

COMMUNITY VIEWS

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



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

Blue Quill Annual General Meeting



Come to the Annual General Meeting (AGM) of the Blue Quill Community League on **Thursday November 26 at 7 pm** to find out what's going on – and how you can get involved.

Held at the Blue Quill hall, 11304 - 25 Avenue, the AGM is a good opportunity for residents of Blue Quill, Skyrattler, Blue Quill Estates and Sweet Grass to get informed about the functioning of the league and meet more of your neighbours. Some executive

positions will be open – see the descriptions inside this issue. Hope to see you there!

Blue Quill Board Positions Available

Do you have talents you're willing to put to use? Would you like to contribute to the well-being of your community? Want to make new friends and learn about neighbourhood events?

If so, why not consider a board position with the Blue Quill Community League? There are several positions that we hope to fill with new members at the AGM on November 26, starting at 7:00 pm. If you're interested in learning more, contact Travis Ball at president@bqcl.org or call Kathryn at the Blue Quill office: 780-438-3366.

Positions needing to be filled are:

Program Director – duties primarily include general supervision of all programs of the League using the facility on a regular basis.

Membership and Volunteerism Director - responsible for promotion of volunteerism including recruitment and recognition programs, including the organization, timing the Annual Membership drive.

Facilities Director - responsible for supervision of hall rentals and maintenance, development of the hall, rinks, parking lot and playgrounds, and supervision of property contracts in conjunction with the Vice President.

Civics Director – acts as the liaison with Edmonton Federation of Community Leagues, South West Area Council and City Council, and chairs Ad Hoc Committees relating to specific development issues.

Publicity Director – responsible for developing and executing a marketing plan that will encompass the promotion and publicity needs of the League.

Yellowbird 4th Annual Gift and Craft Sale

November 14th
10:00 a.m. - 4:00 p.m.
Yellowbird Hall 10710 19 Avenue
Free Admission
Door Prizes to be Won

HPCL Halloween Spooktacular

HPCL Howlin' good time! Thank you to everyone who came out to our Spooktacular on October 24th! A very special thanks to all the volunteers from HPCL and BCCL for your help - we could not have done this without you. We also extend our gratitude to Kent Wong, who put on another fantastic and dazzling magic show that both engaged and delighted the audience. Finally - we are grateful for our dynamic duo - Cassandra and Christine (Programs and Volunteer Directors, respectively) - for their efforts and enthusiasm for pulling this year's party together.

Neighbourhood Watch - Walk Your Block Program

Research has shown that crime is significantly reduced where community residents are visibly present and are actively involved on their streets and in their neighbourhoods. Individuals out randomly walking are more effective than scheduled citizen patrols. When individuals are aware of their neighbourhood they are better equipped to recognize and respond when something is not "right".

Who? You

How? Take a walk

Where? In your neighbourhood

When? Whenever you like

Why? To prevent crime before it happens

For more information about the Walk your Block Program and to register your walks go to.

<http://enwatch.ca/walk-your-block/>



Twin Brooks Seniors Program In Partnership With Age-Friendly-Edmonton

The Twin Brooks Community League (TBCL) is excited about the opportunity to engage the seniors who reside in our neighbourhood and neighbouring communities. Through grant funding from the City of Edmonton Age-Friendly-Edmonton program, a group of seniors from TBCL are planning a creative, innovative project based on a central program that would focus on the "Breaking of Bread". It aims to highlight that the preparation and eating of food is one of the most pleasant forms of social interaction. The goal is to engage seniors in a fun and innovative way with focus on our communities Multiculturalism and that in the making of food and sharing of recipes and cultural food preparation styles language barriers can be overcome.

In addition, we would like to engage seniors with other possible events such as tai-chi, yoga, mindful meditation, gentle aerobic exercises also building on the social aspects of participating together. Presentations/Talks on health & wellness could be planned as well as other instructional events perhaps based on the internet and social media use.

Enquiries & offers to join are welcome from residents living in Twin Brooks & surrounding communities.
Contact: Ida email: irichardsco@hotmail.com Phone 780-989-5431

A fun event is being planned for late November / early December, 2015. We need help in planning it. Translation available for non- English speaking seniors.

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.

Be Involved! Volunteer On Our Board

Our Community needs your help! We are still looking to fill the following positions on our Board of Directors:
 FACILITIES DIRECTOR
 PROGRAMS DIRECTOR
 TREASURER
 Email: blackmudcreek@gmail.com for more information on these board positions.

Winter Green Shack Program

The City of Edmonton will be running the popular Green Shack Program in several of our community parks through the winter months! Watch our Facebook page for the Winter Green Shack Schedules .

