

# COMMUNITY VIEWS

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



April 2016

Published by Calder Publications. For advertising please call 780-434-9732 or email [info@communityleagueneews.com](mailto:info@communityleagueneews.com)

## Callaghan Playground Fundraiser - Golf Tournament

2nd Annual Callaghan Golf Tournament  
Friday, August 19th ; Red Tail Landing Golf Club  
Texas Scramble shotgun start at 8:30am  
Breakfast and Steak Dinner Included  
Silent Auction, Raffle Draw and 50/50

Register today:  
[www.callaghargolf.ca](http://www.callaghargolf.ca)



**BQCL CASINO**  
**May 14th/15th, 2016**  
**VOLUNTEERS NEEDED!!**

## THE GREAT NEIGHBOUR RACE

Sponsored by Edmonton Federation of Community Leagues  
**Saturday, April 30, 2016**

What's the best registration fee deal in town - especially for a running event? Simple. That would be the #efclGreatRace. A family can enter for only \$40! And if you don't want to run, walk or jog - why not volunteer? There's plenty of opportunity to help out, so join us and enjoy a "great" day with family and community friends - old and new. For details and to register go to [www.efcl.org](http://www.efcl.org)

## EDMONTON

### Bike Safety Program 2016

Fun and basic bike safety skills are the focus of this free, drop-in program for all ages.

Participants will enhance their bike safety skills while participating in games and activities. Program will be adapted to the age and skill level of participants. Children 5 and under require a guardian to attend.

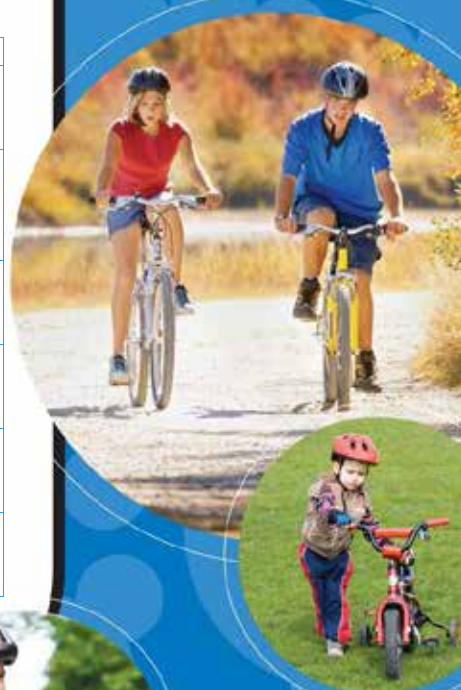
All programs are outdoors. Please dress for the weather!  
Program may cancel in the event of inclement weather.

Date & Time	Neighbourhood	Location
Saturday <b>May 14</b> 1 pm - 4 pm	Aspen Gardens	Aspen Gardens Community League Hall 12015 - 39 A Ave
Sunday <b>May 15</b> 1 pm - 4 pm	Leger	Terwillegar Community Recreation Centre parking lot D 2051 Leger Road
Saturday <b>May 28</b> 1 pm - 4 pm	Brander Gardens	Riverbend Jr. High School parking lot 14820 - 53 Ave
Saturday <b>June 4</b> 2 pm - 5 pm	Allard	Allard Rink 660 Allard Blvd SW
Sunday <b>June 5</b> 1 pm - 4 pm	McKernan	McKernan School basketball courts 11330 - 76 Ave
Saturday <b>June 11</b> 10 am - 1 pm	Steinhauer	Ermineskin Community League Hall 10709 - 32A Ave

For all bike safety programs city-wide, call **311**  
or visit: [edmonton.ca/dropincommunityprograms](http://edmonton.ca/dropincommunityprograms)

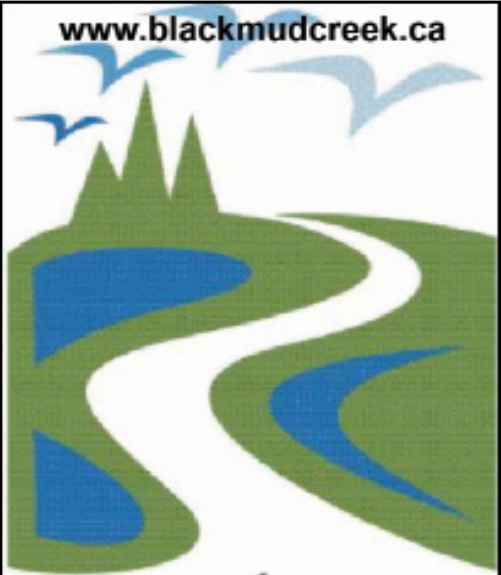
Participants must  
bring their own:

- \* Bicycle
- \* C.S.A. approved helmet
- \* Close-toe shoes



THE CITY OF  
**Edmonton**



[www.blackmudcreek.ca](http://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.

## PROGRAMS DIRECTOR

Want to be involved in social and family events in the neighbourhood? Volunteer with Blackmud Creek Community League as our Programs Director! For more details about this volunteer board position please email [blackmudcreek@gmail.com](mailto:blackmudcreek@gmail.com) .

