

COMMUNITY VIEWS

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



October 2015

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

AGM

Twin Brooks Community League ANNUAL GENERAL MEETING

Will be Held

WEDNESDAY OCTOBER 14, 2015 at 7:00pm
at George P. Nicholson School Library

- Come see what the Community League is up to.
- Support your Community League by buying a membership.
- Come get informed on upcoming year budget for TBCL

Want to get involved... currently we have 7 board members filling 12 positions.

POSITIONS CURRENTLY AVAILABLE:

Vice President

Secretary

Fundraising Committee Organizer

Programs Director

Communications Director

See www.twinbrooks.ca for detailed description of available positions

Edmonton Federation of Community Leagues' (EFCL) 100 Year Anniversary Project Needs You!

Are you a history buff that would like to learn more about your community?

Do you have old files and photographs from your community league?

Your photos and memories - think sporting events, parades, picnics, volunteering and more!

- Share your information with Leslie (EFCL 100th historical project coordinator and researcher) at leslie.holmes@efcl.org or visit <http://efcl100.tumblr.com> to submit your memories.

- Get organized and informed - form a history group in your community league and start digging. We will be hosting two workshops to assist leagues in researching their community history and starting their historical record keeping:

- o Saturday, October 17, or Saturday, November 28
- o 1-3PM
- o Prince of Whales Armories - Jefferson Room
- o Email leslie.holmes@efcl.org to register

Traffic Enforcement Increased In Southwest Edmonton



As published on CTV Edmonton, September 10th, 2015

Edmonton Police said new traffic patrol officers are working to address an increase in traffic issues reported in the city's fastest growing area, southwest Edmonton.

EPS said they receive more traffic complaints in southwest Edmonton than in any other part of the city - which is why three new officers hit the streets this week.

So far this year, police said they've received more than 500 complaints so far this year about bad driving throughout the area - including reports of speeding, distracted driving and illegal u-turns near crosswalks.

"What we're seeing is a total lack of regard for students' safety and children's safety," Const. Andre Paul said.

With 67 schools in the area, and Anthony Henday Drive and Whitemud Drive, heavy traffic on many of the roads is the norm.

The new members will work to take a proactive approach to drivers ignoring the law.

"We're going to be [using] both marked units, unmarked units, we do a bit of everything," Paul said.

The team won't be confined to southwest Edmonton, they will also patrol other areas with high pedestrian volumes, including Whyte Avenue.

The officers will also focus on educating drivers.

"At the end of the day, it's not about how many tickets we write that counts, it's the fact that our children go home safe and our motorists go home safe," Paul said.

Building Housing Choices in Keheewin

Ensuring there are housing choices to meet the needs of everyone is a priority for the City of Edmonton. Our city is growing and transforming as more and more people move here to live and raise families—a total of 60,000 between 2012-2014 alone! It's expected that our population will hit one million within the decade and double in 30 years. However, Edmonton has a long-standing shortage of housing within financial reach of many, including young people, families and seniors.

City Council is developing strategies and initiatives to help meet current and future housing needs for all residents at all income levels. They've approved an approach that will repurpose undeveloped building sites for housing development. These are locations that were previously earmarked for a school, but where a school has never been built.

Communities with undeveloped building sites include Belmont, Dunluce, La Perle (West), Lymburn and Summerlea north of the river, and Henderson Estates, Keheewin, Kiniski Gardens (South) and Ogilvie Ridge in the south. The Keheewin site, currently marked by a sign, is located at 1910 - 105 Street.

Sustainability for Edmonton means growing in, up and out. In - with more housing choices in existing neighbourhoods, Up - with higher density choices in the core and Out - with developments in the suburbs. Repurposing undeveloped building sites allows the City to grow "in". This strategy helps keep the city compact, brings new families into existing communities and supports sustainable and vibrant communities.


In a new policy approved in July 2015, City Council determined that the future developments on undeveloped building sites will include both market and affordable housing (indistinguishable from each other), and a density of 40 to 125 units per net residential hectare. This mix of market and affordable housing will help Edmonton achieve its core strategy to attract and keep residents in an affordable and vibrant city.

Community Conversation BEGINS!

As a resident of Keheewin, you are invited and encouraged to be a part of the discussion and process of determining the form of new residential development in your neighbourhood. Your input can influence the future development of the site and any additional features or secondary elements that could be incorporated into the development as a benefit to residents. Please join the conversation on Monday, October 26 between 5:30 and 8:30 p.m. at Yellowbird Community Hall, 10710 19 Avenue.