Free Swim for Community League Members

Sunday’s 3pm - 5pm at. William Lutskey YMCA



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		

FOLLOW BLACKMUD CREEK ON FACEBOOK AND TWITTER
 (@blackmudcreekcl)

Blackmud Creek Community League
 PO Box 22516, Southbrook PO
 Edmonton, AB, T6W 0C3
blackmudcreek@gmail.com

**Check us out on Facebook &
Twitter @blackmudcreekcl**



JOB POSTING
Rink Attendants Needed
For Allard Skating Rink
December - March

Part-time work is available for the following shifts starting in December:

4:45 – 9:15 pm on weeknights, 8:45 am – 2:45 pm and 2:45 pm – 9:15 pm on Saturdays, and 12:45 – 7:15 pm on Sundays.

Responsibilities Include:

- Opening up and closing the heated rink change facility.
- Clearing the ice surfaces and walkways by operating snow removal equipment.
- Turning on and off outdoors lights.
- Collecting drop-in fees and selling BCCL memberships.
- Concessions sales.
- Recording attendance statistics.
- Other duties as required.

Applicants must be a minimum of 16 years of age and be willing to undergo a mandatory Police background check. Applicants must have a cell phone. Access to a motor vehicle for the purpose of getting to the rink for shifts is recommended.

All necessary training will be provided.

Rink attendants will be paid \$13.00/hour and report to the BCCL Facilities Director.



Please send applications to:
rob.david.powell@gmail.com

ANNUAL COOKIE WALK



Saturday December 5th: 10am till 12 noon

Southminster-Steinhauer United Church

10740-19 Ave, Edmonton

\$15 to fill a box with home baked cookies

Wassail and coffee available

We are accepting new patients
Walk-ins welcome

Rutherford Physical Therapy and Sports Injury Clinic

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

780-435-8887
11472-17 Ave. SW T6W 2S5
www.rutherfordphysicaltherapy.ca
Info@rutherfordphysicaltherapy.ca

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Everyone Is Welcome To Our Christmas Gatherings!

SouthminsterSteinhauer United Church
10740-19 Ave, Edmonton
invites you to join us:

Wednesday December 16th at 7pm - Blue Christmas
for those for whom Christmas is a difficult time. A quiet, reflective gathering.

Monday December 21st at 7.30pm - Winter Solstice Celebration and Labyrinth Walk
a time to mark the longest night and welcome new light. spacious time to walk the indoor labyrinth.

December 24th Christmas Eve Celebrations:
4pm - for young families with stories, songs, crafts and safe candlelight
7pm - gathering for all ages including reflections and songs of the season, and a theme time for children
11pm - reflective celebration with carols, candles, communion

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

UCMAS Edmonton Southeast
#3 1510 A Lakewood Rd West
Edmonton AB T5K 3J4
Tel: 780-885-4190
587-357-4170
Email: wordermath@ucmas.ca

UCMAS MENTAL MATH SCHOOLS
DISCOVER THE GENIUS WITHIN



Blue Quill Community League

Serving Blue Quill, Blue Quill Estates, Skyrattler & Sweetgrass

The BQCL Community Hall is located at 11304 - 25 Avenue, Edmonton, AB, T6J 5B1 (780)438-3366

BQCL Board Members

POSITION	NAME/EMAIL
President	Travis Ball president@bqcl.org
Vice-President	Jeremiah Silbernagel vicepresident@bqcl.org
Treasurer	Amanda Mochado treasurer@bqcl.org
Secretary	Tim Battle secretary@bqcl.org
Past President	Andrew Happer pastpres@bqcl.org
Civics	Neil Dunwald civics@bqcl.org
Facilities	Ray Bessel facilities@bqcl.org
Fundraising	Richard Hughes fundraising@bqcl.org
Memberships	vacant membership@bqcl.org
Programs	vacant programs@bqcl.org
Publicity	vacant publicity@bqcl.org
Social	Felice Bassie social@bqcl.org
Sports	Janice Quinn sports@bqcl.org

Edmonton Police Alarm Green Stickers

We've noticed that a number of people have alarm company stickers by their front door, but no green Edmonton Police Permit Number sticker. Police will NOT respond to non-permitted, non monitored alarms unless a indication of criminal activity is present. Make sure you register your alarm with the Police. For more information go to <http://www.edmontonpolice.ca/alarmpermits>

The Blue Quill Community League serves the neighborhoods of Blue Quill, Blue Quill Estates, Sweet Grass and Skyrattler. Anyone living in one of these areas is welcome and encouraged to become a member.

Your BQCL membership benefits include:

- Eligibility to enroll in any of our programs such as soccer, martial arts, basketball, playschool, tennis (program fees are required for each program)
- Reduced rental rates at the BQCL hall
- Use of the BQCL tennis courts
- Free skating on any outdoor community league rink (always take along your skate tags)
- Free indoor skating at Confederation, Kinsmen, Millwoods, Southside & Tipton arenas
- Free Swimming at Confederation Pool (Saturdays and Sundays from 16:00 - 17:30 from September - June inclusive).