## THE GREAT NEIGHBOUR RACE

Sponsored by Edmonton Federation of Community Leagues  
**Saturday, April 30, 2016**  
 What’s the best registration fee deal in town - especially for a running event? Simple. That would be the #efclGreatRace. A family can enter for only \$40! And if you don’t want to run, walk or jog - why not volunteer? There’s plenty of opportunity to help out, so join us and enjoy a “great” day with family and community friends - old and new. For details and to register go to [www.efcl.org](http://www.efcl.org)

### CURRENT EXECUTIVE COMMITTEE BLACKMUD CREEK COMMUNITY LEAGUE

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

Check us out on Facebook &  
 Twitter @blackmudcreekcl

## Free Drop-In Bike Safety Program

Blackmud Creek Community League  
 660 Allard Blvd SW  
 Program will take place at the Allard Rink.

Free and fun basic bike safety skills are the focus. For participants of all ages on 2 wheels or 4 wheels! Children 5 and under require a parent or guardian to attend the program. Families are encouraged to participate!

Saturday June 4, 2016  
 Time: 2:00-5:00pm

Participants can stay for the full 3 hours or drop-in for a short while!

**\*The program may cancel due to inclement weather\***

**\*Participants must have their own bikes. A CSA approved helmet is mandatory for participation\***

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





## Year Round Green Shack Program

**FREE Community Drop-In Recreation Program**

Children ages 6 – 12 can experience a variety of activities, crafts, cooking and more!  
 Families are welcome!

**Blackmud Creek**  
**2099 Blackmud Creek Dr**

April 25 to May 22, 2016  
 Tuesdays & Thursdays  
 4:00pm – 7:00pm

Saturdays  
 1:00pm – 5:00pm

**There will be a Bike Safety Program for one hour of the May 14 Green Shack. Ask your leader for more details!**

\*All activities are outside; please ensure that you come dressed for the weather.\*

\*Children under the age of 6 must be supervised by a parent or guardian.\*

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









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- Child Welfare matters including representing parents with child welfare involvement and representation of people who want to apply for guardianship of a child in care.
- Wills and Estates including preparation of Wills, Personal Directives and Power of Attorneys.
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[www.calliouxfamilylaw.com](http://www.calliouxfamilylaw.com) for more details.

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1745, 10123 99th Street

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and Sports Injury Clinic**

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**11472-17 Ave. SW T6W 2S5**

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

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

IMS

## City Services & General Information

Visit [www.edmonton.ca/311](http://www.edmonton.ca/311) or call 311 for information and access to City of Edmonton programs and services such as:

- Inspections, licenses, permits
- Comments, commendations, bylaw complaints
- Roadway & waste management information
- Program registrations and bookings
- Transit information

311 agents are available 24 hours a day, every day.

## Community League Wellness Program

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

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

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

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

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

Facilities and amenities include swimming pools, wave pool, dive tanks, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton, tennis and basketball courts, indoor running tracks, gymnasiums and pro shops.

For more information, please call 311 or visit [www.edmonton.ca/wellness](http://www.edmonton.ca/wellness)

**Whole Brain Development Program For Your Child**



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

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

**BENEFITS OF THE UCMAS PROGRAM**

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

**Call/Email us to register:**

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



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



[www.ucmas.ca](http://www.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	Andrew Happer treasurer@bqcl.org
Secretary	Tim Battle secretary@bqcl.org
Past President	VACANT pastpres@bqcl.org
Civics	VACANT civics@bqcl.org
Facilities	VACANT facilities@bqcl.org
Fundraising	Richard Hughes fundraising@bqcl.org
Memberships	Linda Loudon membership@bqcl.org
Programs	VACANT programs@bqcl.org
Publicity	Ray Bessel 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 year round).

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

## 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? 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.

Facilities Director-Vacant - 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.

## 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 \$525 per day, or \$90 per hour. BQCL members receive discounted rates of \$425 per day and \$60 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 \$90 per hour. BQCL members receive discounted rates of \$60.00 per hour!

To rent the hall, send an email to rentals@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.

## Perennial Exchange Skyrattler Park, May 14

Are your flower beds overgrown? Bring your extra perennials to donate.

Wish you had more plants? Come and get some for free.

Meet neighbours, exchange gardening tips, and turn your brown thumbs green!

By the Skyrattler Park playground, 10 am to 3 pm.





Blue Quill's annual Community Garage Sale was a great opportunity to meet friends and neighbours while finding the best bargains around! Thank you to all the volunteers and to Mosaic House Church for providing free coffee and treats to everyone.



**Zumba:** Tuesday PM 6:45 – 7:45pm April 5th to June 7th, 2016 (10 sessions).

Lose yourself in the music and find yourself in shape as you get your groove on to Zumba Latin rhythms: Salsa, Cumbia, 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

April 5th to June 7th, 2016 (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.

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

**Jump into Spring by experiencing a taste of the Fitness Classes**

Lisa van Vliet will be offering this April at Blue Quill Community League. This event is FREE. There will be door prizes, healthy refreshments, and free class demonstrations (45-50 mins) of the Zumba and Barre Classes. All registrations this night - and this night only - will be on special for "10 classes for the price of 9" (NM: \$106.00/ M: \$90.00). So invite a friend and kick-start your exercise program here at BQCL.