For more information, visit edmonton.ca/buildinghousingchoices or email buildinghousingchoices@edmonton.ca.

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.



FACEBOOK

Be sure to LIKE our Facebook page To keep up to date with what's going on with Blackmud Creek Community League

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

Community League Day

Thanks to all who came out for Community League Day on September 19th! The weather was great and it was fantastic to see so many people out enjoying the event.

Callaghan Playground Development

Thank you to all who came to our Golf Tournament on August 31! We had a great turn out. Watch for future fundraising events on the Blackmud Creek Community League Facebook Page and website www.blackmudcreek.com. The results from the Needs Assessment Survey that was sent out regarding the Playground development can be found on the Blackmud Creek website at www.blackmudcreek.com.

Halloween Party

Our Family Halloween Party will be on **October 24th!** Watch our Facebook Page for more details on time and location! As always it should be "SPOOKTACULAR"!



Volunteer On Our Board

Want to be more involved in your community? We currently have a few positions available on the Blackmud Creek Community League Board of Directors.

Facilities Director:

Responsible for the management of Allard Rink and other community run facilities.

Programs Director:

Organize community events such as Community League Day, Family Halloween Party, and other social events to bring the community together.

Treasurer:

Responsible for accounting, grant applications, and casinos.

For more details about volunteering on our board and these available positions please email blackmudcreek@gmail.com.

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Benefits Of Community League Membership

Did you know that you receive a 10% discount at all City of Edmonton Rec Centers with your membership?

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.

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

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Walk-ins welcome**

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Tom Mulcair **NDP**

Brian Fleck
for Edmonton Riverbend

Paid for and authorized by the official agent of the candidate. cope/225-mtd

Join Brian's team
✉ brian.fleck@ndp.ca
📱 @BrianAFleck
🌐 fb.com/BrianFleckNDP

Campaign office:
5231 Terwillegar Blvd. NW
Edmonton, AB
780-431-0600

BrianFleck.ndp.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: Google Play & iTunes App Store

For more information:

Online Contact 311 Online

**Whole Brain Development
Program For Your Child**

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

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

BENEFITS OF THE UCMAS PROGRAM

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

Call/Email us to register:

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

23 Ave NW
Saddleback Rd NW
111 St NW

UCMAS Edmonton Southeast
#3 1510 A Lakewood Rd West
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Tel: 780-885-4190
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Community Views October 2015

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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 Bessek facilities@bqcl.org
Fundraising	Richard Hughes fundraising@bqcl.org
Memberships	Tammy Senger membership@bqcl.org
Programs	Amanda Mochado & Cristian Munoz programs@bqcl.org
Publicity	Vacant publicity@bqcl.org
Social	Felice Bassie social@bqcl.org
Sports	Janice Quinn sports@bqcl.org

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

The Main Hall and Kitchen can be rented for \$425.00 per day, or \$75.00 per hour. BQCL members receive discounted rates of \$325.00 per day and \$40.00 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 \$85.00 (non-member) or \$75.00 (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 \$50.00 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 co-ordinated with the schedule of the rink attendant. Smaller rooms can be rented for \$75.00 per hour. BQCL members receive discounted rates of \$40.00 per hour! A \$500 Security Deposit applies to all rentals.

Mini-Library in Skyrattler

There's something new at Skyrattler Park – a mini-library opened on Labour Day! It's a great place to browse for a book, and to leave a book you've finished so someone else can enjoy it. You don't need a library card, just take a book or leave a book.

The photo shows Simone Desilets taking a look at some of the offerings. There's been lots of interest since the library opened, and the selection changes frequently. This project was initiated by the Skyrattler Neighbourhood Association (SNA). For more information about the SNA, contact skyrttler2012@gmail.com



Ringling 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 dialing 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.



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>

Programs

• **Belly Dancing**

Level 1 or Level 2 @ 6:30-8:00 pm starting on October 1st through December 3rd
\$120 league members / \$145 non-members
To register: Vanlee - 780-907-0477
contact@sistersofthesahara.com

• **Yoga with Instructor Else Smart**

Wednesdays 10 am - 11 am starting on September 2nd through October 23rd
Registration at the BQCL office or call Else Smart at (780) 436-7700
\$80.00 for BQCL members and \$95.00 for non-members.

