

# COMMUNITY VIEWS

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



August/September 2016

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

## Blue Quill Classic Basketball Tournament

There was plenty of action on the courts at the Blue Quill Classic Basketball Tournament on July 30. Organizers Stephane Vaillancourt and Devon Edwards brought a group of volunteers together for this fundraiser to improve the basketball courts. Shown are proud winners of the Under 15 and 18 Plus divisions.



## Twin Brooks Community Soccer

Wow what a soccer season it has been! Thanks to David Murray, Twin Brooks Community League Sports Director, and all the volunteers, coaches, parents, and of course all the players. There is so much to be proud of! From the pre season soccer conditioning camps, to welcoming displaced Fort McMurray children, opening our doors and arms and saying, "You can play with us!" To the end of the year party on the pitch, 433-soccer player's coaches, families, and many more attended it. It was an amazing finish to the soccer season.

Just when we thought it was over... It really wasn't. We had 6 teams go to the city finals held July 04-10 2016, U10 Boys Tier 4, coach Harle 5th place, U10 Boys Tier 6, coach Vander Leuw won Silver, U12 Girls, coach Fraser won Gold (won Bronze in the Provincial Championships), U14 Girls Coach Beeby

won Silver, U16 Boys Tier 5 Williams won Gold, U16 Girls Tier 5 coach Scott won Bronze (Won Silver in the Provincial Championships)

And players and coaches were focused on bringing their best to the pitch, and did they deliver...

Two of the Twin Brooks Teams went on to the Provincial Championships in Calgary, bringing home the Bronze and Silver Championship Medals!!! Way to go!!!

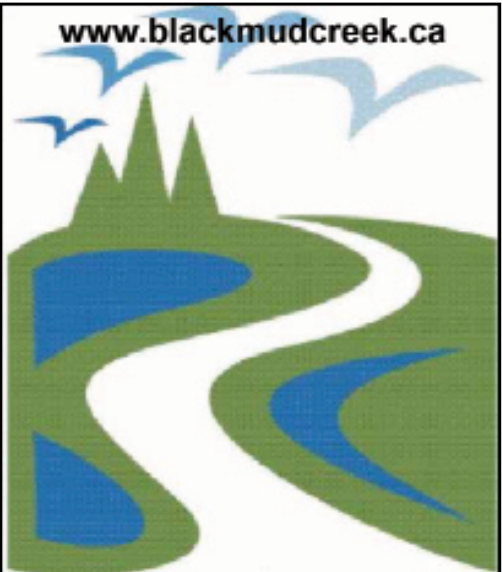
To all the players, coaches, parents, and families we hope you enjoyed a fantastic season, the weather was great, only a few mosquito bites, and weather cancellations. Couldn't ask for a better outdoor season!!!

February 2017, Outdoor Soccer Registration opens!



Twin Brooks Party on the Pitch attend by over 433 players and coaches, and the EPS and Edmonton Fire Department



[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.

## Volunteer Positions On Our Board!

- Programs Director**  
 Want to be involved in social and family events in the neighbourhood? Volunteer with Blackmud Creek Community League as our Programs Director!
  - Neighbourhood Watch Director**  
 Acts as the community liason between the Community League and EPS. Responsible for Police Clearance for community volunteers. Assist in putting together community Block Watches and other initiatives to help keep our communities safe.
- For more details about these volunteer board position please email [blackmudcreek@gmail.com](mailto:blackmudcreek@gmail.com) .



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

FOLLOW BLACKMUD CREEK ON FACEBOOK AND TWITTER  
 (@blackmudcreekcl)

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

Check us out on Facebook &  
 Twitter @blackmudcreekcl

Advertisement - Edmonton City Councillor Bryan Anderson - Ward 9

## New rules encourage homeowners to plant more trees



There's no denying the appeal of neighbourhoods rich with greenery and trees. Trees and shrubs not only enhance the beauty of a neighbourhood, they also add movement and life to a street. Trees add shade and privacy, attract wildlife, conserve energy costs, reduce stormwater runoff, increase property values and clean the air. The benefits are numerous, which is why on June 27, the City of Edmonton approved changes to the landscaping requirements to ensure a minimum number of trees and shrubs are planted in all new developments.

