

# COMMUNITY VIEWS

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



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## AGM

### HPCL Annual General Meeting

Join us for our Annual General Meeting (AGM) on May 20th at 7:30 pm at Johnny Bright School

Find out what the league is working on to help build and improve our community, while having a snack, meeting your neighbours and sharing your ideas! We are looking for dedicated individuals to join our board, who enjoy teamwork and are eager to grow and support our community.

For inquiries about positions please contact Rhiannon at [president@heritagepoint.ca](mailto:president@heritagepoint.ca).

### 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:

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For more information:

Online Contact 311 Online



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

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



### Blackmud Creek AGM Held April 7th, 2015

Thank you to all who came out to our AGM. If you are interested in being involved in our community we do still have a few positions on available on our Board:

Available Positions are:

- Programs Director
- Treasurer
- Facilities Director
- Neighbourhood Watch

Please email [blackmudcreek@gmail.com](mailto:blackmudcreek@gmail.com) if you are interested in any position, or know someone who may be a good fit for the role. Full descriptions of the roles are available. Applicants must be residents of the Blackmud Creek Community League (Allard, Blackburne, Callaghan, Royal Gardens at Blackmud Creek, and Southbrook).

### Edmonton Insight Community

We really want to hear from you. Help us build a better city by joining the Edmonton Insight Community. The City of Edmonton exists to provide services and opportunities that Edmontonians need and want. To contribute to building the livable, prosperous and dynamic City we all want, we need to hear from you throughout the year on a variety of topics.

What is the Edmonton Insight Community?

The Insight Community is a growing group of diverse Edmontonians who provide feedback on City policies, initiatives and community issues. We invite community members to complete surveys on a wide range of topics at least once a month. Some surveys have questions on one project, while other surveys have questions on multiple topics. Members of the community complete surveys at their convenience and on the topics they care about.

#### Why Join?

Edmontonians have valuable knowledge about their communities and important perspectives on their City. By joining the Edmonton Insight Community, you can share this knowledge easily from your smartphone, tablet or computer.

- Play a part in building 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 that are being planned by the City
- See the results of surveys before the wider community
- Engage with the City of Edmonton regularly over a multi-year period\ This is a City of Edmonton Open City Initiative. Go to [www.edmontoninsightcommunity.ca](http://www.edmontoninsightcommunity.ca) to register.

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.



### CURRENT EXECUTIVE COMMITTEE BLACKMUD CREEK COMMUNITY LEAGUE

Position	Name	Phone	Email
President	Garrick Ma	780-989-3356	gtama@hotmail.com
Vice President	Veronica Dutchak	780-469-0830	vdutchak@shaw.ca
Secretary	Kim Lucid	780-430-4164	klucid@hotmail
Treasurer	VACANT		
Programs	VACANT		
Sports Director	Chad Willsey		Cwill72@telus.net
Membership	Andrea Hesse	780-937-2195	andreajhesse@gmail.com
Fundraising	Gil Rueck	780-435-6799	rueck@shaw.ca
Facilities	VACANT		
Civics	Rob Powell	780-705-1423	Rob.david.powell@gmail.com
Communications	Jill Gurela	780-293-4721	jdgurela@telus.net
Neighborhood Watch	VACANT		

Blackmud Creek Community League  
PO Box 22516, Southbrook PO  
Edmonton, AB, T6W 0C3  
[blackmudcreek@gmail.com](mailto:blackmudcreek@gmail.com)



## Memberships

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

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

## Callaghan Playground Development

You spoke and we listened! Thank you to everyone who shared their views through our Park Development Needs Assessment Survey. A summary of your feedback can be found on the BCCL website [www.blackmudcreek.com](http://www.blackmudcreek.com)

**We are currently in need of a Fundraising Chair.** If you are interested, please contact us at [callaghanplayground@blackmudcreek.ca](mailto:callaghanplayground@blackmudcreek.ca).

Fundraising is currently underway. We can't build this park without your support. We hope that you are as excited as we are to enhance our community and will donate to the campaign.

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

Please make cheques payable to: "City of Edmonton" for donations with "Callaghan Park Development" on the memo line.

Cheques can be mailed directly to:

Blackmud Creek Community League  
PO Box 22516  
RPO Southbrook  
Edmonton, AB  
T6W 0C3

To keep up to date with the progress on the Callaghan Playground Development check out their Facebook Page: Callaghan Park Development Project.

## COYOTES IN THE AREA

Just a reminder that Coyotes have been spotted in the ravine areas. Be aware when out with pets and children.