Price for each Fall Class: Non-members: \$118.75/ BQCL Members: \$100.00

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

## Tennis

Tennis is back at Blue Quill Classes will be offered at the standard rate of:

\$10/hour Any Age

\$5/30 min Any Age

\$5/hour for classes of 2 or more at the same time

Please watch our website for more info!



## Used Book Fair

The Blue Quill Community league will be hosting a "used" book fair on Saturday May 7th. A great opportunity to clear off those shelves of out grown children's books, adult books, comic books etc. The cost of the tables will be \$25.00. Please contact [bqcl-admin@bqcl.org](mailto:bqcl-admin@bqcl.org) or 780-438-3366 for more information.



## Dear Parents, Re: **BABYSITTING TRAINING!!**

Is your child excited about learning about Babysitting? Are they ever left home alone? There is a very exciting course coming up that can benefit every student in Grade 6 or higher. There appears to be a keen interest in offering the students of our school a Babysitting Course! The school has looked into the program and is pleased to have Second Chance CPR and First Aid offer the Canadian Red Cross Babysitting Course.

To try and accommodate the very busy schedule of most parents and students, the Babysitting Course will be offered on March 31, 2016 from ( 8:30 a.m. – 4:30 p.m), to meet the 8 hour total time requirements of the course. The details are on the following page.

Does your child baby-sit other children or their own brothers and sisters? Do you want to feel confident that they have learnt the skills to be left home alone to care for themselves?

A Babysitting course is a great way for young people to develop skills to better care for themselves and others. The course is available for students in grade 6 or older. Therefore, if you have sons or daughters that have a genuine interest in the course, they may register by adding their names to the registration form and returning it to the school with the corresponding payment, by March 24, 2016.

The course consists of the following topics

Rights and Responsibilities  
First Aid  
Skills for Caring  
Injury Prevention  
Skills for Getting Along  
Personal Safety and Security  
Safety  
Handling Emergencies

The following materials are included in the cost of the course:

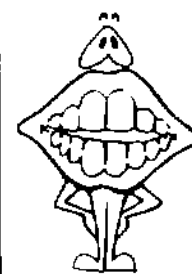
- Babysitter Manual (120 pages) and workbook
- Certification Card
- Babysitter Information Sheet.

If you have any questions, please call Kathryn at 780-438-3366. We are pleased to offer our students this tremendous opportunity! \*\*Payments by Cheque or Debit are not accepted!!

Sincerely, Blue Quill Community League

## Skyrattler Neighbourhood Association Annual General Meeting & Forum May 5, 7:00 pm

Are you a resident of Skyrattler? Interested in what's going on in our neighbourhood? Want to help shape the future of our community? Save the date for our AGM and a continuation of the discussions we had last year. Get updated on park use plans, traffic issues, our mini-library, walking program and other activities. Have a say on future events and programs – which could include a neighbourhood Speed Watch, Community Garden, and other programs depending on interest. Special guests include our City Councillor Michael Walters and MLA Hon. Richard Feehan. May 5, 7-9 pm, at the Blue Quill Community Hall. Skyrattler is a neighbourhood in the Blue Quill Community League.



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## Spring Belly Dance Classes

**Blue Quill Community League**  
(11304-25 Avenue)

**April 21 - June 23**  
(10 Thursday classes)

**Level 1 or Level 2 @ 6:30-8:00 pm**  
\$150 league members / \$185 non-members

**To register: Vanlee - 780-907-0477**  
[contact@sistersofthesahara.com](mailto:contact@sistersofthesahara.com)

**Bellydance Level 1**  
An introduction to bellydance that is suitable for all ages and body types. Students will learn the proper posture and acquire a repertoire of moves such as hip circles, hip bumps, snake arms, shimmies, and many more that focus on developing muscle control, balance, and strength. All moves are broken down into easy to follow steps and repeated in each class. The class consists of warm up, drills, instruction and practice, and cool down. A short choreography is taught in the latter classes allowing students to utilize belly dance moves to music and learn how to transition between moves.

**Bellydance Level 2**  
A continuation of Level 1 with added exploration of complex hip movements, layering, isolations and combinations including new moves such as the ¾ shimmy and variations of the figure eights. Introduction to finger cymbals (zills) and additional uses of the veil.





### 2015-2016 HERITAGE POINT BOARD

President	Rhiannon Hoyle
Past President	None
Vice President	Tina Blake
Secretary	Beverly Eastham
Treasurer	Geoff Gumpinger
Program/Social Director	VACANT
Membership Director	Oksana Stetsa
Civics Director	Deepali Medhekar
Communications Director	Ramesh Raj Sharma
Sports Director	Adam Cripps
Facilities Director	VACANT
Volunteer Director	Christine Radatzke
Fundraising Director	Anika Louie

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

Join us at Facebook: Heritage Point Community League

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

## Community Garden Volunteers

Spring has sprung, and our community has shown a strong interest towards planning and developing a Community Garden located within the Rutherford or MacEwan neighbourhoods.

We are looking for 5 community members to help us organize and bring this garden to fruition that will be open to all members of the community. The League needs your help and has many great opportunities to support this project.