Memberships fees are \$35 per family, \$25 single, and free for seniors. You can purchase memberships at the hall or call (780)438-3366 for more information.

Blue Quill Hall Rentals

One of the largest in the City, the Blue Quill Community Hall is available for functions on Friday evenings, Saturdays and Sundays.

There's a large main hall, complete with a full-sized kitchen, that can hold up to 205 people for events that are licensed or have food present. The capacity of this room is larger for events without food or drink - please inquire. Three smaller rooms are also available - upstairs loft and two in the basement.

Located in South Edmonton just off of Saddleback Road and 25 Avenue, the BQCL Hall is easily accessible from 111 Street or 23 Ave. We have PLENTY of parking.

The Main Hall and Kitchen can be rented for \$425 per day, or \$75 per hour. BQCL members receive discounted rates of \$325 per day and \$40 per hour!

The upstairs loft at BQCL is an ideal meeting space as it can accommodate up to 60 seated and has tables, chairs, a sink and full A/V services (projector, screen, laptop video/audio hook-ups, satellite, blu-ray player). This space can be rented on a weekday evening for \$85 (non-member) or \$75 (member). Weekend rental rates are the same as other rooms in the hall (\$75 per hour for non members and \$40 per hour for members).

The outdoor rink can be rented by BQCL members only. A rental fee of \$50 per hour applies for a minimum of 2 hours. An extra \$50 fee applies if the ice needs to be cleaned/flooded beforehand. The flooding will need to be coordinated with the schedule of the rink attendant. Smaller rooms can be rented for \$75 per hour. BQCL members receive discounted rates of \$40.00 per hour! To rent the hall, send an email to rental@bqcl.org or call (780) 438-3366, and leave a message telling us when you'd like to rent the hall (think of giving us 2 preferred dates) and where/when we can get in touch with you. If interested, you can arrange a viewing with the BQCL Hall Representative.

Have You Ever Wanted To Try Karate?

Learn in your own community, starting Wednesday, October 28th, 7:00 - 8:30 PM at Blue Quill Community League (11304 25 Ave NW).

Classes: Wednesday, October 28 to December 16 - 7 pm to 8:30 pm

\$150 members/\$185 non-members

Classes are suitable for ages 8-80+

Karate classes for Children, Teens and Adults at Blue Quill. Learn a traditional style of Karate from a team of highly experienced and qualified instructors.

Benefits from learning karate:

- Fitness and Overall Health: Karate training improves flexibility, strength, coordination, and endurance of an individual.

- Stress Reduction: In addition to the stress reducing benefits of any physical activity, Karate also improves concentration and awareness of mental attitudes that can cause stress.

- Self-Confidence: Traditional Karate places special emphasis on building character, and focuses on increasing self-confidence, awareness, and perseverance through repetitive physical and mental exercises.

- Self-Defence: Learn traditional, effective and proven defence skills.

This is a family program, where Parents and Children can learn together in the same class. With multiple instructors everyone gets a good workout and learns something.

Register online at bqcl.org/karate.php or call 780-438-3366



Vinyasa Flow Yoga Class - new!

October 28 - December 16

Wednesdays 9 - 10 am

\$80 members/ \$95 non-members

All you need to bring is a yoga mat and a water bottle!!

To register visit the hall between 8:30am-1:30pm or email bqcladmin@bqcl.org

Community Playschool

Help your child grow socially, emotionally, physically and intellectually! Three and four year old children learn through play at the Blue Quill Community League Playschool. Classes include free time to play and share toys, story time, exercise, show and tell, music, class parties such as Halloween and Christmas, field trips and in-class visitors from the community.

BQCL Playschool is a cooperative playschool where each parent takes a duty for the year, as well as working duty days on a rotating basis where you assist in your child's class.

Blue Quill Playschool is accepting 3 year old class registrations for immediate start. Child must be 3 years old before November 1, 2015 and toilet trained.

Find out more at <http://www.bluequillplayschool.ca> or register by email at registrar@bluequillplayschool.ca. If you have any questions, you can call the Playschool at 780-438-1491

Blue Quill Community League invites you to our UKRAINIAN NEW YEAR'S CELEBRATION!

Saturday, January 16, 2016
11304-25 Avenue



• **6 PM Buffet Dinner**

• **8 PM Kupalo
Dance Ensemble**

• **9 PM Dance with
live band**

Tickets \$30 per person/
\$35 at the door
Children 12 and under \$15

Contact Kathryn at
780-438-3366 or
email bqcladmin@bqcl.org



Edmonton 311 App

Report your concerns on the go!