## 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 are you doing for your mental health? Mental Health Week, May 4-10,

Each year, more than 500,000 Albertans visit a doctor about their mental health. Taking care of your health means taking care of your mind too.

Engaging in physical activity, eating healthy foods, practicing gratitude and having fun are all small steps that can improve your mental health and help to reduce stress. During Mental Health Week, May 4-10, Alberta Health Services wants to remind you to take care of yourself and remember small steps can make a big difference.

AHS's Ways to Wellness gives you ideas to help you take care of your mental well-being.

### Get active

- Physical activity can improve your mood.

### Eat healthy foods

- What we eat can affect how we feel.

Eat healthy to feel healthy.

### Be kind

- Showing kindness can help you and others feel good.

### Be yourself

- Appreciating yourself can have a positive impact on your mental health.

### Practice gratitude

- Being grateful can help you develop a positive outlook on life.

**Get your groove on**

- Music soothes the soul.

### Laugh

- Laughter is medicine for the mind and helps to reduce stress and tension.

Try these simple steps and challenge your family, friends, co-workers and yourself to better health and wellness.

Start now and take AHS's Mental Health Week Ways to Wellness Challenge from May 4 – 10 visit: <http://www.alberta-healthservices.ca/9909.asp>.

For more information or help contact Mental Health Help Line toll-free at 1-877-303-2642, 24 hours a day 7 days a week.

PHYSIOTHERAPY

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[Info@rutherfordphysicaltherapy.ca](mailto:Info@rutherfordphysicaltherapy.ca)

ACUPUNCTURE
TMS

### Whole Brain Development Program For Your Child



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Edmonton T6J 4W4  
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587-336-0001  
Email: [UCMAS.EDM5W@gmail.com](mailto:UCMAS.EDM5W@gmail.com)

23 Ave NW  
Saddleback Rd NW  
111 St NW



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

28 Ave NW

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
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- Better problem solving capabilities
- Greater listening skills
- Boost in confidence and self-esteem
- Strengthened mental calculation skills
- Improved proficiency and confidence in Math

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

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780-994-6539



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### 2014-2015 HERITAGE POINT BOARD

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Secretary	Beverly Eastham
Treasurer	Geoff Gumpinger
Program/Social Director	Chris Logan
Membership Director	Oksana Stetsa
Civics Director	Deepali Medhekar
Communications Director	Ramesh Raj Sharma
Sports Director	Matt Gillard
Facilities Director	Steven Gaudet
Volunteer Coordinator Director	VACANT
Fundraising Director	Meaghan Lim
Neighborhood Watch Director	VACANT
Director-at-Large	VACANT

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

## HPCL Volunteer Opportunity!!

HPCL has a great volunteer opportunity coming up on May 2nd at:

Lovable Littles Uptown Market!

Plenty of perks; including free entry to the event, complimentary lunch, free coupons/swag to shop at the event as well as a quick & easy 4 hour shift.  
Email [fundraising@heritagepoint.ca](mailto:fundraising@heritagepoint.ca) to participate - hours will go toward soccer volunteer hours, but hurry - there are only 5 shifts available.

## Calling all Gardeners!

HPCL is hosting its first "Starting a Community Garden Workshop" on Monday, May 11th from 6:30 to 7:30 PM.  
at Johnny Bright School Library

We have invited a guest speaker from Sustainable Food Edmonton, who will introduce and support us towards getting a community garden started! Refreshments also will be served.

In order to get a community garden started, we need the collaboration of community members along with the Community League. A minimum of 9 community members are required to attend this workshop in order to get this project off and running!  
Please RSVP by April 30th to Rhiannon by email at [president@heritagepoint.ca](mailto:president@heritagepoint.ca).



## Soccer Season !!

- Soccer season officially starts May 3rd
- HPCL still looking for coaches and assistant coaches.
- If you want to register or need any soccer info to contact Maryse LeBlanc at [soccer@heritagepoint.ca](mailto:soccer@heritagepoint.ca)

## Baby sitter Meet and Greet

We need babysitters! Those who are interested in babysitting should sign up with Chris at [programs@heritagepoint.ca](mailto:programs@heritagepoint.ca) before April 27 so we can ensure we have enough of an interest to run the event.

**Date and Time: Wednesday, May 6, 7-9 PM**

**Location: Ellerslie RD Baptist Church**

This is an opportunity for parents to meet babysitters in HPCL!

If you have any questions - you can also contact Chris. We are looking forward to another successful event!



