

# Community Views

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

March 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](http://www.communityleagueneews.com)



## Winter Fest Community Event - Thank You!!

We would like to thank everyone who came out to our Winter Fest community event on Monday! What a great opportunity for our community to get together and celebrate the best parts of living in a winter city! Skating, Sleigh rides, hot fire, hot drinks and most importantly friendship! It was so great to hear from many people their deep love for the Heritage Valley community and the streets they live on! How awesome to live in the Edmonton southwest and be at the forefront of seeing our communities develop. We at the HPCL would especially like to give a big shout out and thanks to MCL, and BCCL for their hard work promoting and putting this on, for inviting us to share in this event as neighbours and for hosting it at their amazing outdoor rink facility in Allard! Also a very special thanks to all the volunteers who gave their time to serve their community on a Stat holiday!

*On behalf of HPCL  
Chris Logan*



## Volunteer Workers Needed for all Positions

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## Blackmud Creek Community League AGM

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

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

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**Blackmud  
CREEK  
community league**

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

## Community League Swim

Free Community League Swim takes place every Sunday from 3-5 p.m. at the William Lutsky YMCA. You need to show your 2013-14 membership card.

## Memberships

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

If you haven't purchased or renewed your membership for 14/15 you can now go to our website and do it all online and pay with Paypal. Once we've received your form and payment we will email you your membership number and then mail out your membership card.

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](mailto:blackmudcreek@gmail.com)

## Theft From Vehicles

Once again we have heard about theft from vehicles in our neighborhoods. Here are some tips from EPS to help prevent this type of crime.

- Remove all valuables (backpacks, cell phones, purses, wallets, sunglasses, GPS systems, keys, iPod, shopping bags, cigarettes, etc) from your vehicle.
- If you must keep valuables in your vehicle, store them in your trunk.
- Never leave a spare vehicle or house key in your vehicle.
- Whenever possible, park your vehicle in your garage.
- Lock your doors, and roll up your windows completely when you park.
- Protect your insurance and registration documents as well as your garage door opener. (Carry them in your wallet or conceal them).
- If your garage door opener is stolen, ensure you change your system code.
- Install a car alarm, or use "the club" to lock the steering wheel
- Use locking screws for your license plate.

If your vehicle has been broken into you can fill out an online report to EPS at [www.edmontonpolice.ca/reportacrimeonline](http://www.edmontonpolice.ca/reportacrimeonline)

## Outdoor Soccer

Pre Registration is now closed. Please check the Blackmud Creek Community League website March 7th for late registration links. A late registration fee (\$50) will be added to the registration fees after March 1st.



We will be hosting a late registration session on Friday, March 13th from 7 PM to 10 PM at the Southbrook Starbucks.

General Soccer Questions – Soccer Coordinator – [bcclsoccer@gmail.com](mailto:bcclsoccer@gmail.com)

## Callaghan Playground Development

We are building a park in Callaghan and we need your help. Critical fundraising efforts are underway to make this a reality for you and your family to enjoy for years to come. We are looking for donations now. Your donation can make a huge impact between now and May 31st. Every \$1 you donate is worth \$4 because of the grants we are eligible for. If you would like to donate and/or help us with the drive for donations, please contact us: [callaghanplayground@blackmudcreek.ca](mailto:callaghanplayground@blackmudcreek.ca)

Be sure to like us on Facebook "CALLAGHAN PARK DEVELOPMENT PROJECT" and follow us on Twitter @callaghanPDP for updates on the park build.

Spread the word, get the community involved in the excitement of enhancing our neighbourhood.

## 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)



## 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).

## Poison Prevention Week

Poison Prevention week is March 15 to 21, 2015. It’s a week designated to highlight the dangers of poisonings and how to prevent them – at home, at work and in the community.

The Poison & Drug Information Service (PADIS) offers a free, confidential poison line for Albertans, 24 hours a day, 7 days a week. The service offers expert advice about poisons and toxins, medications, chemicals, recreational drugs and plants. When calling the poison centre, callers speak with a specially-trained nurse or pharmacist who gives information and offers advice on how to best manage poisonings and exposures.