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

- Potholes • Damaged sidewalks • Damaged trees
- Litter • Graffiti

Help keep Edmonton great! Be the eyes and ears on the streets!

By doing this, you're helping us to better assess, prioritize and determine the corrective action based on severity, location, and other factors.

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

Download 311 App

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

For more information:

Online Contact 311 Online

City Services & General Information

Visit www.edmonton.ca/311 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.

Blue Quill's Annual Children's Christmas Party and Craft Sale

Season's Greetings!

Blue Quill Community League invites
you to our
Annual Children's Christmas Party
and Craft Sale.

Saturday, November 21, 2015

From 10:00 to 3:00 p.m.

Located at: 11304 - 25 Avenue



- * Craft Sale - Main Floor
- * Children's Party - Downstairs



Enjoy shopping for Christmas gifts while the kids are busy with crafts, cookie decorating and games. Bring your camera to take pictures of your kids with Santa, who will be visiting from 11 am to 2 pm.

We accept cash, some vendors accept credit, and the canteen will be open serving snack foods.

FAMILY FUN BEFORE the CHRISTMAS RUSH!

All are welcome to attend! Ample parking onsite, washrooms available on main level of hall.

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2015-2016 HERITAGE POINT BOARD

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

Find us at: www.heritagepoint.ca

Join us at Facebook: Heritage Point Community League

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

Think before you drink Protect against tooth erosion

It's no secret; most of your favorite beverages contain a lot of sugar. Sugar in beverages, along with bacteria in the mouth, creates acids that can decay teeth. But did you know that many popular beverages such as pop, fruit juices and sport drinks, also contain acids that can damage teeth and lead to tooth sensitivity and pain? This is known as tooth erosion – the irreversible loss of tooth enamel caused by lengthy and repeated exposure to acidic substances.

Teenagers can be particularly prone to tooth erosion because of their tooth enamel and the impact of lifestyle choices, including drinking acidic beverages and poor oral hygiene. Because tooth erosion cannot be reversed, prevention is important:

- Drink water for thirst and milk with meals
- Reduce number of acidic beverages and use a straw for drinking them
- Rinse your mouth with water to remove acids
- Wait 30 minutes to brush your teeth after drinking an acidic beverage to prevent tooth enamel damage
- Brush twice a day with toothpaste containing fluoride to strengthen teeth and floss daily
- Visit your dentist regularly for check-ups and additional preventive treatments

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

Heritage Point Community League Membership

Community Members, it is time to renew / get afresh membership for HPCL for the new 2015/2016 membership season.

Benefits of Membership:

There are many reasons to join your Community League.

Here are just a few:

- 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.

Volunteers are welcome!

Using Neighbourhood Interactive Map

Explore Edmonton using the neighbourhood interactive map.

http://edmonton.ca/for_residents/neighbourhoods/neighbourhood-maps.aspx

Find the City amenities - swimming pools, sports fields, parks, playgrounds, golf courses and spray parks. Locate fire stations, police stations and bus stops anywhere in the city.

You can mark your current location or home address with a red pin and search for City amenities within a 0.5km to 10km range.

Type in your address, click on the red pin and get your property assessment and waste collection schedule.

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>

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

Ring in endorsement for new 811

Health Link phone number

More Albertans using 811 than the old number.

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

Call statistics show just two weeks after the number was announced, 66 per cent of callers were using the number in place of the old 10 digit numbers. Health Link is Alberta Health Services' free, 24/7 health information and advice line. This province-wide service helps callers by providing at-home treatment options and information on the most appropriate health care services..

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

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

Get immunized, before influenza arrives

It happens every year: influenza arrives in Alberta. The good news is, influenza vaccine gets here first. All Albertans are encouraged to take advantage and get immunized before influenza arrives.

Caused by a virus that attacks the respiratory system, influenza can be a serious illness and is easily spread from person to person. Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization this fall, even healthy Albertans are without protection against this illness.

Each year, influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community. When you get immunized, your immune system is prompted to respond and produce antibodies that will arm you against the influenza viruses if – and more likely, when – you are exposed to them again, throughout the season.

Without immunization, your body will not have the opportunity to build its immunity – or armour – against influenza, before being exposed.

Alberta's annual influenza immunization program begins Oct. 20, offering influenza vaccine, free of charge, to all Albertans six months of age and older. Be it through dozens of drop-in Alberta Health Services' influenza immunization clinics or through your local pharmacist or physician, this season, get protected, not infected.

For more info, including local clinic schedules, visit www.albertahealthservices.ca/influenza, or call Health Link Alberta at 1-866-408-5465.