Edmonton's trees are a valuable asset. In 2011, Edmonton's trees were worth more than \$1.2 billion – a value that, unlike other infrastructure, increases over time. We have several initiatives to increase our city's trees, such as Arbor Day and Root for Trees. In addition, the City's Urban Forestry Management Plan aims to preserve and expand Edmonton's urban forest, and this extends to the trees in our neighbourhoods.

Last December, the City held an open house to get feedback from homeowners about changes to the landscaping regulations and incentives to protect mature trees. In addition, more than 1,000 residents participated in two online surveys about the bylaw changes. The new regulations have now taken effect, creating consistent landscaping rules across the city. They set out requirements for the minimum number of trees and shrubs in all new low density residential zones. The number of trees and shrubs required on a lot are based on property width. For example, a single detached house with a site less than 10 metres wide requires one deciduous tree, one coniferous tree and four shrubs.

The City has also introduced an incentive program to retain existing mature trees during construction. Any new development can receive credits towards their tree requirements for preserving mature trees. As Edmonton continues to grow, we want to ensure our neighbourhoods stay green. With these new landscaping requirements, people will have guidelines to make their neighbourhoods the lush, green places they want them to be.

For more information on the new guidelines, visit [Edmonton.ca/treelandscapingrequirements](http://Edmonton.ca/treelandscapingrequirements). If you have any questions or comments, please contact me at 780-496-8130 or [bryan.anderson@edmonton.ca](mailto:bryan.anderson@edmonton.ca), or visit [www.BryanAnderson.ca](http://www.BryanAnderson.ca).





## Community League Wellness Program

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

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

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

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

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

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

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

## Walking for Fitness

Warm summer days and evenings make getting outside for a walk an easy and enjoyable way to add exercise to your day. Health Canada recommends healthy adults under the age of 65 get at least 2.5 hours a week of moderate physical activity. Simply adding a brisk walk to your daily routine can improve overall health.

Create a few habits to help make your daily walks fun and help you maintain a healthy level of activity.

- Begin by setting a goal. You may want to start with a brisk 30 minute walk each day and work your way up to 10,000 steps a day.
  - Wear comfortable footwear that provides protection and supports the foot.
  - Try tracking your steps with a phone app or a pedometer.
  - Challenge friends and colleagues to join you.
  - Schedule a 15 or 30-minute walk before work in the morning, into your lunch hour or immediately after work.
  - Daily dog walks are also a great way to keep up both you and your four-legged friend healthy.
  - Whenever possible, walk to appointments, meetings or to run errands.
  - Get to know your neighbourhood by taking a slightly different route each time you walk. You just might find some hidden gems near home.
  - Find walks that include hills or stairs to increase your challenge and improve cardiovascular benefits.
- Using a few simple tips can help make a daily walk one of the most pleasurable parts of your day.

PHYSIOTHERAPY



ACUPUNCTURE

**We are accepting new patients**  
**Walk-ins welcome**  
**Rutherford Physical Therapy and Sports Injury Clinic**

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

780-435-8887

11472-17 Ave. SW T6W 2S5

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

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

MASSAGE

IMS

## GAUTHIER PROFESSIONAL CORPORATION

in association with Bhatia Khurana LLP

## Chartered Professional Accountants

**Full service accounting office**  
**Review engagements**  
**Financial statements**

PH (780) 920-0015 FAX (780) 448-1758 9793 - 54 Ave Edmonton, AB T6E 5J4

10 DIGIT ADDITION  
IN SECONDS?

HOW DID YOU  
DO THAT?



UCMAS made it easy for me...  
 Yes, you can do it too!!





**UCMAS**  
**MENTAL MATH SCHOOLS**  
 DISCOVER THE GENIUS WITHIN®  
 Edmonton SW - (780) 965-4818  
 Edmonton SE - (587) 357-4170

Join UCMAS: Improve your child's self esteem and problem solving abilities.

**Cognitive Skills enhanced by UCMAS**

- ☑ Focus
- ☑ Attention
- ☑ Memory
- ☑ Perception
- ☑ Visualization
- ☑ Imagination

5500+ UCMAS centres in 57 countries  
 63 UCMAS learning centres in Canada

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



# 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.





## Blue Quill Tennis

We're having a fantastic second season at Blue Quill Tennis! We just completed a do-it-yourself court resurfacing, so come and enjoy our fresh courts! Our goal is to get as many people as possible to join and enjoy this fabulous sport! You'll find all ages in our tennis community, so no one is too young or old to get started!