Medication and herbal advice is also available through PADIS offering up-to-date information for the safe use of over-the-counter products, prescriptions, medications and herbals. This includes potential interactions between medications and/or herbals and safe medication options for pregnant and breast-feeding women.

PADIS plays a key role in helping Albertans safely manage poison exposures and can offer advice on the most appropriate level of health care service should it be needed.

PADIS also operates a Drug Information Line for Health Care Professionals. This free service for health professionals provides drug information for clinical situations, with the support of an on-call Medical Toxicologist.

For more information and to access the services of PADIS call 1-800-332-1414 or visit [www.padis.ca](http://www.padis.ca).

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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

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

### Heritage Point Soccer Registration for the 2015 Outdoor Season is Open until February 28<sup>th</sup>

#### Play Days/Times:

- U4: 2011 plays Saturday 10 AM
- U6: 2010/2009 plays Monday & Wednesday 6:15 PM
- U8: 2008/2007 plays Tuesday & Thursday 6:15 PM
- U10: 2006/2005 plays Monday & Wednesday 6:15 PM
- U12: 2004/2003 plays Tuesday & Thursday 6 or 7:30 PM
- U14: 2002/2001 Monday & Wednesday 6 or 7:30 PM
- U16: 2000/1999 Sunday 5 or 7 PM & Thursday 7:45 PM
- U18: 1998/1997 Sunday 5 or 7 PM & Tuesday 7:45 PM



Season starts at the beginning of May and ends at the end of June

Once you register online ([heritagepoint.ca](http://heritagepoint.ca)), you need to print out **2 copies**. Please remember that you **MUST have a current HPCL membership** number in order to register. It can be purchased in the membership section on our website. Please bring a minimum of **3 cheques (5 cheques if you are registering more than once child)**. On-time registration is open until February 28<sup>th</sup>. Please check the Heritage Point Community League website March 7<sup>th</sup> for late registration links. A late registration fee (\$50) will be added to the registration fees after March 1<sup>st</sup>. We will be hosting a late registration session on Friday, March 13<sup>th</sup> from 7 PM to 10 PM at the Southbrook Starbucks.

**General Soccer Questions** - Maryse LeBlanc, Soccer Coordinator - [soccer@heritagepoint.ca](mailto:soccer@heritagepoint.ca)

## Membership In Heritage Point Community League

A big THANK YOU to all the volunteers who helped during soccer registration and membership sale. This would not have been possible to accomplish during the busy soccer registration season without the great help from the volunteers.

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

- A great way to meet neighbours & make friends.
- Educational programs and recreation opportunities.
- Access to hall rentals, skating rinks, tennis courts, basketball courts, & more.
- Have a say in facility and park development, traffic management, & urban planning.
- Special community skate & swim times.
- Check for outdoor rinks and skate times near you and find out if your league has community swim times.
- Discounts at City recreation centers for annual and multi-admission passes:
- Present your valid Edmonton community league membership card at any one of the City of Edmonton's sports and fitness facilities and choose from the following Community League Wellness Products:
  - (a) Annual Pass\* - 10% discount on Adult, Family, Child, and Youth/Senior Annual Passes
  - (b) Multi Admission Pass\* - 10% discount on our already discounted multi admission pass (10+ visits)
  - (c) Continuous Monthly Pass – 10% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program.
- Safety programs and crime watch cooperation
- Fun, socials, & programs for cultural gatherings, parents, playschools, youth, seniors, you name it!

Read a brochure about league activities and benefits

Please go to our website at [http://www.heritagepoint.ca/index.php/membership\\_manager](http://www.heritagepoint.ca/index.php/membership_manager)

OR Contact Membership Director Oksana at [membership@heritagepoint.ca](mailto:membership@heritagepoint.ca)





**For over 100 years**, the Edmonton Rugby Union (ERU) has been successfully run by volunteers to provide administration and facilities for rugby in Edmonton and Northern Alberta. The ERU is currently comprised of fifteen rugby clubs, 5 of which are located within the City of Edmonton, 4 in the Edmonton Area (Leduc, Strathcona County, Parkland County and St. Albert) and others a travelling distance of 1.5 hours or more.