## Membership In Heritage Point Community League

HPCL membership year is running until August 31st, 2015. If you are not a member yet, or did not renew your membership, you can go to our website and do it online using Paypal. You will enjoy fee swim privileges!

## Special Events Training - City of Edmonton

Special Event training for Community Volunteers  
**June 3rd @ Ermineskin Community League Hall**

On June 3rd, The City is offering a free workshop for community volunteers in Southwest Edmonton who are interested in learning how to lead recreational activities at outdoor community special events (e.g., Community BBQ's, Community League Day festivities, etc.). The training is open to anyone 13 years of age or older. Registration is required, but there is no cost to attend the workshop.

## Board Member Of The Month

[Every month this section features a board member]

**Oksana Stetsa**

HPCL Membership Director

Since I joined HPCL Board I am excited to see our growing community and increasing number of our members. Volunteering is a great way to help others, to give back to the community, to meet new people, and have some fun at the same time. Through volunteer opportunities it is possible to share your valuable knowledge, values and aspiration. Volunteering is a great way to engage with others, share your experiences, and continue to learn something new, to learn new and different skills, and gain work experience.

Interested to be a member of HPCL? Interested in finding volunteer opportunities? We welcome new members. We need volunteers to help support our community and events.

HPCL members, please enjoy your privileges!

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



## Protect yourself from Hantavirus

### Simple steps to stay safe

As spring cleaning gets underway, Albertans are reminded of the important steps they should take to protect themselves from Hantavirus.

Hantavirus is a serious illness that mostly affects the lungs/respiratory system. Caused when humans inhale airborne particles of urine or feces from an infected rodent, anyone working in an area where mice or mice droppings might be present and become disturbed, can be at risk.

To protect yourself and reduce your risk of illness, follow these precautions whenever cleaning areas of mice or mice droppings:

- Open doors and windows for ventilation, and keep out of the area for at least 30 minutes prior to commencing clean up.
- Wear rubber gloves, thoroughly soak droppings, nests and dead mice with a bleach/water solution (one part bleach to nine parts water) or a household disinfectant.
- Let the bleach water solution sit for five minutes.
- Never disturb any droppings, nests or dead mice, prior to soaking with this bleach solution.
- Mop up bleach-soaked droppings, nest and/or dead mice, or pick up with paper towels, and place them in a plastic bag.
- Seal the bag and put in a garbage container with a tight fitting lid.
- Wash your gloves before removing, and then wash your hands.
- Never vacuum or sweep droppings, nests or dead mice. This can create dust that can be inhaled. The dust may contain Hantavirus.

Although rare, Hantavirus can be fatal. Infected individuals typically show symptoms one to two weeks following exposure; however, symptoms can appear up to five weeks after exposure. Symptoms resemble severe flu, including fever, body aches, chills, abdominal problems and severe breathing problems.

For more information visit [MyHealth.Alberta.ca](http://MyHealth.Alberta.ca) or call Health Link Alberta at 1-866-408-5465.

## EDMONTON

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

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

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

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

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

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

**Scheduling is flexible:**  
Book your training on a Tuesday, Wednesday, Thursday afternoon/evening or either weekend day,  
**February 2015 – June 14<sup>th</sup> 2015**  
(Excluding Easter weekend: April 4/5 and May Long weekend: May 16/17. Bookings in May can only be accommodated on weekends). Various start times will be accommodated.

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

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

**To book this training opportunity in your community:**

Call: Andrea at 780.496.2994

or

Email: [andrea.tarasenko@edmonton.ca](mailto:andrea.tarasenko@edmonton.ca)





## A drink can pack more punch with age

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.

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.

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.

Canada's Low-Risk Alcohol Drinking Guidelines strongly advise not drinking at all if using medications or other drugs that interact with alcohol. The guidelines also recommend not drinking at all when driving or using tools, working, caring for others and several other situations.

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. That's why you may want to ask yourself: how much do I drink—in a week or a day? Ultimately, the more aware you are about how much you drink, the less likely it will become a problem.

