must be supervised by a parent or guardian.

### 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  
2:30 – 6:00 PM

## A Message from Councillor Michael Walters

On June 2nd, City Hall hosted a viewing of the final act of the Truth and Reconciliation Commission. The speeches, delivered over livestream from Ottawa, were very moving, and served as a reminder that though we have taken an important first step on the road to reconciliation, there is much more to be done.

The Truth and Reconciliation Commission was established in June 2008, in an effort to examine the holistic impact that residential schools have had on Canada's First Nations, Metis, and Inuit peoples.

If you have had limited exposure to the history of residential schools and the long-lasting impacts they've had, I would encourage you to go to [www.trc.ca](http://www.trc.ca) and watch some of the statements that were gathered over the course of the last 7 years by the commission. The stories of abuse, of broken families, and of courage in the face of tremendous oppression are incredibly powerful.

There are some who say that it would be better to put the memory of residential schools behind us, to fade in the background of history. But residential schools were open from the 1870s until 1996. Some families did not have the opportunity to raise, let alone see, their own children for seven generations. Most of us are fortunate that we can only vaguely imagine what that would be like, or the trauma that would create.

We must act now, as a partner to First Nations, Metis, and Inuit communities, to provide what acknowledgement, support, and strength we can. The City's Aboriginal Relations office will be working on actively to support aboriginal community members as the process of reconciliation continues. If you'd like to become involved, or if you have any questions, please feel free to contact my office at [michael.walters@edmonton.ca](mailto:michael.walters@edmonton.ca) or (780) 496-8132.

# Confed Hockey Club

Ages 4-12

## 2015-16 Season Registration

### Register Online at [www.confedhockey.org](http://www.confedhockey.org)

## 780-289-6433

Serving the following communities of South West Edmonton...

Allard	Grandview Heights	Pleasantview
Allendale	Graydon Hill	Queen Alexandra
Aspen Gardens	Greenfield	Rideau Park
Belgravia	Jagre Ridge	Royal Gardens
Blackburne	Lansdowne	Rutherford
Blue Quill	Lendrum	Southbrook
Callaghan	MacEwan	Strathcona
Chappelle	Malmö	Twin Brooks
Desrochers	McKernan	Westbrook
Duggan	Paisley	Windsor Park
Ermineskin	Parkallen	Yellowbird
Garneau		

## [registrar@confedhockey.org](mailto:registrar@confedhockey.org)

## [www.confedhockey.org](http://www.confedhockey.org)

## The Edmonton Insight Community

The Edmonton Insight Community (<https://www.edmontoninsightcommunity.ca/Portal/default.aspx>) an online space for Edmontonians to provide their views on a wide variety of city issues. It's a place to collaborate and communicate with us and others in our community. We want to hear your opinions, learn about your needs, share information with you, and ask you to express what's most important to you.

Our City has a lot to be proud of, and we face some big challenges and have some great opportunities. Your input is important in helping to stimulate thoughtful community-wide discussion and inform decision making.

As a City, it's important we address challenges head-on. That's why it is incredibly important for us to hear from a wide range of people, of all ages and backgrounds, as we continue to build an even better city.

We ask just a few minutes of your valuable time to join. Why Join?

- Play a part in shaping your City with other engaged citizens
- Provide your views on important topics via the web or your mobile device
- Focus on topics that are important to you and your community
- Learn about exciting initiatives the City is planning
- Access opportunities to participate in workshops of interest
- Engage with the City regularly over a multi-year period

Telephone 780-495-0395



BETTER OUTDOOR  
LIVING



SUNCOAST  
ENCLOSURES™



Screens that block **90%** of wind

THREE SEASON ROOMS

POLYCARBONATE ROOFS

SCREEN ROOMS

Call for a  
**FREE** quote!

6757-50th Street NW  
Edmonton, AB  
780-449-5106  
[www.suncoastenclosures.com](http://www.suncoastenclosures.com)



Buying or Selling?