Our lessons are reasonably priced at \$5/hour/person for groups and \$10/hour for privates. The Blue Quill membership is \$25/individual, \$35/family, and free for seniors. With the membership, you get access to lesson rates listed above, the combination to the tennis courts, and participation in our weeknight leagues and social tournaments. Our three coaches, Bryce Nelson, David Laschuk, and Bianca Bitting, are certified with Tennis Canada, and are experienced competitive players.



If you are interested in joining, you may contact the Blue Quill League Administrator, Kathryn, at 780-438-3366 or bqcladmin@bqcl.org. You may also contact the Head Coach/Tennis Director, Bryce Nelson, at brycebraun@gmail.com

Our courts are open this year until snowfall, and will re-open for lessons and play in late-April 2017, or once the snow melts!

We look forward to seeing you on court!

Sincerely,  
Your Blue Quill Tennis Team



**Matt JENEROUX**

Member of Parliament  
Edmonton Riverbend  
Official Opposition  
Critic -  
Western Economic  
Diversification



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

HOUSE OF COMMONS  
CHAMBRE DES COMMUNES  
CANADA

### Edmonton

#204, 596 Riverbend Square  
Edmonton, Alberta  
T6R 2E3  
Phone: 780-495-4351  
Email: [Matt.Jeneroux.C1@parl.gc.ca](mailto:Matt.Jeneroux.C1@parl.gc.ca)

### Ottawa

1130 Valour Building  
House of Commons  
Ottawa, ON K1A 0A6  
Phone: 613-992-3594  
Email: [Matt.Jeneroux@parl.gc.ca](mailto:Matt.Jeneroux@parl.gc.ca)

Blue Quill Community  
League Presents

SEPT  
10<sup>th</sup>  
2016

**party  
in the  
park**

Free Music  
Festival

Celebrating Community Through  
Local Music

11am - midnight

Musicians, Sponsors  
& Volunteers Needed!

CONTACT  
780-438-3366  
[musicfestival@bqcl.org](mailto:musicfestival@bqcl.org)  
<http://musicfestival5.wix.com/partyinthepark16>

## YOGA

**RUTH'S HATHA YOGA AT BLUE QUILL** - Hatha yoga class 9-10 Wednesday mornings is suitable for beginners and those more experienced with yoga. Come discover the rhythms of breath and calmness of mind through yoga.

**RUTH'S CHAIR YOGA AT BLUE QUILL** - Join this gentle yoga class 10:15-11:15 Wednesday mornings. This class is designed for seniors or those with mobility issues. We will use chairs to keep the body aligned while gently stretching.

**BOTH CLASSES** start August 24th. Blue Quill Members \$80 for 8 week class. Non-members \$95.00 for 8 week class. Seniors Community membership is free. Call Ruth for more information and to pre-registration 780-237-6730 or [ruthe.sjoberg@gmail.com](mailto:ruthe.sjoberg@gmail.com). Hope to see you there.



## Walk on Wednesday (WoW) re- sumes September 7

Looking for a way to get some fresh air, exercise and meet your neighbours? Then WoW is for you. Meeting Wednesdays at 7 pm at Skyrattler Park, you can bring a friend (including a four-legged one) or just come join us. We have poles for Nordic pole-walking you can try out if you'd like (training provided). We walk for about 45 minutes around the Skyrattler and Blue Quill neighbourhoods. Come enjoy these great evenings of summer with your friends and neighbours and get some good exercise too!





**Shelley Hys-Postill**  
Master Gardener

Landscape Consultation  
Design and Re-Design  
Educational Lectures

shelleypostill@shaw.ca  
cell: 780-995-4527



## Fall Belly Dance Classes

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

**October 6 - December 8**  
(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 % shimmy and variations of the figure eights. Introduction to finger cymbals (zills) and additional uses of the veil.

**BLUE QUILL SHITO-RYU ITOSU-KAI**

# KARATE

*and SELF-DEFENCE*

**for**

**Children, Teens and Adults**

**Learn an Authentic Style of Karate**

Our instructors are among a select few in Canada who have received their BLACK BELT certification from Japan and are currently registered with the FEDERATION OF ALL JAPAN KARATE-DOH ORGANIZATIONS (F.A.J.K.O.). This is the only governing body for Karate recognized by the Japanese Government.