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*

## EDMONTON

# Free Drop-In Bike Safety Program

**Allard Community Rink**  
660 Allard Blvd. SW

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

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

**Sunday June 7<sup>th</sup>, 2015**  
Time: 10:00 am – 1:00 pm  
**4 wheels** – 10:00am – 11:30 am  
**2 wheels** – 11:30 am -1:00pm

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

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

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

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







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May 13th –  
October 7th



Wednesdays 4:00-7:30pm  
*Rain or Shine*

## Help youth stay hydrated to perform at their best

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

Try these simple tips to help your child stay hydrated:

- Encourage your child to drink plenty of fluids throughout the day so they arrive at sports events well hydrated. Ensure that your child has easy access to free water:
  - o provide water stations during sport events
  - o send your child to school with a water bottle to bring to gym class and to keep at their desk
  - o ensure easy access to water fountains

- Make sure your child drinks enough fluid during activity by stopping them for regular water breaks every 15 to 20 minutes. Most children do not need a sports drink during activity.

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

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

## Snow Valley's 11th Annual SKIS & TEES

**Charity Golf Tournament: Friday, May 29th**

Hole Activities, Prizes, Steak Dinner & Live Auction at Jägare Ridge.

Presented by



**New for 2015**

**9-Hole Best Ball Format**  
**3:30pm Shotgun Start**

**\$99** plus gst

Register your team at [snowvalley.ca](http://snowvalley.ca)



All proceeds and donations will go towards Snow Valley's Community Initiatives Program. Last year's tournament was successful in raising over \$10,800 to help disadvantaged youth and new Canadians to experience skiing and snowboarding.

Do you want to Donate a Prize or become a Sponsor?  
Email [Elaine@snowvalley.ca](mailto:Elaine@snowvalley.ca) or call 780-809-2366



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)

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

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

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

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

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

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

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## 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).



# TWIN BROOKS Community League

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

## Twin Brooks Board

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

## The Twin Brooks Community Garden Club

The Twin Brooks Community Garden Club met on April 15 at the George P Nicolson School library for their spring registration and meeting. A total of nine new gardeners have signed up and several others are on a waiting list hoping more plots become available. Existing plot holders have until May 15 to renew or will risk losing their plots. The official planting date is set for May 16 although weather permitting many will likely be out before this date. This year, gardeners will enjoy the use of a rototiller that the club has acquired and another new feature will be a designated plot for herbs.

We look forward to greeting and meeting all gardeners, old and new - Happy Planting!

## 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).

## Twin Brooks Community League Centre Building Progress Update

The Community League Centre awaits final touches with Utilities before TBCL can obtain final inspection and Occupancy Permit. Following Utility installation, the Volunteer Twin Brooks Capital Projects Team will have the patio area and landscaping completed. Check [www.twinbrooks.ca](http://www.twinbrooks.ca) for updates and grand opening announcements and scheduled programs over the summer. If anyone has an interest in getting involved with our Community Center and its operation, or would like to refer someone, please contact [facilities@twinbrooks.ca](mailto:facilities@twinbrooks.ca).

## 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)

## Community League Openings

(no experience required)

We have immediate openings for volunteer positions now:

**Communications Director::**  
Manages content on our website, newsletter, and school newsletter.

**Fundraising Coordinator:**  
Organizes some fundraising events.

**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).



**VOLUNTEERS NEEDED**

## 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).

## 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.

## 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)

EDMONTON

# Free Drop-In Bike Safety Program

**Twin Brooks Community League Rink**  
11341 – 12 ave NW

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

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

**Saturday May 30<sup>th</sup>, 2015**

Time: 10:00 am – 1:00 pm

**4 wheels** – 10:00am – 11:30 am

**2 wheels** – 11:30 am -1:00pm

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

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

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

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



the city of  
**Edmonton**

## 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.

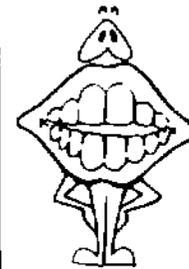
**Provide opportunities** - Find opportunities for your child to act as a role model for younger children. Ask if their school has such opportunities or seek them out in your community.

**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>

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



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Next to Shoppers Drug Mart

**780-988-5803**

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Behind Cgy Tr McDonald's

**780-989-9789**

\*as certified by the Canadian Physiotherapy Association



### YECL Board Contacts

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

For full board listing, see our website: [yellowbirdcl.com](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)



### Free Drop-In Bike Safety Courses

The City of Edmonton is holding free drop-in bike safety courses for all ages! There are several coming up in May in neighbourhoods nearby, so check out the schedule to see which one you'd like to visit.

Schedule and more detailed information on [edmonton.ca](http://edmonton.ca) (search for drop-in bike safety).

### Community Garden

#### Community Garden Update

Now that spring is here, the community garden committee is anxious to get the garden up and running! Plans are underway to install a temporary garden for this year only, which will allow us to begin planting very soon and take full advantage of the entire growing season. You will see the temporary garden spring up soon outside the community league and the neighbouring United church.