Call Brianna Warwick Re/Max Real Estate  
Rutherford Community Realtor



780-218-2903  
[warwick.brianna@gmail.com](mailto:warwick.brianna@gmail.com)



Mortgage Needs?

Call RBC Mortgage Specialist Manni Uppal

780-902-1875  
[manni.uppal@rbc.com](mailto:manni.uppal@rbc.com)



[WWW.ABCHEADSTART.ORG](http://WWW.ABCHEADSTART.ORG)

780-461-5353

September 2015

EARLY LEARNING SPACES AVAILABLE

OPENING DOORS FOR CHILDREN AND FAMILIES

*FOR 30 YEARS!*

- 4 HALF DAY PROGRAM / WEEK (TUESDAY-FRIDAY)
- LEARN THROUGH PLAY CLASSROOM EXPERIENCE
- FREE BUSSING FOR QUALIFYING FAMILIES
- NUTRITIONAL SNACKS
- FAMILY & COMMUNITY SUPPORTS FOR FAMILIES OF LOW INCOME
- PROGRAM SITES ACROSS THE CITY

CONTACT US TO LEARN ABOUT OUR PROGRAM TODAY!





## Curves®

**NEW CLASSES<sup>†</sup>** are here to  
*help you* **GET STRONGER**  
 for the life **TO LEAD**  
 you want



**Body Balance Class<sup>†</sup>**  
 This lower intensity class improves balance, stability and core strength between strength machines on the Curves Circuit.



**Stretch and Strength Class<sup>†</sup>**  
 This full body workout is designed to strengthen and lengthen your muscles while improving flexibility.



**Arms, Core & Legs Class<sup>†</sup>**  
 Target your arms core and legs with moves on and off the Curves Circuit.

**OR**

**Curves Workouts with Jillian Michaels<sup>†</sup>**  
 Jillian's total body workouts build lean muscle, rev up your metabolism and kick start weightloss.

**ONE WEEK FREE!**

300 Saddleback Road NW  
 Edmonton, AB T6J 4R7  
**780-437-4292**

**Curves.com**  
**#CurvesStrong**    

\* Limit one free 1 week fitness membership per person at participating locations only. Not valid with any other offer. No cash value and new members only. First visit discount may be offered in exchange for the free week. Free week must begin by 8/31/2015.  
<sup>†</sup> Scheduled at participating locations only.  
 © 2015 Curves International, Inc. (1506)



## SUMMER CAMP

(July & August 2015)

**SKY Tae Kwon Do**  
 Out of School Program

**Unforgettable Memories in Summer 2015**

**- Activities -**  
 Taekwondo, Arts  
 Dance, Yoga, Chess  
 Gym & Outdoor Activities  
 Field Trips, and more...

**Kindergarten to Grade 6** [www.skytaekwondo.ca](http://www.skytaekwondo.ca)

**BEFORE & AFTER SCHOOL PROGRAM**

**\* Transportation is Provided \***  
 2503 Ellwood Dr. SW (Sejong Multicultural Centre) Edmonton **780-439-4391**



## DANCIN'

**DANCE PRODUCTION COMPANY**

**2429-104 St**  
**Call 780-233-6756**

**Registration for the 2015/16 season is**  
**August 12, 13, 18, 19, 26, & 27**  
**5:30 pm - 8:00 pm** [www.dancin-company.com](http://www.dancin-company.com)

- Tap
- Jazz
- Ballet
- Musical Theatre
- Hip-Hop
- Lyrical
- Creative Dance
- Pre-School

## Taking time for yourself is important for your mental health

It sounds obvious but many of us may forget to take time for ourselves. People have all sorts of expectations for themselves and the drive to meet those can make it hard to take time.

Taking a little “me” time is an important part of managing life’s stresses.

While most of us may not enjoy feeling stressed, it’s not always a bad thing. Stress is a biological reaction to what is going on around us and it is a part of how we function.