**FREE TRIAL CLASS**  
WEDNESDAY SEPT 13TH, 7PM  
BLUE QUILL COMMUNITY HALL

- 12-class semester is only \$100 for members of the Blue Quill Community League, (*non member rate available*)
- Fall Semester runs September 21—December 14
- A great class for beginners, adults, kids and families!

We welcome beginners and returning students,  
Adults, Children and Families

**JOIN KARATE!**  
Join with us,  
learn something new,  
have fun!

**AlbertaKarate.com**





### 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

## HPCL is 10 years young and growing and we want to celebrate with you!

Please join us at Community League Day on Saturday, September 17

12-3 pm FREE document shredding in the parking lot of Johnny Bright School

Plus come out and meet local groups providing services and support

7-10 pm FREE Family Movie in the Park at the field/ball diamond behind Johnny Bright School  
Featuring Disney's The Incredibles

Free popcorn, candy, drinks and cupcakes!

\*movie starts at dusk

More details will be available at [www.heritagepoint.ca](http://www.heritagepoint.ca) and [www.facebook.com/heritagepointcl](http://www.facebook.com/heritagepointcl).  
To volunteer, contact Tina at [vicepresident@heritagepoint.ca](mailto:vicepresident@heritagepoint.ca). Thank you!

HPCL 2016-17 memberships will be available for purchase. \$30 gets you free swimming, skating and access to kids soccer programs and more!

## FUNDRAISING CASINO : HPCL Volunteers needed

**Sunday Nov. 6 and Monday Nov. 7**

Palace Casino, West Edmonton Mall (8882 170 Street)

Funds will go towards

- expanding League programs – greater variety and age-ranges
- increasing community amenities such as a recreation building, spray park, ice rink or shade shelter at A. Rutherford Park

Free meal provided, No experience necessary  
It is fun and positions are straightforward

We are looking for General Managers, Bankers, Cashiers, Chip Runners and Count Room staff members

Earn reward points for a discount towards HPCL membership fees. Volunteer 5 hours as a Count Room Staff and receive \$20 discount off your membership fee.

More information on our website [www.heritagepoint.ca/fundraising](http://www.heritagepoint.ca/fundraising)

Contact Anika at [fundraising@heritagepoint.ca](mailto:fundraising@heritagepoint.ca) to volunteer or if you have questions

### DID YOU KNOW

Casino events are held every two years and run by volunteers

The volunteers from our last casino event helped raise \$75,000 for the A. Rutherford playground expansion

## EDMONTON

### 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!

**Chappelle Urban Village Park**  
**1137 Chappelle Boulevard SW**

October 15, 2016 to November 10, 2016  
**Tuesday & Thursday**

3:30pm-6:00pm

**Saturdays**  
1:00pm – 5:00pm

Please Note:

- 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/  
dropin  
community  
programs](http://edmonton.ca/dropincommunityprograms)  
or call 311.



STOPIT

Do you use products (pads  
or panty liners) for your  
bladder problems or  
weakness?

STOPIT

A U of A research team  
needs your help. We want  
to know why women  
select certain  
containment products  
and how they receive  
information about them.



You can help by completing a short online survey  
[www.surveymonkey.com/r/stopitcontinence](http://www.surveymonkey.com/r/stopitcontinence)

You can also check out our website at  
<http://nismith3.wix.com/stopit>

Thank you for your help!







**Mark Pelletier**

**780.504.1865**

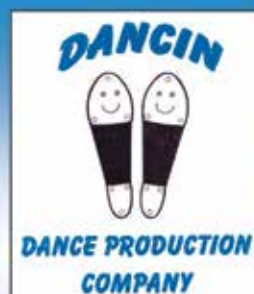
mark.pelletier@century21.ca

C21rewardrealty.com

**SELL YOUR HOME WITH US TODAY**

**1 in 20 CHANCE TO WIN \$5,000!**

Contact us for more details



www.dancin-company.com



Visit our website or call to find out how to register for the 2016/2017 dance season

2429-104 St  
780-233-6756

**Tap, Jazz, Ballet, Hip-Hop, Lyrical,  
Preschool, Creative Dance, Musical Theatre**

**SKY Tae Kwon Do**  
Out of School Program

**Before & After School Program**

Kindergarten to Grade 6 <Transportation is Provided> **780.439.4391**  
2503 Ellwood Dr. SW (Sejong Multicultural Centre) Edmonton / skytaekwondo.ca



- Certified Journeyman Mechanic
- Super convenient - We come to You!
- General auto repair and maintenance
- Fully licensed and insured
- Free online quotes
- Get 10% off parts and labour with this ad!  
(until Sept. 30, 2016 - excludes oil change)

www.garageonwheels.ca



## Come Sing with Us!

- Award winning organization
  - Professional conductors
  - Travel locally, nationally, internationally
  - Variety of musical styles
- Junior Choirs - Ages 6-12  
Boys' & Girls' Choirs - Ages 12-15  
Youth Choir - Ages 15-24

### REGISTER NOW FOR NEXT SEASON

Now with a new Southside location, 10740-19 Ave.