• **½ Zumba and Barre Body Sculpt**

- Monday AM 9:15-10:15am September 28th to December 7th, 2015 (10 sessions) Note: no class October 12 due to Thanksgiving.
- Thursday PM 6-7pm October 1st to December 10th, 2015 (8 sessions) Note: no classes on October 15, 22, and 29.
This half hour of Zumba will add fun to your workout while incorporating the strength conditioning benefits of Yoga, Ballet and Pilates exercises - which are the foundations of a Barre class. Please bring a yoga mat or a towel – All levels welcome.

• **Zumba**

Tuesday PM 6:45 – 7:45pm September 29th to December 1st, 2015 (10 sessions).
Lose yourself in the music and find yourself in shape as you get your groove on to Zumba Latin rhythms: Salsa, Flamenco, Merengue, Hip-Hop, Pop, Reggaeton and Fusion. No dance experience is necessary – just be ready to have fun, and be open to learn. All levels welcome.

• **Barre Body Sculpt (18+)**

Tuesday PM 8:00-9:00pm September 29th to December 1st, 2015 (10 sessions).
This barre class infuses ballet, yoga, pilates, and strength conditioning to help you sculpt your body and get the toned results you are looking for. Please bring a yoga mat or a towel – All levels welcome.

Price for each Fall Class: Non Members: \$118.75/ BQCL Members: \$100.00
Register before September 15, 2015 and get 9 classes for the price of 10: (NM: \$106.00/ M: \$90.00)

*10 Card Punch Pass may be available for Non Members: \$118.75/ Members: \$100.00
This pass will provide you with the flexibility to attend 10 classes out of 4 of Lisa's classes listed above when it fits for your schedule.

For more information, contact Lisa van Vliet at (780) 935-3058 or at lisawelcomesyou@shaw.ca or on Facebook: Let the Music Move You Group Fitness Instructor.

Open House: September 22nd from 7:00pm-8:15pm.

Come and experience a taste of the Fitness classes Lisa van Vliet will be offering this Fall at Blue Quill Community League. This event is FREE and there will be door prizes, healthy refreshments and free class demonstrations (45-50 mins) of the Zumba and Barre Classes.

• **Karate**

Coming this Fall, Karate will be back at the Blue Quill Community League! Starting in September, the Alberta Shito-ryu Itosu-kai Karate and Kubudo Association (<http://itosuryu.com/>), will be offering a Karate program with classes suitable for children, teens and adults at the BQCL. Join us and learn a traditional style of Karate from a team of highly experienced and qualified instructors. 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. Stay tuned for the dates and prices!

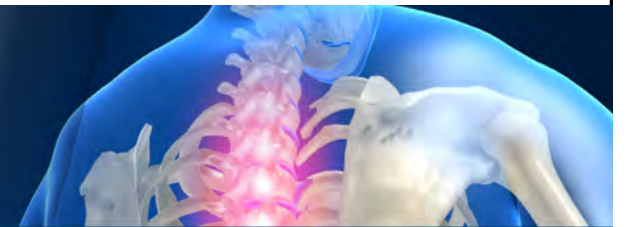
Party in the Park

September 12 was a beautiful day for Blue Quill's 3rd annual Party in the Park Music Festival. Our local musicians are fantastic! This year we added a fourth stage for youth talent, which was a chance for young stars to shine. There was something for everyone – face painting, inflatables, balloon animals, and the Edmonton Symphony Instrument Petting Zoo added to the fun. Thank you to the many volunteers who helped! See you next year!



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

Find us at: www.heritagepoint.ca

Join us at Facebook: Heritage Point Community League

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

Back to School

We hope everyone had a smooth transition from summer to school schedules and that your routines are ticking like clock-work. If you're a resident near or have kids you drop off at Johnny Bright or Monsignor Fee Otterson Schools, you are most likely aware of the heavy traffic congestion that happens around class start and end times. Please continue to follow the school zone speed limits - 30 km/hour from 8:30 AM to 4:00 PM. Also, when you're parking in residential areas around the school, please refrain from blocking alleyways and driveways.

We wish students, teachers, and parents a safe and successful 2015-16 school year!

Join Us!

Heritage Point Community League Membership

HPCL membership is available for the community members for the next year, starting September 2015. HPCL membership comes with many benefits, for details please see HPCL web site: www.heritagepoint.ca. For more information and to buy the membership, please contact Oksana at membership@heritagepoint.ca.

Outdoor Soccer Survey Coming Soon

Our League's soccer program continues to be one of the largest in the City. We are reviewing how this Program is delivered and we want to get your feedback to help us make it better. Please watch your email in October for a link to an on-line survey. Thank you for your support of Outdoor Soccer in HPCL!