Some stress is good, but chronic stress is not. When you begin to feel overwhelmed or burnt out, one of the best things you can do is call a timeout, step back and take a moment for yourself.

When you take time for yourself, you are really making space for yourself in your life — giving your mind and body a break and time to re-energize. It’s meant to be about you.

There is no reason to wait until you are feeling burnt out to make time for yourself a priority. Building breaks into your days can help keep stress from mounting.

Whether it is a busy day at the office, at home or life in general, take the time to step away from whatever you are doing and focus on yourself. Make it a part of your everyday schedule and don’t skip it — those breaks are just as important as any deadlines, homework, errands or other activities you have going on.

For more information on stress, stress management and how to identify stress, contact Health Link Alberta at 1-866-408-LINK (5465) or visit [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca).

## 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](http://ImmunizeAlberta.ca).

[ImmunizeAlberta.ca](http://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](http://ImmunizeAlberta.ca) has the info you need.

Visit [ImmunizeAlberta.ca](http://ImmunizeAlberta.ca) today.





Want to see a positive  
change in your Child?

We offer the following classes:

- ♦ Adult classes (16 & up) morning & evening classes
- ♦ Little Tigers (4-5 Yrs) Daytime & evening classes
- ♦ Children's Classes (6-11 Yrs)
- ♦ Junior Classes (12-15 Yrs)
- ♦ Multiple Club Teams
- ♦ Yoga for Children & Adults
- ♦ Fitness Classes for Children & Adults
- ♦ Stretching Classes

**M**aster 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](http://www.hongparktaekwondo.ca)

Hong Park Taekwondo College  
Celebrating 33 years of Taekwondo in the  
Edmonton Community in our new facility!

Grand Opening Ceremony  
Open House

9159 - 25 Avenue

Saturday June 27<sup>th</sup> at 11 am



## Consider Us First For All Your Insurance Needs!

*Serving Edmonton For Over 25 Years*

## MERIT Insurance Services Ltd.

Homeowners Insurance • Condominium Insurance  
Renters Insurance • Rental Property Insurance  
Office Packages  
Automobile Insurance

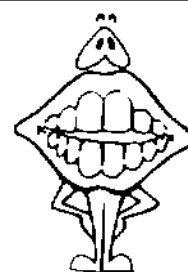
**780-434-8763**

SUITE 109, 2841 - 109 ST.,  
EDMONTON  
FAX: 780-434-4346

ASK ABOUT OUR  
AUTO & HOMEOWNERS DISCOUNTS



Your Insurance Broker  
Understands



**HERITAGE**  
DENTURE CENTRE

**MARC WAGENSEIL**  
*Denturist*

**436-7386**

Providing Quality  
Denture Care

Located on the 2nd floor  
Heritage Professional Building  
#207, 2841 - 109 Street,  
Edmonton, Alberta T6J 6B7  
[www.heritagedenture.com](http://www.heritagedenture.com)

## Basic Websites

Perfect for your Family or Home Based Business

Starting at: **\$400**

Hosting, Logos & Domain Name Registration Extra  
780-450-8990 / [info@websitesyntax.com](mailto:info@websitesyntax.com)





# TWIN BROOKS Community League

CHECK OUT ALL THE LATEST NEWS  
AND INFO ON OUR COMMUNITY AT  
[TWINBROOKS.CA](http://TWINBROOKS.CA)

## Twin Brooks Board

**President:** Mike Lanteigne  
**Vice President:** Vacant  
**Secretary:** Kelly Cassault  
**Treasurer:** James Wilson  
**Membership:** Kelly Cassault  
**Facilities:** Jim LeBlanc  
**Sports:** David Murray  
**Sports Assistant:** James Wilson  
**Programs Director:** Vacant  
**Social:** Renata Figueroa  
**Communications:** Vacant  
**Volunteers Coordination:** Shauna Nichols  
**Finance Committee Chair:** James Wilson  
**Fundraising Coordinator:** Vacant  
**Casino Volunteers Coordinator:** Jamie Popowich  
**MEETINGS:**  
Meetings held monthly September through June. Contact [volunteer@twinbrooks.ca](mailto:volunteer@twinbrooks.ca) for times and locations.