We are looking forward to seeing as many of you supporting your community in building this community garden.

To join the committee please contact: [president@heritagepoint.ca](mailto:president@heritagepoint.ca)

## 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>

## Heritage Point Community League Membership Information

Heritage Point Community League (HPCL) covers an area with a rapidly expanding population. Our boundaries are James Mowatt Trail on the East, Anthony Henday Drive on the North, and Whitemud Creek on the West. Communities currently included are MacEwan, Rutherford,

DesRochers, Chapelle Gardens, Paisley and Creekwood Chapelle.

### Privileges of Membership:

- Community League Members receive discounts at any City of Edmonton Leisure, Sports and Fitness Facility. This includes a 10% discount on \*Annual Passes, 10% discount on \*Continuous Monthly Passes and 10% discount on \*Multi Admission Passes (5+ visits). \*Applies to NEW purchases only.\*

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

- Free swimming and skating at City leisure centers
- Summer swimming for 2016 at outdoor pools
- Sports – hockey, soccer, softball, and more
- Special events and activities for the whole family
- Development and enhancement of local parks, playgrounds and facilities
- Input on neighborhood opportunities, issues and challenges
- Neighbourhood Watch programs that reduce crime
- Workshops and learning opportunities
- Recognition of volunteerism and community service
- Child and adult recreational and art programs

### Purchase a Membership:

Membership costs are \$30 per family for one year (running from September to August).

You can purchase/renew a membership on-line by clicking the "Register or Renew Membership" link on the right. After you enter your personal information you will be taken to the PayPal website to make your payment. Please note that there is an added fee for online payment processing.

When you pay online you will receive a confirmation e-mail from PayPal.

Please note - at this time, membership cards are still issued manually and you will receive yours in the mail within 2 weeks of your on-line transaction.

Members who want to be able to print out their card immediately still have the option of buying on-line from the Edmonton Federation of Community Leagues at [www.efcl.org](http://www.efcl.org). Click on "Join Now!" in the upper left hand corner.

Questions regarding membership may be directed to Heritage Point Community League's Membership Director (Oksana Stetsa).

Thanks to all volunteers who did a great and wonderful job at the soccer registration/membership sale events on February 10th and 20th, 2016 at Rugby Club.

## Mini Referee Course - Soccer Players

Twin Brooks is hosting two Alberta Soccer Association Referee Training courses on 30-Apr-16 (This session is full now full) and a new one 15-May-16 from 9am to 2:30 pm

Players are welcome to take this course provided they are 12 years of age before 15-May 2016. There will be no fee for Twin Brooks Community Soccer Players even if they have been transferred in or out to another community to play. All others, the fee is \$25. Once completed the participants can be paid to ref U8 games (paid fees differ between communities) in EMSA organizations. HPCL players of U12 or above who play in Twin Brooks can be entitled for the free course.

In Twin Brooks these Mini Refs can also be assigned to a U8 Mixed, U8 Girls, U6 Mixed, U5 Mixed or U4 Mixed team as a Jr. Ref / Jr. Coach. These will be paid positions.

To register:

Go to: <http://www.refcentre.com/alberta/>

Search: 14-May-16 to 16-May-16

Select: Register #992 Edmonton Southwest Min

## The volunteer gardeners at the Green & Gold Community garden,

on the University of Alberta South Campus, are making plans for our eighth gardening season!

The garden, an initiative of the University's Faculty of Agricultural, Life and Environmental Sciences, is totally volunteer run. Virtually all of the seeds, plants and equipment used are donated.

The vegetables, herbs and flowers are "spray-free" (no pesticides or artificial fertilizers are used). Anyone is welcome to 'purchase' their vegetables at the garden and all of the money raised – that's 100% – goes to the Tubahumize Association, a non-profit organization in Rwanda that provides socially and economically marginalized women with vocational training, counselling, life-skills coaching, health care education, and opportunities for sustainable income generating activities. Most individuals who benefit from Tubahumize are genocide survivors and many are widows or orphans, HIV infected, and survivors of physical and sexual violence. To date, the garden has raised over \$100,000 for the Tubahumize project.

We are now gearing up for the 2016 gardening season, and are looking for new volunteers to join us at the garden. Both novice & experienced gardeners are welcome. If you aren't interested in gardening, but would like to help in other ways (distributing produce, promoting the garden, donating seeds or garden tools) please contact us at:

E-mail: [gggarden@ualberta.ca](mailto:gggarden@ualberta.ca)  
Phone: 780-492-4087  
Web site: [www.greengoldgarden.com](http://www.greengoldgarden.com)

If you would like to receive garden e-mails when produce from the garden is available this summer please send us an e-mail at the above address with a request to be added to the e-mail list.