**Ellerslie Rugby Park:** home of the Edmonton Rugby Union, the ERP is a unique location for your organization's sports day, meetings, courses, professional development, auction sale and more. ERP has 4 sport fields, 11 dressing rooms, and a small, large or extra-large meeting space, plenty of free parking and acres of outdoor green space for creative activities. Facility rental includes amenities such as built in projector with hook-ups for PC or Mac, a PA system, and Wi-Fi. Also included is the set-up of the tables/chairs according to your specifications and clean-up (of a regular nature). Catering is handled in-house, FLEXIBILITY is our keyword and ERP will work with you and your budget.

**Want to play rugby?** Rugby is played and enjoyed by people of all ages, ability and skill levels. Whether you have aspirations to play for Canada or are new to the game, there is an opportunity for everyone to get involved. To start playing rugby, all you need to do is connect with a rugby club in your area. To qualify to play in a rugby game, players must be registered with the ERU through one of the member clubs. If you need assistance in finding a club go online to [www.edmontonrugby.com](http://www.edmontonrugby.com) and click on "Looking for a club to join".

#### **Winter programming:**

The ERU offers a drop-in program for youth 15 and under from mid-February to mid-April at the Kinsmen Fieldhouse. The goals of these sessions vary by age group, with the prominent theme being that of having fun and promoting junior rugby in the ERU. For details go to [www.edmontonrugby.com](http://www.edmontonrugby.com)



In keeping with Rugby Canada's Long Term Athlete Development Plan, volunteer coaches will focus on the following with each age group:

- 4 – 6 years of age: Promoting fun and participation, focusing on the development of movement skills
- 7 – 9 years of age: Focusing on sports skills development
- 10 – 12 years of age: Enhancing overall sport skills, including core rugby skills
- 12 years and up: Promoting rugby specific skill development and rugby specialization

#### **Summer Programming:**

Traditionally, club rugby in Alberta is played from the first week of May and until the last week in September. Most clubs begin outdoor training in early April.

- Minor Rugby: ages 3 to 10 (co-ed)
- Junior Boys & Girls Programs: ages 11 to 21
- Adult Men, Women and Masters Programs: ages 18 to 80



11004 Ellerslie Road SW, Edmonton, AB T5W 1A2  
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*Good Friday Service*  
Friday, April 3 at 10:00 AM.

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**Good Friday Service @ 10:30 am**  
**Easter Sunday Holy Communion**  
**@ 9:00 am & 10:30 am**  
**Everyone is Welcome!**

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

10 Connect with your community at [www.communityleagueneews.com](http://www.communityleagueneews.com)

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# TWIN BROOKS Community League

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

## Twin Brooks Board

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**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](mailto: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](mailto:volunteer@twinbrooks.ca).