Be wise at the wheel

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

Stop tailgating

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

Slow down

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

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

Plan your route

Before leaving on a trip during the winter, plan your route and give yourself lots of time to reach your destination. Alberta's 511 telephone information line and website have the latest reports and conditions across the province. You can also check AMA Road Reports, at AMARoadReports.ca.

— reprinted from Apple magazine



How Can We Make Edmonton's Transit System Better for Everyone?

It's time to create a Transit Strategy that supports Edmonton's future as a great city. We need to ask ourselves how transit can best support the city we want to live in in the future. But everyone has different ideas about what makes a bus and LRT system great. Therefore, public input is key to making a Transit Strategy that will help guide City decision making.

Everyone's quality of life is impacted by transit, so you don't need to be an expert or a transit user to participate in this conversation. We want to hear from all Edmontonians.

You can share your transit ideas through our online surveys available at edmonton.ca/whatmovesyou. New online surveys starting in November.

But what's most exciting is you can hop on board our specially-wrapped What Moves You? engagement bus as it travel various routes throughout the city. This "bonus bus" provides a free ride and added service in exchange for passengers having a conversation with us about their vision for transit.

This is one of the most extensive public engagement initiatives undertaken by the City. In spring 2017, the resulting Transit Strategy will come to Council.

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



Bryan Anderson
Edmonton City Councillor
Ward 9

Managing Chronic Health Conditions Live well and feel better

Do you live with a health conditions that requires ongoing management? These are called chronic health conditions and include things like diabetes, obesity, high blood pressure and even some cancers.

Approximately 30 per cent of Albertans report having at least one chronic health condition and for those over 65 years of age, that number more than doubles to over 75 per cent. It's projected that by 2031, one in five Albertans will be a senior which will increase the demand on our health care system to manage more chronic disease.

These stats highlight the importance of providing support and education around chronic disease management to Albertans across the province.

Alberta Health Services (AHS) along with community partners and family doctors offer a wide range of resources to help those living with chronic conditions live a long, happy and healthy life.

Through the Alberta Healthy Living Program, AHS offers:

- disease specific and healthy lifestyle education classes
- supervised exercise programs
- self-management workshops, typically offered as the Better

Choices, Better Health® program which teaches people with a wide range of health conditions to take control of their own health and feel better.

The majority of the Alberta Healthy Living Program classes and resources are available free of charge and have been customized to meet local needs including targeted programming for diverse and vulnerable populations.

To find out the classes and resources offered in your community and those available online to help manage chronic conditions visit: <http://www.albertahealthservices.ca/10356.asp>. More information on chronic disease management is also available on www.myhealth.alberta.ca or by calling Health Link at 811.

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. For more information on smart risk visit: <http://www.albertahealthservices.ca/4880.asp> For more information on concussions go to www.myhealth.alberta.ca.



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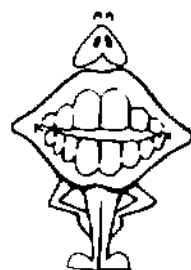
It sounds obvious but many of us may forget to take time for ourselves. People have all sorts of expectations for themselves and the drive to meet those can make it hard to take time. Taking a little "me" time is an important part of managing life's stresses.

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.



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TWIN BROOKS Community League

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

Twin Brooks Board

President: Mike Lanteigne
Vice President: Greg Tilley
Secretary: Gonzalo Zambrano-Narvaez
Treasurer: Annie Dei
Membership: Kelly Cassault
Facilities: Jim LeBlanc
Sports: David Murray
Sports Assistant: Vacant
Programs Director: Vacant
Social: Monika Langer
Communications: Natasha Mitrovic
Volunteers Coordination: Shauna Nichols
Finance Committee Chair: Vacant
Fundraising Coordinator: Vacant
Casino Volunteers Coordinator: Jamie Popowich
MEETINGS:
Meetings held monthly September through June. Contact volunteer@twinbrooks.ca for times and locations.

Twin Brooks Community League
11341-12 Ave NW
Edmonton, AB T6J 6W8

Welcome New Twin Brooks Board Members

Following our recent Annual General Meeting (AGM), Twin Brooks Community League Board of Directors would like to welcome some new volunteer board members.

1. Monika Langer - Social Director
2. Gonzalo Zambrano-Narvaez - Secretary
3. Natasha Mitrovic - Communications Director
4. Greg Tilley - Vice President
5. Annie Dai - Treasurer

Thank you all for getting involved and supporting your community. There are still vacant positions needing to be filled.

-Programs Director - Vacant
-Fundraising Coordinator - Vacant
-Community Centre Event Coordinator - New

These can also be shared positions with a friend or neighbour.