Fit and Fab - HPCL Outdoor Bootcamp Class

For six weeks this past summer, we organized one of our first adults programs - Outdoor Bootcamp. 18 people participated in cardio and strength training exercises at Alexander Rutherford Park. The best part about the class was the opportunity to form connections with people in our community. Round 2 of HPCL Bootcamp started at the beginning of September with two classes on the schedule. We are thrilled to be able to offer this program which was identified by many people in our needs assessment survey as an area of interest. Thank you to all the Bootcampers for your energy and enthusiasm! We hope to continue this program into the winter months. Follow-us on Facebook to stay up to date on upcoming classes - www.facebook.com/heritagepointcl.



HPCL - Thank You!!

Heritage Point Community League would like to send out a Huge Thank you to all the Volunteers that helped to put on the "Movie in the Park" event on Saturday September 19. We aren't able to bring such events to the community without the Community support. We are so grateful for the hours everyone put in helping with set up, bagging and distributing popcorn and candy, manning the inflatable, playing games with the kids, helping the community league tent and cleaning up! We also couldn't have done it without the sponsorship of the businesses in our community that donated to our event.

A special thanks to TD Canada Trust for sponsoring the movie, Budget Blinds for sponsoring the sweets and treats, Shoppers drug mart for donating the juice boxes, The Toy Hut for sponsoring the inflatable, Save-on-foods for special ordering and sponsoring the food and Cobs Bread, Sobeys and Rexall for donating the gift baskets. We are also so grateful for the community coming out to support and enjoy the event. It's the reason we put these events on and we look forward to bringing more events to our community and getting to know our neighbours.
HPCL Board



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
- 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?

Halloween Party - Coming Soon

HPCL will bring you Halloween party as in the past years, the party will be sometime in October, watch HPCL communications for more information. This event will be possible with active participation of community members, for the fun of the children. For any volunteers opportunity, please contact Christine at volunteer@heritagepoint.ca.

Otter Park - Open to the Community

Otter Park is now open to the community with the formal inauguration on September 17th 2015. The playground is a great attraction for the children. With well designed structures, perfectly constructed swing and location near school - the park came up excellent. This could not have been possible without tireless contribution of the park development committee, generous funding from the sponsors and commitment from volunteers.

Green Shack Program

FREE Community Drop-In Recreation Program

Your favourite summer program is now being offered year round!

Join in games, sports, crafts, nature activities, drama, cooking and more! Children ages 6 – 12 are welcome. Children under the age of 6 must be supervised by a parent or guardian at all times. Families are welcome to participate.

Location: MacEwan Park 252 MacEwan Rd. SW

Program begins October 13th **and ends** November 7th, 2015

Weekdays: Tuesdays and Thursdays
Time: 4:00pm – 7:00pm

Weekend: Saturdays
Time: 1:00pm – 5:00pm

This program will focus on: CULTURE
*Please ensure that your child comes dressed for the weather

Find all community drop-in programs at edmonton.ca/dropincommunityprograms or call 311.

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Protect against tooth erosion

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- 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

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Thank You!

As the owner and manager of Remedy'sRx Bearspaw Family Pharmacy since May 2013, I would like to sincerely thank you for your continued support.

At Bearspaw Family Pharmacy we're proud to serve our vibrant neighbourhood by delivering professional and friendly pharmacy service. We carry a variety of health care products at competitive prices and provide knowledgeable, useful advice that is focused on the needs of our patients. In fact, our patients motivated me to pursue additional certification so we could expand the services I can provide, including injection services, prescribing and prescription adaptation or refill services and – coming soon! – travel health consultations and supplies.

Come in and say hello! I welcome the opportunity to take care of your health and wellness needs!

Kim Henke

Pharmacy owner, Bearspaw Family Pharmacy Remedy'sRx



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SKI & SNOWBOARD SWAP

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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.

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warwick.brianna@gmail.com



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780-902-1875

manni.uppal@rbc.com



Blair Oko Golf Academy Virtual Golf League

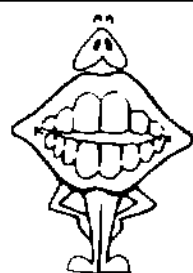
**Starts
Soon**

We are VERY excited to announce that this year's virtual golf league will be better than ever!

We have installed **Full Swing's new Ion2 Vision Technology cameras** to provide you with the world's most accurate virtual golf experience!

League play begins October 26th. We have men's leagues, ladies' leagues, and mixed couples' leagues. Sign up as a team of 4-5 or 6, or sign up as a single player.