## Childhood Immunizations

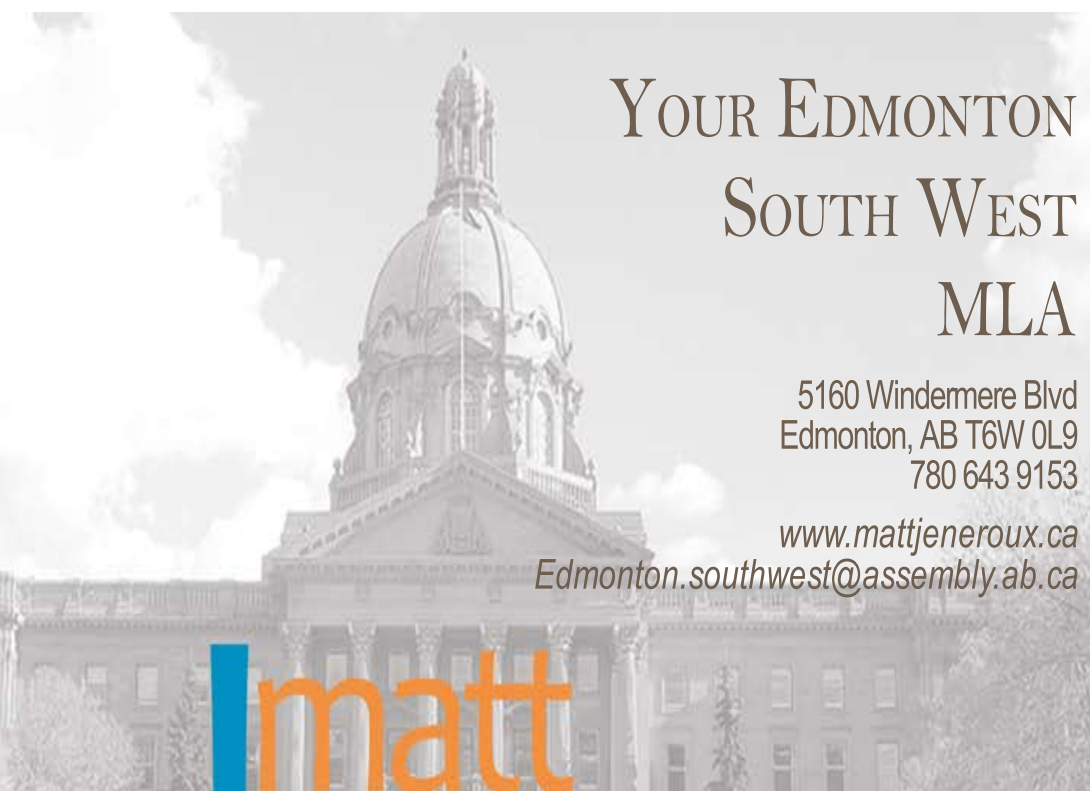

When it comes to childhood immunizations, Albertans have questions. But where is the best place to get good answers?

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.






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[Edmonton.southwest@assembly.ab.ca](mailto:Edmonton.southwest@assembly.ab.ca)

# Jmatt JENEROUX



## 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).

## 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.

## 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.albertahealthservices.ca/4880.asp>

For more information on concussions go to [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca).

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## Community Garden

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



Contact Julie at  
[yellowbirdgarden@gmail.com](mailto:yellowbirdgarden@gmail.com)

Find us on Facebook:  
Yellowbird Community Garden

### YECL Board Contacts

President:	Michael Karpow	<a href="mailto:president@yellowbirdcl.com">president@yellowbirdcl.com</a>
Vice President	Anne Hudson	<a href="mailto:vicepresident@yellowbirdcl.com">vicepresident@yellowbirdcl.com</a>
Memberships	Janice Hoover	<a href="mailto:memberships@yellowbirdcl.com">memberships@yellowbirdcl.com</a>
Newsletter/Website	Julie West	<a href="mailto:editor@yellowbirdcl.com">editor@yellowbirdcl.com</a>

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.**

### Poison Prevention Week

Poison Prevention week is March 15 to 21, 2015. It's a week designated to highlight the dangers of poisonings and how to prevent them – at home, at work and in the community.

The Poison & Drug Information Service (PADIS) offers a free, confidential poison line for Albertans, 24 hours a day, 7 days a week. The service offers expert advice about poisons and toxins, medications, chemicals, recreational drugs and plants. When calling the poison centre, callers speak with a specially-trained nurse or pharmacist who gives information and offers advice on how to best manage poisonings and exposures.

Medication and herbal advice is also available through PADIS offering up-to-date information for the safe use of over-the-counter products, prescriptions, medications and herbals. This includes potential interactions between medications and/or herbals and safe medication options for pregnant and breast-feeding women.

PADIS plays a key role in helping Albertans safely manage poison exposures and can offer advice on the most appropriate level of health care service should it be needed.

PADIS also operates a Drug Information Line for Health Care Professionals. This free service for health professionals provides drug information for clinical situations, with the support of an on-call Medical Toxicologist.

For more information and to access the services of PADIS call 1-800-332-1414 or visit [www.padis.ca](http://www.padis.ca).

*Community Views February 2015*

### 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](tel:780-237-6730).

### 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)

### 50+

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

# 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)



EDMONTON PUBLIC SCHOOLS

## Name that school!

Edmonton Public Schools is looking forward to opening new schools in 2016 and 2017, and we need your help naming them!

### SEPTEMBER 2016

- K – 9 school in Ambleside
- K – 9 school in MacTaggart
- K – 6 school in Blackmud Creek
- Grade 7 – 9 school in Webber Greens

### JANUARY 2017

- K – 9 replacement school in the Greater Lawton Area

### Guidelines

Names should hold historical value or honour a person who has made important contributions to education or the community. Include relevant background information to support the name(s) you suggest.