For more information on these opportunities to get involved in your community, contact our volunteer director, Shauna at volunteers@twinbrooks.ca

Twin Brooks Community Garden

Says farewell to another garden season! If you are interested in obtaining a plot for the 2016 growing season, here are a few tips for you to consider before applying:

- You must be a member of the Twin Brooks Community Association or a neighbouring community

- Plots range in size from small to large and current pricing is \$15 \$20 & \$35 accordingly

- A \$20 deposit via post dated cheque is required and this cheque will be cashed if you have

not cleaned up your plot by mid October or participated in upkeep of the common areas

- The garden is divided into quadrants and each quadrant takes turns to maintain and water

the common areas and the food bank plot
If you enjoy meeting new neighbours and watching your garden grow, plus the benefits of fresh organic produce then you are a candidate for our community garden. Send your request for a plot via email to garden@twinbrooks.ca More information is available on the Twin Brooks Community Garden website. See you in the spring!

Twin Brooks Community League Centre & Sports Facilities Update on Community Centre...

The Electricity has finally arrived and was connected on October 10th, 2015. Final commissioning of the electrical and mechanical air handling systems is now proceeding. The facilities director is busy planning procurement of furnishings and finalizing details for operation of community centre. Watch for Grand Opening announcements at www.twinbrooks.ca

Community Centre Features

The Twin Brooks Community League Centre is scheduled to be completed in Fall 2015.

- 2370sqft (220m2) building which houses 1150sqft of open space for multipurpose use
- public washrooms, a small kitchen,
- storage space for Twin Brooks Sports Programs
- Outdoor Rink Maintenance equipment.

Did You Know...?

The Twin Brooks Community League own, operate and maintain these facilities through volunteer work and fund the operation and maintenance of the facilities through Community League membership sales and City of Edmonton annual operating grants.

CAN YOU HELP...?

Opportunities to get involved with Community Centre and Sports Facilities

Community Centre Event Coordinator - Person(s) interesting in assisting to coordinate event rentals and scheduling details

Community Centre maintenance and upkeep - lend your skills

- Small engine annual maintenance (snow blower/power sweeper),
- Carpentry skills to build skate tying benches
- Electrical and plumbing trades - small projects.

Rink Ice Maintenance - Rink flooding volunteers always welcome - no experience necessary



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.

ImmunizeAlberta.ca was designed for, and is based on, insight and feedback from Albertan parents.

Whether it's a simple question about the childhood immunization schedule or what to expect after your child gets immunized, uncertainty about the real risk of diseases, or concerns about immunization safety: ImmunizeAlberta.ca has the info you need.

Visit ImmunizeAlberta.ca today.

Get walking. Stay safe.

The school year brings opportunity for families to begin walking to school. Walking has so many benefits—it promotes physical activity, prepares brains for learning and increases children's familiarity with their community and neighbours.

Walking with your child and negotiating neighbourhood streets with them provides an opportunity to develop traffic safety awareness and to practice safe pedestrian behaviours. Even better, it's a great way to have quality time with your child before they start their day.

Even if you live far from your school you can still give your child the walking experience by parking five to ten minutes away from the school.

Did you know 26 judgment skills are required to cross a street safely and that many of these skills have not fully developed in a young child? For example, they may think that a car can stop instantly or if they can see a car the driver can see them. They are often distracted and may underestimate dangerous situations. Most children need supervision to walk to school until they are at least nine years old.

Important pedestrian safety tips to model for your child are:
Cross at marked intersections or crosswalks.
Look left, look right and look left again before stepping out onto the street.
Wait until the road is clear.
Always walk on the sidewalk.

Driving is a risky experience for all of us but it is most risky for teenagers in their first year of unsupervised driving. Car crashes are the leading cause of death among teens in Alberta. Not all risk is bad; risk is a necessary part of healthy teen development. It is important that teens take Smart Risks when driving. For more information on the smart risk approach visit: www.alberta-healthservices.ca/4938.asp
Encourage your teen to look first. This means being prepared to drive, every time, by checking road conditions and mapping routes before they get into their car. It is also important to check tires, adjust seats and

Stay on your feet and stay active

November is Seniors' Falls Prevention Month

Let's face it; falls can happen to anyone at any time but the reality is that as we get older our risks of falling are greater. The statistics paint an alarming picture; one in three Alberta seniors will fall every year. Not only are falls the leading cause of serious injuries in older adults they also result in reduced mobility as fears can increase over getting up and moving around.

While staying in one place may reduce the risk of falling, it also negatively affects your quality of life. That's why the theme for this year's Senior's Fall Prevention month is Keep Balance – Increase Your Strength and Balance.

"We're asking seniors to help reduce their risk of falls by participating in the "Seniors' Keep Active Challenge", says Jodie Breadner, Clinical Coordinator, Falls Risk Management Program, Calgary. "People can participate by themselves, with friends or through fitness classes. It's as simple as signing up through UWalk on the Finding Balance website, then counting and recording steps or minutes of physical activity from November 1 – 30."