## Neighbourhood Summer Daycamps

**At South Pointe Community Centre  
(11520 Ellerslie Rd SW)**

**AND.....Action**  
*Calling all budding actors and actresses! Spend the week creating an award winning movie by building and decorating sets, coming up with a script, and showing off your acting skills. At the end of the week, you can unveil the movie to your family at the red carpet premiere.*

**Date:** August 2-5  
**Time:** 9 am - 4pm  
**Ages:** 6-10 yrs  
**Cost:** \$114  
**Course Code:** 559881

**Little Top Circus**  
*Come clown around at this camp filled with circus adventures! Play crazy carnival games, sing silly songs, make creative crafts, and end the week with a parade! Come one, come all!*

**Date:** Aug 22-26  
**Time:** 1:30-4 pm  
**Ages:** 3-5 yrs  
**Cost:** \$74  
**Course Code:** 559696

Registration opens **March 16, 2016.**  
 Register early to avoid disappointment!  
 Browse all camps at [edmonton.ca/daycamps](http://edmonton.ca/daycamps)

**To Register**

- Call 311
- Online at [eReg.edmonton.ca](http://eReg.edmonton.ca)
- In person at any City of Edmonton Recreation & Leisure Centre



Edmonton

Program supported by the South Pointe Community Centre



**Mark Pelletier**

**780.504.1865**

[mark.pelletier@century21.ca](mailto:mark.pelletier@century21.ca)

[C21rewardrealty.com](http://C21rewardrealty.com)

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**2016 SUMMER CAMP**  
(July & August)



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**BEFORE & AFTER SCHOOL PROGRAM** **780.439.4391**  
 2503 Ellwood Dr. SW(Sejong Multicultural Centre) Edmonton / [skytaekwondo.ca](http://skytaekwondo.ca)



**Turn an empty space into an inviting place.**

Join hundreds of Edmontonians in taking small steps to make our neighbourhoods more inviting on June 4.

It can be as simple as:

- doing sidewalk chalk art
- playing outdoor games like soccer or bocce ball
- putting out lawn chairs and visiting with passersby
- planting a community garden
- having a community BBQ
- performances or storytelling in a park
- hosting an outdoor movie night

*Learn more, get inspired, and share your project at [makesomethingedmonton.ca/100in1Day](http://makesomethingedmonton.ca/100in1Day)*

#100in1Day  
 #100in1DayYEG

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# SKIS & TEES

Charity Golf Tournament



**Friday, May 27**

**9-Hole** Best Ball Format

**2:30pm Shotgun Start**

Hole Activities, Silent Auction & Steak Dinner at Jägar Ridge **\$99** plus tax

All proceeds and donations will go towards Snow Valley's Community Initiatives Program. Register your team TODAY at [snowvalley.ca](http://snowvalley.ca)!



Do you want to Donate a Prize or become a Sponsor?  
Email [events@snowvalley.ca](mailto:events@snowvalley.ca) or call 780-494-3991



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\*Does not apply to prescription items, insulin products, and products with codeine. Other exceptions may apply; please contact the store for more details.

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**Saturday, April 30 from 10 to 3**

**Whitemud Creek Community Centre 951 Ogilvie Blvd**

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Not just a Dojang.



9159 25 Avenue, Edm, AB, T6N 0A5

'We are across from the  
Costco south Gas bar'

Hong Park Tae Kwon Do College is not just a Dojang. It is a community of individuals committed to making a positive change in their lifestyle. The philosophy of our school is encompassed in family, tradition, respect and love. Grand Master Park has been teaching traditional **tae kwon do** in Edmonton for over 35 years and continues to do so in a new state of the art building for individuals from as early as 4 years old and up.

Our school is dedicated to individuals who are looking to challenge not only their physical state but their mental state as well. Mind, body and spirit are worked together providing a centered soul. Our society is very fast paced and has lots of demands. Hong Park Tae Kwon Do provides a safe, fun and creative environment to escape the daily rush to improve the quality of one's life.



Adults are not the only ones who benefit from our program. Our Childrens Program is designed to encourage self-respect, discipline and perseverance through positive reinforcement and gentle encouragement. The structure and tradition taught through the practice leaves a lasting impression on each student and their lives.

Classes offered are as follows:

Little Tigers (4 – 5 year olds)

Children Program (6 – 14 year olds)

Adult Program (15 years old and up)

If you are not sure if our program is right for you, give us a call (780-433-6567) to set up a free trial class.

## EDMONTON

### Family Fun!

Join the Run Walk Ride for Vision Zero and raise awareness about traffic safety.



Family-friendly 5K run/walk. Bicycles, strollers and dogs are welcome. First 250 registrants receive sling backs and safety lights. Everyone gets a medal.

**Date:** Saturday, April 23, 2016

**Time:** 9am - Noon. Race starts at 10am

**Where:** Concordia University College

**Information and Registration:**

[www.rwr4trafficsafety.com](http://www.rwr4trafficsafety.com)

Race proceeds go to the Memorial and Traffic Safety Fund which supports community traffic-safety initiatives.

**VISION ZERO:** zero traffic fatalities and major injuries

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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](mailto:volunteer@twinbrooks.ca) for times and locations.

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

## Community Soccer Program

Dave Murray Sports Director is currently working on finalizing the upcoming soccer season, teams, coaches, volunteers, coaching clinics and referee clinics. The season is fast approaching and many things still remain to be done.