### Here's how you can suggest a name

- Complete an online survey at [epsb.ca/news/schools/namethatschool.html](http://epsb.ca/news/schools/namethatschool.html)
- Fax your ideas (title the document "New School Names") to Planning at 780-425-0323
- Mail or bring your suggestions (addressed to the Planning department) to the Centre for Education, 1 Kingsway NW, Edmonton, AB, T5H 4G9
- Please include your contact information in case we need to follow up

The deadline for suggestions is **March 6, 2015.**



Edmonton Public Schools will consider all submissions before putting them forward for approval by the Board of Trustees. If your suggested school names are not chosen for any of these five new schools, they may be chosen for another new school at a later date.

Follow us on social media or check [epsb.ca](http://epsb.ca) for updates on our new schools and the naming process.

EdmontonPublicSchools

@EPSBNews

## 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

## Whole Brain Development Program For Your Child



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

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

### BENEFITS OF THE UCMAS PROGRAM

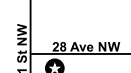
- Improved concentration and mental endurance
- Sharper memory
- Enhanced creativity
- Better problem solving capabilities
- Greater listening skills
- Boost in confidence and self-esteem
- Strengthened mental calculation skills
- Improved proficiency and confidence in Math

Call/Email us to register:

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



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



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



## Shift to healthy eating at work

### March is Nutrition Month

Did you know that employees spend about 60 per cent of their waking hours at work and eat at least one meal while on shift? This means that making healthy food and drink choices at work can have an impact on our health and energy levels.

March is Nutrition Month! This year Alberta Health Services dietitians are sharing tips on how to Shift to Healthy Eating at Work.

#### *Fueling for your Workday*

Kick start your day with a nutrition packed meal such as: low fat yogurt, fruit and a oatmeal

Energize your day with a healthy mid-shift meal. Have a wrap or sandwiches paired with veggies.

If eating out, choose restaurants that offer healthy choices. Downsize large portions by packing half to bring home for later or split an entrée with a co-worker.

#### *Rethink your Drink*

Keeping well hydrated will help you stay alert. If you find water “boring,” try flavouring it with lemon, cucumber or fresh mint.

Limit sugary drinks such as regular pop, sports drinks, and sweetened hot drinks such as hot chocolate or slushy drinks.

#### *Survive the Mid-Shift Slump*

The mid-shift slump is often caused by the body’s internal clock sending signals which cause drowsiness at night and during the mid-afternoon. Healthy habits can help keep you energized throughout your shift.

Don’t skip meals.

Choose healthy foods, including protein (lean meats or nut butters) at meals and breaks.

During your break, go for a brisk 10 minute walk or longer if possible.

Connect with others. Chat with a co-worker also on break.

Opt for a walking meeting, when possible.

The food and drink choices you make while at work play a major role in maintaining your health and energy levels.

For more ways to Shift to Healthy Eating at Work visit:  
[healthyeatingstartshere.ca](http://healthyeatingstartshere.ca).

## 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.

## 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.

Get the app!

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



### Volunteer Workers Needed for all Positions

**Casino Edmonton**  
**7055 Argyll Road**  
**Edmonton T6C 4A5**

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

#### Volunteer Worker Positions

Bankers • Cashiers • Chip Runners

Count Room Staff • Alternate General Managers

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

EMAIL: [casino@yellowbirdcl.com](mailto:casino@yellowbirdcl.com) PHONE: Cheryl 780-436-2407

## 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>



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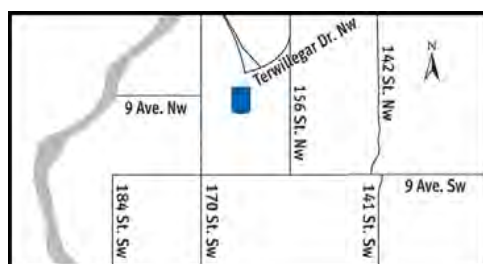
## Talk with an RBC Insurance advisor right in your own neighbourhood.

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

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

### Drop by or call to make an appointment today.

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.

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

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