While Fall Prevention Month is geared to seniors, it's a good opportunity to remind all Albertans about the risk of falling. As temperatures drop, the risk of snow and ice increases. Every year, thousands of Albertans are hurt falling on icy roads and walkways.

Injury prevention experts say the best way to avoid falls on ice and snow is to waddle like a penguin.

- Stay low
- Feet pointed out
- Walk flat footed
- Use your arms for balance

It's not the fastest or most graceful way to walk, but it will help keep you on your feet. Learn more about walking on slippery sidewalks at <http://www.albertahealthservices.ca/10958.asp>.

Teen Driver Safety

rear-view mirrors before driving. Remind your teen to buckle up, no matter how short the drive. It is the law. Teens can get trained by taking a driver's education course from an unbiased expert who has years of experience teaching new drivers. Enforce with your teen that it is the law to drive sober. Set a rule against drinking and driving. Aside from encouraging your teen to take smart risks when driving, there are many things you can do to help keep your teen safe:

- 1) Set a good example behind the wheel by modeling the smart risk behaviours above. Always wear your seatbelt, never speed and

be respectful of other drivers and pedestrians on the road.

- 2) In addition to driver's education, teach your teen how to drive under your supervision in low risk conditions before moving up to more risky situations.
- 3) Stay informed about Alberta's Graduated Driver Licensing (GDL) laws and start a conversation with your teen about it.
- 4) Using the Parent/Teen Driving Agreement with your teen can help you with all of these things. This agreement will help you start and keep an open, honest dialogue with your teen about their driving behaviour. It will also help you work together to set boundaries and build trust.

Children with Food Allergies



About one in 13 kids have a food allergy. An allergic reaction occurs when the body's immune system overacts to a food protein (an allergen). The most common food allergens are: peanuts, tree nuts, sesame seeds, soy, seafood (fish and shellfish), wheat, eggs, milk, mustard and sulphites. Symptoms of allergic reactions can be different for everyone and may occur within minutes or hours. The most common symptoms of allergies are:

- Flushed or pale face, hives, rash, itchy skin
- Swelling of the eyes, face, lips, throat or tongue
- Coughing, wheezing or shortness of breath
- Stomach pain, diarrhea, vomiting
- Feeling anxious, weak, dizzy or faint

Severe allergic reactions (anaphylaxis) to food can be life threatening and occur quickly and without warning. These reactions can be treated with an epinephrine auto injector; an EpiPen®. The only way to prevent allergic reactions is to avoid contact with the foods or ingredients that cause them. As many children have food allergies, the majority of schools have adopted guidelines to help keep all students safe. Some of these guidelines may include:

1. No sharing of food or treats.
2. Washing hands with soap and water before and after eating.
3. No homemade treats for celebrations or special events. Cross-contamination is always possible.
4. Restricting the allergens from the classroom/school.

Food allergies are a serious medical condition, not a choice. Help prevent exposure to allergens by following your school's guidelines for food allergies. Take time to explain food allergies to your child and encourage them to learn about allergies that their classmates may have. If you are unsure of what to do, talk to the other child's parents or teacher. Students, parents, teachers and other staff all have an important role in keeping students safe, healthy and happy.

Poison Prevention

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.

The big burn

Understand the risks of indoor tanning

Did you know that approximately one in every three new cases of cancer diagnosed in Alberta this year will be skin cancer? And did you know that indoor tanning just once under the age of 35 can increase the risk of the deadliest form of skin cancer (melanoma) by 59 per cent?

These facts tell us something important: the impact of skin cancer in Alberta is real, and so is the opportunity to prevent it.

The decision not to indoor tan is a simple one, yet, without education on the risks, it might not be one that Albertans make.

Education is particularly important for youth, whose future adult behaviour will be influenced by what they learn before they turn 18.

For this reason, Alberta Health Services (AHS) has launched a new campaign, focused on encouraging parents of children aged 10-15 talk to their kids about tanning now, before they have opportunity to start.

Much like you talk to your kids about wearing seatbelts and helmets, or not using tobacco, AHS encourages you to have a discussion with your children about the very real risks of getting cancer from tanning beds.

For more information, facts, and tips on having this talk, visit: www.thebigburn.ca

To learn more about Alberta's new indoor tanning legislation, visit www.health.alberta.ca. By teaching our kids about the risks today, we can help protect them from skin cancer tomorrow.

Healthy After School Snacking

Whether your kids spend their after school time at home or on the way to an extra-curricular activity, they may be hungry for a snack. Planned healthy snacks will help children get the extra energy they need to grow and be active.