Phone 780-496-9534 to register now.



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TWIN BROOKS Community League

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AND INFO ON OUR COMMUNITY AT
TWINBROOKS.CA

Twin Brooks Board

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

Twin Brooks Casino Volunteers

This year the casino fundraiser was held at the Argyll casino on August 15 & 16, 2015. A BIG SHOUT OUT and Thanks to all the volunteers who donated their time for this Very Important Fundraiser for the Community.



Twin Brooks Community League Centre & Sports Facilities Did You Know...?

Funding for these facilities construction project was entirely raised by Twin Brooks Community Volunteers through grants from the city of Edmonton, the Alberta Government and Casino Fund Raising, as well as Community League organized fund raising events.

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.

The outdoor Rink

Completed in 2012 as Phase 1 of the project

- Widely used in all seasons for:
- skating - shiny hockey - rollerblading
- ball hockey - lacrosse - basketball
- biking - uni-cycling.

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 – Coordinate event rentals scheduling details

Building maintenance and upkeep –

- 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



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

Shout Out To Soccer Volunteers 2015 Outdoor Season

Twin Brooks Soccer would like to thank all the coaches, assistants, managers, summer coaches and numerous volunteers.

In particular we would like to recognize.

Michelle Seveck our Soccer Volunteer Coordinator who spent numerous hours organizing.

Dean Lunt our tireless line painter who once again provide some of the best marked fields to us in the city

Stephen Thomas who once again spent many hours organizing, repairing and purchasing our equipment.

Steve Seltenrich who has step forward to become Soccer Coordinator

Lastly, we would like to offer a huge thanks to Mr. James Wilson who is stepping down as Assistant Sports Director. Behind the scenes he has spent hundreds of hours helping run the TBCL Soccer Program as well as many other functions on the TBCL Board. Our community and soccer program is very grateful for his tireless service.

Dave Murray – Twin Brooks Sports Director



RISEN LORD
Lutheran Church

located in
Ermineskin Community Centre

10709-32A Ave
440-6476

**Multi-Cultural Potluck
luncheon Sunday,
October 25, at 11:30 AM.**

Please bring an ethnic dish to share.

A program will follow.

There will be a free will offering for Syria and the Nigerian Kakuma Refugee Camp through the Canadian Lutheran World Relief. \$500 will be matched by FaithLife Financial.

All are welcome!
Call 780 440 - 6476 for more information.

Congratulations To Our 2015 Twin Brooks Outdoor Soccer Team Medal Finalist



Congratulations to Ron Egan's U16 Boys team who captured gold at the Tier 4 Provincial Soccer Championships

[Click to read more...](#)



Congratulations to Jag Khabra's U14 Girls who took Gold at Inter Cities Championships



Congratulations to Rob Arcon's U14 Boys team who captured silver at the Tier 4 Provincial Soccer Championships

TBCGG (Twin Brooks Community Garden Group)

Report for 2015 Garden Season

Thanks to everyone who attended TBCGG Harvest Bounty Potluck on Sept. 19. It was a fitting finish to a fulfilling 2015 gardening year. Highlights of the Potluck :-

- Presentation of our “Thank you “ plaque to the Boussiere family, owners of Image Signs. They built and installed the sign in 2015.
- The diversity of cultures & countries represented by families including young children and grandparents. We enjoyed mouthwatering dishes and the richness of the inter-generation conversation. Regions represented were Canada, Middle East, England & Europe, Caribbean & South East Asia. What a rich tapestry of cultures and countries. The memories will last a long time.
- Ms. Carla Meyer represented Sustainable Food Edmonton and Mr. Mark Stumpf-Allen, the Composting Branch, of Waste Management, CoE (City of Edmonton .) Under Mark’s guidance, TBCGG has started a Pilot Project of composting garden waste in order to increase soil fertility.

OTH-

ER HIGHLIGHTS FOR 2015

1. TBCGG entered both the “CoE’s Front Yards 2015 Events & the Cargill 150 “Together We thrive “ contest. We did not place in either events but the experience was worthwhile. We had entered the latter under “ Environmental Stewardship.”
2. We have been awarded First Prize (Community Garden Category) by the EHS- Edmonton Horticultural Society. A big thanks to & recognition of Susan Parker’s efforts on TBCGG’s behalf. Congratulations too to Susan for winning in the EHS Container category.
3. Our new organizational system of Executive Board & Quadrant Captains has resulted in easier communication, greater efficiency . Kudos to everyone We have all gotten to know each other very well and the gardening season has been extremely enjoyable and fruitful—everyone has had bumper crops of beans, beets, greens, potatoes, herbs,
4. Thanks to Joyce & Russ Makarowski the plot for the Edmonton Food Bank has prospered .