We are looking for a few volunteers that are willing to run our concession stand for the upcoming soccer season at the Twin Brooks Community Center. The Twin Brooks soccer fields will be full of players, spectators and families and we would like to open up our concession stand. Offering our players and visitors refreshments before and after the games. We would like to run the concession Monday – Thursday 530-830pm and Saturday's from 10-1pm. If you are interested and or require more information please contact Dave at [sports@twinbrooks.ca](mailto:sports@twinbrooks.ca) or Natasha Mitrovic at [communications@twinbrooks.ca](mailto:communications@twinbrooks.ca). Your time helping run the concession stand can go toward your volunteer commitments as a soccer parent.

## Message from the President

Good Day to All Residents of the Twin Brooks Community,

*"Remember that the happiest people are not those getting more, but those giving more."*

- H. Jackson Brown Jr.

Welcome to Spring 2016!

This is an exciting time for our fantastic community as we prepare to celebrate the Grand Opening of our NEW Twin Brooks Community League Centre! It started with a vision, former president Karan Nikhanj had for our community and today it's our community's living reality.

It was just a mere twelve years ago that the Community League Center was just a concept, thousands of hours donated by passionate, hard working volunteers, community league members, TBCL Board members (past and present) and many others over the past 12 years.

Since 2004 the Twin Brooks Community League Board of Directors have participated in project discussions, community feedback, volunteer hours, fundraisers and community engagement to arrive at the realization of our common goal: a modern, functional and inviting centre for all in our community to enjoy.

The Community League Board partnered with the municipal and provincial levels of government to obtain operating and construction grants, without these grants, what started with a dream and a vision, would not be a reality. As we reflect on what together we have been able to achieve, we are not only grateful but also thankful to have been awarded the resources to make our dream a reality. We are thankful for the hours put in by the many volunteers, grant writing is not a quick task, filling out grant applications and gathering copious amounts of supporting information and documentation to even be considered a recipient without any guarantee, is a huge undertaking. In the spirit of partnership, we recognize the significance and contributions of the many people.

In honour of all the volunteers and their dedication of time, we the Twin Brooks Community League, Board of Directors, would like you to join us and all the Twin Brooks residents, including those from our surrounding communities, in celebrating our Grand Opening & ribbon cutting ceremony.

Saturday, April 30th, 2016  
4:30 p.m. - 9:00 p.m.  
Twin Brooks Community League Centre  
11341 - 12 Avenue  
Edmonton

Come and have some fun, meet your neighbours, old friends and new friends, we will have refreshments, food, music, fireworks, face painting, speeches, presentations and much more, for you and the entire family.

Please visit [www.twinbrooks.ca](http://www.twinbrooks.ca) for more details.

We look forward to seeing you there!

Thank you for making Twin Brooks a wonderful place to call home!

Sincerely,

-Mike

## The Community League Centre is available for rental requests for private events.

Rental requests and enquiries for the facility or rink can be made by visiting <http://www.twinbrooks.ca/index.php/facilities/index>

RATES:	Members	Non-Members
Community Hall	\$300.00/ 8 hour day or \$140.00/ 4 hour (½ day)	\$420.00/ 8 hour day or \$220.00/ 4 hour (½ day)
	\$40.00/hour	\$55.00/hour
Damage Deposit:	\$250.00	\$250.00

### Community Centre Features

- 1150sqft of open space for multipurpose use
- Public washrooms, kitchen with outdoor concession window,
- Outdoor patio
- Table (folding 6' and 8' rectangular) and folding chairs
- Occupancy Capacity – 99 people, 60 people seated

## Program Updates

We have run several programs out of the Twin Brooks Community League Center since opening our doors to the residents in December. In partnership with the City of Edmonton we hosted the Green Shack Program, the Learn to Skate Program and we brought to you Tai Chi, Zumba Fitness and Yoga.

We have asked for your feedback, thank you for kindly sharing your views and insights. Based on what you have said we have made some changes to the times that we run our weekly fitness classes.

Yoga Tuesday's from 730-830pm  
Tai Chi Wednesday's from 7-8pm  
Zumba Saturday's from 10-11pm  
Visit [www.twinbrooks.ca](http://www.twinbrooks.ca) for more details and online registration. Registration is open and ongoing. Not sure about the classes, just pop in on the night of the class and check it out!!! No cost for observations ☐

We are currently working on offering a certified babysitting course for tweens that are interested in babysitting. We are also working with the City of Edmonton, finalizing programs that we will be running in partnership with the city, more details to come as we confirm the programs along with dates and times. If you have suggestions for programs you would like to see offered in our community please contact Alex Kandathil Programs Director at [programs@twinbrooks.ca](mailto:programs@twinbrooks.ca).

## Spring Has Sprung!!!

Interested in gardening? Want a piece of a community garden plot? Did you know that Twin Brooks has a community garden group and garden plots? The garden group is hosting a Spring Social and Registration Event.

**Thursday, April 14th @ 6:30pm**  
**George P Nicholson school library**

Plot Renewals for returning gardeners will take place that night.

If you are new to Twin Brooks or new to gardening and are interested in a garden plot this season, please email [garden@twinbrooks.ca](mailto:garden@twinbrooks.ca).

All gardeners are encouraged to stay, meet and mingle with fellow gardeners. It's going to be a fantastic growing season!!!