## 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](http://ImmunizeAlberta.ca).

[ImmunizeAlberta.ca](http://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](http://ImmunizeAlberta.ca) has the info you need.

Visit [ImmunizeAlberta.ca](http://ImmunizeAlberta.ca) today.

## Twin Brooks Casino Volunteers Needed

**August 15 & 16, 2015  
Argyll Casino**

This year the casino fundraiser will be held at the Argyll casino on August 15 & 16, 2015 (Saturday & Sunday). To get a weekend is very fortunate. A link is included below for volunteer sign up which shows the duties and times members can sign up for. Please consider stepping up and helping Twin Brooks Community fill the volunteer positions for this very important community fundraiser. For further information, contact our casino coordinator, Jamie at [casino@twinbrooks.ca](mailto:casino@twinbrooks.ca).

Volunteer sign up = <https://www.volunteersignup.org/CLWWT>

Volunteer sign up = <https://www.volunteersignup.org/CLWWT>

## Thank you to the residents of TBCL for nominating the garden club

at the Edmonton Federation of Community Leagues gala on June 10. It was a very enjoyable evening and so great to chat with other communities about their ideas and projects. Thanks to Ida Richards for preparing our presentation, accepting the plaque, and for ensuring the garden club was well represented at the gala.

The Garden Club has many great community minded members who all participate in keeping our garden an asset and we say thank you to Russ Makarowski and Harry Stelfox for their contribution of coordinating and filling our water tanks.

"Volunteers do not necessarily have the time - they have the heart!"

Thank you to the residents of TBCL for nominating the garden club at the Edmonton Federation of Community Leagues gala on June 10. It was a very enjoyable evening and so great to chat with other communities about their ideas and projects. Thanks to Ida Richards for preparing our presentation, accepting the plaque, and for ensuring the garden club was well represented at the gala.

The Garden Club has many great community minded members who all participate in keeping our garden an asset and we say thank you to Russ Makarowski and Harry Stelfox for their contribution of coordinating and filling our water tanks.

"Volunteers do not necessarily have the time - they have the heart!"



## Community League Involvement

Be an active part of the Community League

The Twin Brooks Board of Directors have immediate openings for volunteer positions now:

(no experience required)

### **Communications Director:**

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

### **Programs Director:**

Coordinates and develops Community recreational and educational programs for the Community.

### **Fundraising Coordinator:**

Organizes some fundraising events, grant applications.

### **Community League Centre Building Coordinator:**

Coordinates Rental Events at Community Centre.

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

## Green Shack Summer Program in Twin Brooks

**Twin Brooks Park  
11341-12 Ave  
Monday to Friday  
2:30 p.m. to 6:00 p.m.  
July 2 to August 25**







## 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](http://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](mailto: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](mailto: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.



## Parents and Tots Playgroup

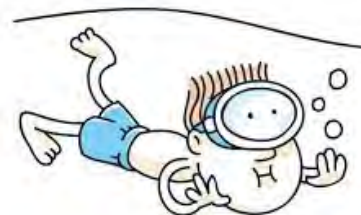


Join us for a drop-in playgroup at Yellowbird Community Hall, for moms/dads or caregivers and their little ones 0-6 years old.

\$2.50 per child, per visit, with your community league membership

Tuesday mornings, 9am – 11am

Last playgroup day will be June 23rd, and then we will break for summer and resume in September.