- Try to offer snacks at least 2 hours before a meal to prevent your child from being too full at meal time.
- Aim to choose foods from 2 of the 4 food groups from Canada's Food Guide at snack time.
- Wash and slice vegetables and fruits; store them in a container in the fridge so they are easy to grab on the go.
- Keep a small supply of non-perishable snacks such as un-salted nuts, pretzels, or whole grain crackers in a sports bag so your child can have a quick snack before activities or sporting events.

Plan ahead by stocking your fridge and cupboard with items that can be used to make these quick and healthy snacks:

- Low-fat cheese to eat with whole grain crackers, mini whole grain pitas, or apple slices.
- Peanut butter spread on a whole wheat tortilla and rolled around a banana.
- Low-fat yogurt with fresh, frozen, or canned fruit.
- Pair snacks with water, milk, fortified soy beverage, or 100% fruit juice. Limit juice to ½ cup (125 mL) per day.

For more information about healthy snacking, please visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-snacking.pdf> healthservices.ca/2914.asp

Smoking in Outdoor Shared Spaces

The City of Edmonton is proud to be one of more than 30 municipalities across Canada that has implemented outdoor smoking regulations.

Residents and visitors to the City of Edmonton are not allowed to smoke within 10 metres, at all times, at or around playgrounds, water spray parks, sports fields and courts and temporary, seasonal outdoor ice skating rinks. Public Places Bylaw

An amendment to the Public Places Bylaw was passed on April 4, 2012 with the intention of keeping areas that are frequented by children, smoke free.

The smoking restrictions are in effect at all times but only apply to the outdoor structures and places listed above.

Not complying with the bylaw will result in a \$250 fine.

Enforcement

If you witness a violation of the bylaw, feel free to discuss your concerns with the smoker. You can also record the address and description of the violation and report it to 311.

The ability to enforce individual infractions is limited but areas with high reports can be targeted and patrolled by enforcement officials. Enforcement of the bylaw through targeted blitzes will be used in problem areas on a complaint basis only.

Please be aware, smoking is not permitted within 10 metres at or around sports fields in accordance with the Public Places Bylaw 14614. Failure to comply will result in loss of field privileges. For more information: 311

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.

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 Vice President, Executive: Anne Hudson vicepresident@yellowbirdcl.com
 Vice President, Operations: Julie West editor@yellowbirdcl.com
 Memberships: Erin Rothwell memberships@yellowbirdcl.com

For full board listing, see our website: yellowbirdcl.com

Find us on Facebook: <http://www.facebook.com/YellowbirdCL>

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Community League Wellness Program

The Edmonton Federation of Community Leagues and the City of Edmonton are pleased to offer the Community Wellness Program exclusively for community league members.

The Community League Wellness Program offers community league members opportunity to purchase an annual pass or multiple admission pass packages to City of Edmonton sports and recreation facilities at a substantial savings.

Annual Pass – Community League Members receive a 10% discount on Adult, Family, Child and Youth/Senior Annual Passes (applies to new purchases only).

Continuous Monthly Pass – Community League Members enjoy a 10% discount using a convenient Pre-Authorized Debit Program.

Multi Admission Pass – Community League Members receive a 10% on the City's already discounted multi-admission pass (10+ visits)

Facilities and amenities include swimming pools, wave pool, dive tanks, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton, tennis and basketball courts, indoor running tracks, gymnasiums and pro shops. For more information, please call 311 or visit www.edmonton.ca/wellness

Parents and Tots Playgroup

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

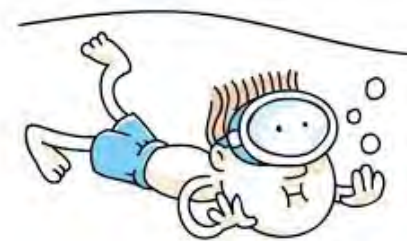


Yellowbird Yoga

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.

Yellowbird 4th Annual Gift and Craft Sale

November 14th
 10:00 a.m. - 4:00 p.m.
 Yellowbird Hall
 10710 19 Avenue
 Free Admission
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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.



Zumba

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 Yellowbird Hall (10710- 19Ave)
 Contact Jen
 780-436-2287
zumba.yellowbird@gmail.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



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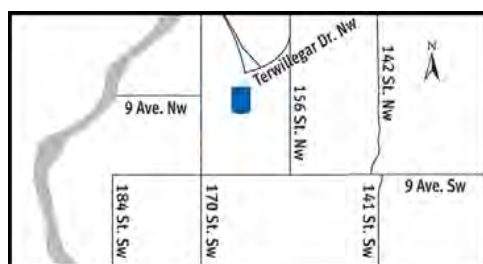
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Friday: 9:00 - 5:00
Saturday: 9:30 - 3:00
Sunday: Closed
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