**EDMONTON**

## Neighbourhood Summer Daycamps

### In Twin Brooks

**MISSION CONTROL**  
*3, 2, 1 Blast Off! This is a camp for young space adventurers. Design your own space craft and play some out of this world games. Learn about our universe and ask all your questions on a field trip to the Telus World of Science.*

**Date:** July 11-15  
**Time:** 9am -4 pm  
**Ages:** 6-10yrs  
**Cost:** \$144  
**Location:** Twin Brooks Community Hall  
**Course Code:** 559814

**RUMBLE IN THE JUNGLE**  
*Would you like to go on a safari through your neighborhood jungle? Learn about different animals in the jungle through songs and games. Create your own binoculars and see what you can find. Get ready to go hunting for adventure in this action packed camp for preschoolers.*

**Date:** Aug 8-12  
**Time:** 1:30-4 pm  
**Ages:** 3-5  
**Cost:** \$80  
**Location:** Twin Brooks Community Hall  
**Course Code:** 559694

Registration opens **March 16, 2016**.  
 Register early to avoid disappointment!  
 Browse all camps at [edmonton.ca/daycamps](http://edmonton.ca/daycamps)

**To Register**

- Call 311
- Online at [eReg.edmonton.ca](http://eReg.edmonton.ca)
- In person at any City of Edmonton Recreation & Leisure Centre





Program supported by the Twin Brooks Community League

## Age Friendly Edmonton – S I F Event

Held on February 27, 2016 at the Twin Brooks Community Center celebrating Chinese New Year and Black History Month was another successful event with over 120 attendees. The response has truly been overwhelming. We know that this program is really an inter-generational program brought to you by the two noteworthy seniors, Dlane Bowen and Ida Richards, who serve as the Planning and Implementation group, the rest are younger, heads of families who subscribe whole-heartedly to the idea of community involvement, multi cultural, multi generational, embracing and celebrating cultural diversity.



The theme on February 27 was inspired by food, art, culture and the timing was perfect as people around the world prepared to celebrate Chinese New Year and Black History Month and we did it in our community, Twin Brooks. Together we celebrated not only our ethnic and cultural backgrounds and experiences, but our diversity, our stories, bringing us together, as we discover we have much more in common than our visible differences.

The event had an excess of 50 volunteers that included the Twin Brooks YMCA Out of School Program and the kids teaching attendees the art of origami.

We would like to celebrate and highlight the efforts of the many people that donated their time energy in making this a successful S I F Event.

Maggie Mengzhe, Mother Jae, husband Feng Rong, kids Kathy and Sophie, neighbours and friends, 16 volunteers that worked from January 30 – February 27, making 2000 Chinese Dumplings! Wow!!! Job well done!!! They were delicious!!!



Gonghchen Li, Mamdouh Mohamed, wife Mona, kids, Fahd and Fareda, who looked after setting up and tearing down community center.

Mani Abkari, husband Ali and son Kion for capturing the moments of the event.

Nidhi Wahawan, Director of the Twin Brooks YMCA Out of School Program and her YMCA staff, children and parents. Nidhi and her team organized a Black History Month display, origami and served hot chocolate.

Evelyn Bowe and Lori Bodsworth from George P. Nicholson School supported the event with their display of Picture Books for Black History Month.



### Next Event

Saturday April 2 from 2-5pm at the Twin Brooks Community Center an afternoon featuring an International Movie and Refreshments.

If you would like to get involved with Age Friendly Edmonton Group you can reach out directly to Gongchen Li at 780-935-2410 or Laurabelle Robinson at 780-952-4995.



## Bicycle Helmet Safety

Head injuries are a leading cause of serious injury and death to children riding bicycles\*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

### Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

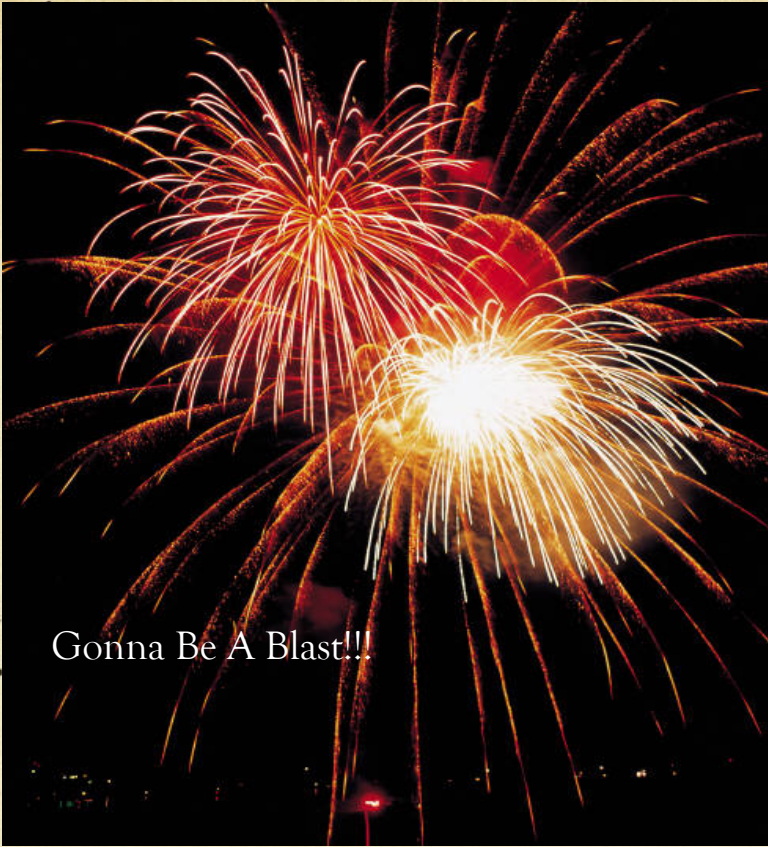
### Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.



### Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.



Gonna Be A Blast!!!

Twin Brooks Community Centre Grand Opening Celebration  
April 30, 2016 4:30 – 9:00pm!!!

- Entertainment
- Food Trucks
- Face Painters
- Balloon Artists
- Refreshments
- Fireworks
- and more...

**The Great Neighbour Race**

**GROOVIN WITH COMMUNITY SPIRIT!**

**10K 5K 3K RUN/WALK/.COMMUNITY KIDS JOG/WALK**



**RAISING FUNDS FOR THE 100TH ANNIVERSARY PROJECT**

**SATURDAY, APRIL 30, 2016**  
**HAWRELAK PARK • 9 AM START**

[www.efcl.org](http://www.efcl.org) [www.runningroom.com](http://www.runningroom.com)

**Running Room** **LAFARGE** **EFCL 100th Anniversary** **Community League Spirit**



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 House of Commons  
 Ottawa, ON K1A 0A6  
 Phone: 613-992-3594  
 Email: [Matt.Jeneroux@parl.gc.ca](mailto:Matt.Jeneroux@parl.gc.ca)

## Die Kleine Kinderschule Edmonton's English-German Bilingual Playschool

*is accepting registrations for the 2016/17  
 school year and we still have space available!*

**Rio Terrace School**  
 7608 - 154 St.



*For information, visit us at*  
**[dkkplayschool.org](http://dkkplayschool.org)**

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## YECL Board Contacts

President: Michael Karpow [president@yellowbirdcl.com](mailto:president@yellowbirdcl.com)  
 Vice President, Executive: Anne Hudson [vicepresident@yellowbirdcl.com](mailto:vicepresident@yellowbirdcl.com)  
 Vice President, Operations: Julie West [editor@yellowbirdcl.com](mailto:editor@yellowbirdcl.com)  
 Memberships: Erin Rothwell [memberships@yellowbirdcl.com](mailto:memberships@yellowbirdcl.com)

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

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

## Hall Rental

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

10710 - 19 Avenue NW

Friday, Saturday, Sunday

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

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

Deposit: same as fee

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

## Using Neighbourhood Interactive Map

Explore Edmonton using the neighbourhood interactive map. [http://edmonton.ca/for\\_residents/neighbourhoods/neighbourhood-maps.aspx](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.

## Parents and Tots Playgroup

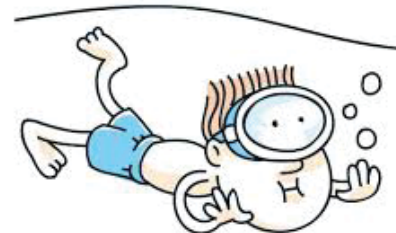
Join us for a drop-in playgroup at Yellowbird Community Hall, for moms/dads or caregivers and their little ones 0-6 years old.

\$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.



## 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.



**Join the party!**

Wednesdays 9am-10am

Yellowbird Hall (10710- 19Ave)

Contact Jen

780-436-2287

[zumba.yellowbird@gmail.com](mailto:zumba.yellowbird@gmail.com)

## Want to make a difference in your community?

Join our progressive and fun team! New members are always welcome. Next meeting Tuesday April 12, 7pm at Yellowbird Hall.

## Yellowbird Community Garden

The community garden group is actively preparing for spring construction! This month we began surveying the area for the garden, and as soon as possible we will begin building the beds themselves. New members are always welcome. Contact [garden@yellowbirdcl.com](mailto:garden@yellowbirdcl.com).

Next meeting April 11, 7pm, at Yellowbird Hall.

## Community Garage Sale Day

Last year we ran a garage sale day, where any community member could hold a garage sale and we would advertise for the neighbourhood. It was a great success! We are excited to be running it again. This year it will be held on:

Saturday June 4  
 9am-4pm

Stay tuned for more information as the date approaches.

## Building Choices in Keheewin

Discussions continue regarding the building site next to Keheewin school. Visit our website for the full story: [www.yellowbirdcl.com](http://www.yellowbirdcl.com)



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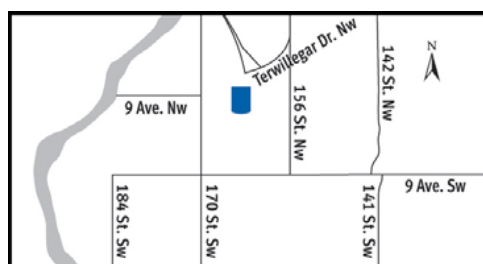
## Talk with an RBC Insurance advisor right in your own neighbourhood.

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

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

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

Windermere  
6206 Currents Drive NW  
Edmonton AB T6W 0L8  
Tel: **780-448-6678**



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

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