## 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.

All Ladies, 50+ of the surrounding area are welcome to join us every last Thursday of the month at the Yellowbird Hall; 10710-19Ave NW. We entertain ourselves with different activities, but most important, we become friends and have fun. For June 25th, we will have a Pot Luck, for Lunch. For the month of July and August we take a break and resume again Sept. 24th. We will decide, what activity will takes place for Sept. at our June gathering. If you wish to know more, please call Joyce Makarowski at: 780-988-6262 or email at [joybm41@yahoo.com](mailto:joybm41@yahoo.com).

## Sportball is back!

Sportball is back at Yellowbird this summer! We have two camp dates:

June 29 to July 3

August 10 to 14

Visit [sportball.ca](http://sportball.ca) to register.

## Traffic Safety

Yellowbird is actively working towards a safer driving environment in our neighbourhood. Please report any dangerous or suspicious driving to the Edmonton Police Service (780-423-4567) or Emergencies (dial 911).

Please also be extra careful at the 3 and 4 way stops in our community - don't trust the other guy to stop.

Traffic concerns can also be forwarded to our Traffic and Safety director at [traffic-safety@yellowbirdcl.com](mailto:traffic-safety@yellowbirdcl.com).

## 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](http://enwatch.ca/walk-your-block)



## Community Garden

Have you noticed our new temporary garden? Check it out in the rink, and around the community hall and church! We are excited to have some space to garden while we continue to plan the permanent garden.

For more information about our garden project, contact Julie at [yellowbirdgarden@gmail.com](mailto:yellowbirdgarden@gmail.com)

Find us on Facebook:  
Yellowbird Community Garden



## Community-wide Garage Sale Day a big success!

Thanks to all our community members who hosted garage sales on June 6, or shopped garage sales! We counted 35 sales in total - way to go Yellowbird! We had shoppers from our own community, nearby neighbourhoods, and even driving in from out of town to come to our event.

Thank you to everyone who provided feedback on our first community garage sale - we received lots of enthusiasm and positive comments, and also some helpful tips for how to improve. We hope to make next year's even better, so please send your comments to [programs@yellowbirdcl.com](mailto:programs@yellowbirdcl.com).

## ANNUAL GENERAL MEETING

### Membership Drive BBQ and AGM

Mark your calendars:

**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.

## Green Shack and Pop-Up Play in our neighbourhood this summer

Watch for the popular Green Shack program returning to Keheewin play park this summer, and also the new Pop Up Play program coming to Bears Paw!

Green Shack  
Mon - Fri  
2:30pm - 6:00pm  
at Keheewin play park

Are you looking for a FREE, drop-in recreation program in your neighbourhood? Join us for a diversity of activities, such as games, sports, crafts, drama, nature activities, and music! The program is suitable for ages 6 to 12 years old; participants 5 years or younger should be accompanied by a parent or guardian.

Pop Up Play (ages 6-12)  
Tuesdays and Thursdays  
10:00am - 1:30pm  
in Bears Paw



Join in games, sports, crafts, music, drama, and special events 2 days a week for 3.5 hours each day! Children under the age of 6 are welcome as well but must be supervised by a parent or guardian at all times. If there's a game you'd like to play, just ask the Program Leader! Look out for the colourful Pop Up Play flags flying at a green space near you.

## 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](http://www.yellowbirdcl.com)

I DON'T DRINK..



I GET THE SAME EFFECT  
BY STANDING UP FAST!

You may not be whooping it up at the bar or falling down drunk at Sunday dinner, but as you age, you could be drinking too much alcohol without even knowing it. Coping with unresolved grief, stress, boredom, anxiety, depression and loneliness can all lead older adults to drink more, says Cindy King, program manager of Urban Services, Addiction and Mental Health at Alberta Health Services.

## A drink can pack more punch with age

Depending on your health and state of mind, a single drink can pack a lot more punch than when you were in your 20s or 30s. Our body's ability to process alcohol changes as we age. We have a lower proportion of body water, slower metabolism and fewer enzymes, which can all increase the potency of alcohol.

Detecting problem drinking (in yourself or others) is not always easy because the signs are similar to symptoms related to aging, such as an overall decline in health, social isolation (introversion), memory loss, sexual difficulties, depression, insomnia and falls.