Meanwhile, we have begun the process of working with the City of Edmonton and Sustainable Foods to develop a permanent garden. Building this garden will take time, but we are excited about the possibilities and the value it will bring to our community.

If you are interested in becoming part of this project, let us know! We'd love to hear your thoughts, opinions, and especially if you are interested in helping us get started.

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

Find us on Facebook:  
Yellowbird Community Garden

### Parents and Tots Playgroup

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

\$2.50 per child, per visit, with your community league membership  
Tuesday mornings, 9am – 11am  
NO PLAYGROUP May 5 (due to voting station). 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.

### 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.

### 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).

### 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.



### Yellowbird Neighbourhood Garage Sale Day

Yellowbird will be holding a neighbourhood-wide garage sale day:

**Saturday June 6  
9am-5pm**

What's a neighbourhood garage sale day? It's a day for YOU to have your own garage sale, in your own garage, driveway, or yard, without the hassle of advertising or putting up signs. WE do the advertising for you! Signs will be posted directing traffic to the neighbourhood, and advertisements will be placed in local publications and websites to bring in buyers. Just have your things outside ready to sell, and customers will drive up. So set aside the date, and start gathering your sale items! It's also a great place for you to do all your garage sale shopping in one place, on one day.

If you have any questions, email [programs@yellowbirdcl.com](mailto:programs@yellowbirdcl.com)

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Authorized by Richard Feehan.  
Phone: **587.521.7312**  
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# HOST A MEET YOUR STREET POTLUCK PARTY

Community starts with you!



"It's fun, it's easy, and we made  
some really great friends."

"I feel much safer knowing  
who my neighbors are."

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

## What is Responsible Pet Ownership?

### *Scoop the Poop*

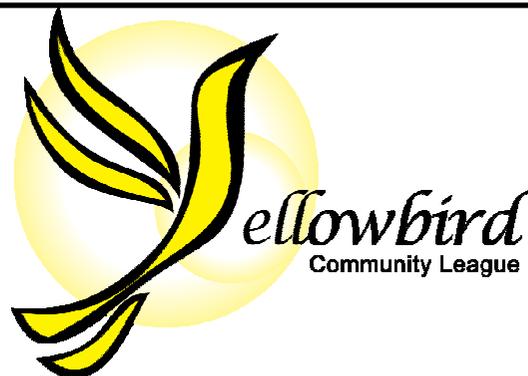
- Pet waste can be smelly, unattractive, and can even be a health issue for you and your pet. Carry a bag with you to pick-up your pet's poop whenever you are off your property. Poop can be collected in a plastic bag and thrown in the garbage.
- You do not need to clean up waste immediately on your private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



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



The Yellowbird East Community League wishes to Thank all the volunteers, and board members for their contributions and efforts for our Family Day Event.

Yellowbird Governing Council sends a huge

# Thank you

Our Family Day Event was a huge success because of those volunteers and to the following community members:

- The Local Latter Day Saints volunteers and LDS Elders -- Great Chili!
- The Yellowbird youth group-- cooking bannock, set up & warming fires;
- **Above and beyond honorable mentions: Anne, Shawn, Connie, Janice, Cheryl, Julie, Richard, Al, Erin, Trevor, and Graeson;**--your tremendous efforts made it happen!
- Thank you to: Cllr. Michael Walters and Rutherford PC nominee Chris LaBossiere for attending the event to meet the residents.

Despite frigid temperatures, our Yellowbird Family Day Event was extremely popular. We experienced our most enthusiastic attendance to date. Thank You to all community members who attended and made it a memorable day for the community. A special Thank You to South West Area Council for their support and sponsorship of Yellowbird Community Family Day Event.

See you all next year!

On behalf of the Yellowbird Governing Council,  
Sincerely,

*Michael Karpow*  
President  
Yellowbird East Community League



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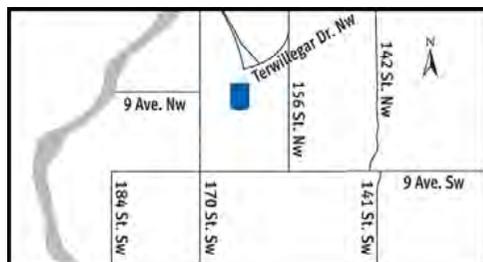
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Edmonton AB T6W 0L8  
Tel: 780-448-6678



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



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