EVENTS TO NOTE – SEPT- DECEMBER 2015

- EHS Awards Celebration Mon. Sept. 28 Come early 6:45 p.m Central Lions Seniors Recreation – 11113- 113 Street.
- AGM Thurs. Nov 5 7:00 p.m. GPN Library--- RSVP profgardener@gmail.com with Regrets/ attendance. Agenda items from all members requested.

The garden has fulfilled our highest dreams this year, bountiful, beautiful , relatively free from pests, a place that attracted many visitors from other Provinces, and from other communities., and won prizes & other accolades.

I would just like to tell of my very pleasant encounters with garden-visitors----

- 2 male Cyclists who live in Yellow-bird & regularly visit TBCGG - they find it a beautiful, calm place.
- A male resident who visited & helped me plant snow peas that had sprouted late July to make “ bean greens “ He came to visit since his own garden in T.B had been decimated by mice.
- 2 young men--- one a budding chef, whom I told about the herbs in the Common herb plot. He said he learnt much about herbs.
- A mother and her 2 young children under 10 who insisted on helping to water the flowers in the Common area. They live in the Richard Secord School District. They are looking to buy a home in Twin Brooks. I am sure other gardeners have had similar experiences.

Again much joy and thanks. If I have omitted anyone, forgive me. Your good deed is its own reward. Hope U enjoyed this afternoon. Come again next year and bring others.

Cheers.

Ida

P.S Annual General Meeting (AGM) Thursday Nov. 5 7:00 p.m. either at GPN Library or TBCL Community Hall. 11341 - 12 Ave . Check w/ Joyce M. Please bring seeds & ideas to share





YECL Board Contacts

President: Michael Karpow president@yellowbirdcl.com
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>

Hall Rental

YECL offers a bright window lit hall with an adjoining kitchen, bar and outdoor patio. Folding chairs and 5-ft circular tables are available for use.

10710 - 19 Avenue NW

Friday, Saturday, Sunday

Non-members \$500 per day/\$75 per hour

Members \$450 per day/\$60 per hour

Deposit: same as fee

A multi-purpose room or furnished board room may be rented separately for smaller groups. Please call Connie at 780-438-1318 or email office@yellowbirdcl.com for more information.

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.

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

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



Free Community Swim for Members

Every Sunday at William Lutzky YMCA from 3-5 pm. Show your community league membership card at the door. Free access to YMCA indoor playground from 3-5 pm on Sundays.



Yellowbird Yoga

Classes run Thursday evenings from 7:00pm to 8:15pm. Six week session is only \$75.00. Classes are tailored for all ages and all levels from beginner to advanced. For information and to register please contact Ruth at 780-237-6730.



Zumba

Join the party!
Wednesdays 9am-10am
Yellowbird Hall (10710- 19Ave)
Contact Jen
780-436-2287
zumba.yellowbird@gmail.com

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 - that are in your neighbourhood.

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.

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.

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



FRIDAY OCTOBER 30TH

At Yellowbird Community Center
5:30pm - 8:30pm

JOIN US FOR A FUN FILLED FAMILY NIGHT!

Games/Fish Pond/Hot Dogs
Cupcake Walk/Crafts

Small cost for food and games.
Tickets will be available at the door.

COME DRESSED IN YOUR HALLOWEEN COSTUME
FOR A CHANCE TO WIN PRIZES

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Email if you are able to help with this fun event!
Anne Hudson - annehudson@shaw.ca

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To support Matt in his campaign or to find out information on Special Ballots, getting a ride to the polls, or other information for voting, please contact our office.

CONNECT WITH US:

phone: 780-306-9334

address: 1913 - 105 Street NW,
Bears paw Shopping Centre

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Matt Jeneroux

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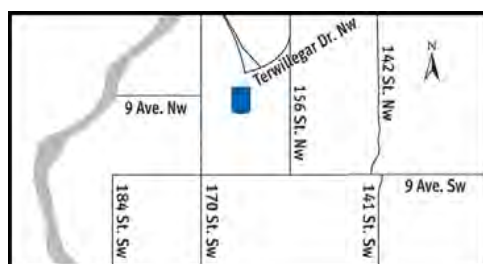
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Friday: 9:00 - 5:00
Saturday: 9:30 - 3:00
Sunday: Closed
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