The truth is, alcohol misuse can be harmful at any age. But when you're 50 or older, alcohol can pose more serious problems because you're more likely to take medications or have deteriorating health. "Alcohol interacts with more than 150 medications commonly prescribed for seniors," King says.

If you are concerned about your own or another person's drinking, call the 24-hour Addiction and Mental Health Helpline at 1.866.332.2322. — reprinted from *Apple magazine*



# YOUR NEXT GREAT ADVENTURE IS CLOSE (remember to breathe)



## PLAYCATION DISCOUNT TICKETS



Four Calaway Park tickets for \$92 plus GST! Save 39%! Your ticket to 32 rides, live entertainment, and much more! Purchase online at [calawaypark.com](http://calawaypark.com) only.

[calawaypark.com](http://calawaypark.com)  
403-240-3822

Valid for any one 2015 operating day. Not valid with any other discount, offer, family or group rate, or after 2pm rate.

## HISTORY ALIVE FOR \$25



Ukrainian Cultural  
Heritage Village  
Село спадщини  
української культури

Immerse yourself in the daily life of east central Alberta from 1892-1930. Family admission is \$25 and includes a complimentary one-hour guided tour.

[ukrainianvillage.ca](http://ukrainianvillage.ca)  
780-662-3640

Offer valid for regular daily admission. Family admission includes two adults and their children 7 to 17 years of age.

## EXTEND YOUR STAY



Your base camp for family adventure. Stay one night and receive 50% off on your second night. Use promo code PAFP when making your booking.

[deltalodgeatkananaskis.com](http://deltalodgeatkananaskis.com)  
1-888-591-6240

Book by July 15, 2015 for stays up to November 13, 2015. Two night minimum stay required.

## 50% OFF ATTRACTIONS



Full price at first attraction, 50% off next two attractions. Make memories with a fun getaway, book your room on [VisitLethbridge.com](http://VisitLethbridge.com) using promo code ATT.

[VisitLethbridge.com](http://VisitLethbridge.com)  
403-915-2869

Valid July 1-September 30, 2015 at LLA Properties, Nikka Yuko Japanese Garden, Fort Whoop Up, and The Galt Museum.

For more summer adventures, visit [travelalberta.com](http://travelalberta.com)

Travel  
Alberta  
Canada 



# 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 'EpiPenJr' 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.

# 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](http://edmonton.ca/pets)

# 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](http://www.thebigburn.ca)

To learn more about Alberta's new indoor tanning legislation, visit [www.health.alberta.ca](http://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.

# 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](http://www.edmonton.ca/wellness)

# 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](http://www.myhealth.alberta.ca).





RBC Insurance®

# Get the right insurance. Right in your neighbourhood.

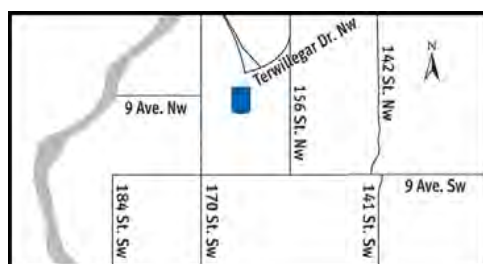
## Talk with an RBC Insurance advisor right in your own neighbourhood.

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.

Windermere  
6206 Currents Drive NW  
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

## Insurance advice for your life™

| HOME | AUTO | LIFE | HEALTH | TRAVEL | BUSINESS | RETIREMENT |



Home, auto and travel insurance is underwritten by RBC General Insurance Company or RBC Insurance Company of Canada. Life and health insurance is underwritten by RBC Life Insurance Company.

®/™ Trademark(s) of Royal Bank of Canada. Used under licence.

As a result of government-run auto insurance plans, RBC Insurance does not provide auto insurance in Manitoba, Saskatchewan, and British Columbia.

85912 (09/2011)