Contact us for more information about our choir programs  
info@EdmontonYouthChoir.ca  
www.EYCC.ab.ca | 780-994-6539



**EDMONTON**  
Youth and Children's Choirs  
"Your Home for Choral Excellence"



**HERITAGE**  
DENTURE CENTRE

**MARC WAGENSEIL**  
Denturist  
**436-7386**

Providing Quality  
Denture Care

Now located on the 2nd floor  
Heritage Professional Building  
#207, 2841 - 109 Street,  
Located on the 2nd floor  
www.heritagedenture.com



# COME DANCE WITH US



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

☎ 780.462.7711 | 📍 5604-104 ST.

Located on Calgary Trail across from Weber Motors

## REGISTER NOW!

Dance Classes for all ages: Ballet, Creative Dance, Hip Hop, Jazz, Modern/ Contemporary, Lyrical, Musical Theater, Tap, & Acro.

Reasons to choose our dance program:

1. Facilities - Our "floating" professional dance floors reduce fatigue and prevent injuries.
2. Small Class Sizes for our youngest dancers - Ages 2- 3 maximum 10 per class, ages 4 - 6 maximum 12 per class.
3. Customer Service - Desk staff are available during class time to provide assistance.
4. Recognized Examination Center - You can be assured your child is receiving a quality dance education. We offer dance exams in A.D.A.P.T. Tap & Jazz, R.A.D. Ballet, and Acrobatic Acro/Dance.

## MLA Richard Feehan

### Community BBQ

Join us for a burger

September 1st 2016  
Greenfield Community League  
3803 114 St NW, Edmonton AB  
5:30-8:00PM

Burgers  
Veggie Burgers  
Drinks  
Raffles

Got Questions? contact us at:  
Edmonton-Rutherford Constituency office  
780.414.1311

[edmonton.rutherford@assembly.ab.ca](mailto:edmonton.rutherford@assembly.ab.ca)

Community Views Aug/Sep 2016



RBC Royal Bank®

Connie Mackenzie  
Mortgage Specialist  
Cell: 780-289-1823  
[connie.l.mackenzie@rbc.com](mailto:connie.l.mackenzie@rbc.com)

Your new home doesn't come  
with mortgage advice. I do.



Subject to standard lending criteria of Royal Bank of Canada.

## 55+ condo for sale: \$270,000

MLS # E4026654  
#418 9820 165 Street  
SELLER OFFERING 12  
MONTHS FREE CONDO FEES!  
Amazing deal!  
\$40,000 less than city assessed!  
2 bedrooms, 2 full baths, in the  
Vanier complex, top floor south  
facing, heat pump comfort living  
year round, adult independent,  
1031 sq ft, hardwood, granite,  
much more!

The seller is offering a 1-50  
chance draw to win \$5,000.

**PHONE TODAY!**  
"You call. I answer."



Barry Candelora  
780-907-5948  
[www.barrycandelora.com](http://www.barrycandelora.com)





## Heritage Point 2016 Outdoor Soccer Season

Thank you to all who made this year's season a fun and successful one. We feel we have made many strides in improving our soccer program for all age groups and look forward to building on that in the coming seasons.

We would like to send out a huge thank you to all the volunteers that help plan and organize our first ever year end party. We also want to thank our event sponsors Maid Pro Leduc and Lexus South Point for the commitment to our community and sports program.

To all our Coaches without you this season would not have been able to happen so thank you for your selfless act and dedication to ensure the children of the community were exposed to leadership, team work, sportsmanship and so much more.

A reminder that all equipment must be returned as they are the property of the community soccer program and do have a negative impact on the program should they not be returned. Please email [sports@heritagepoint.ca](mailto:sports@heritagepoint.ca) to arrange a time to return what you have.

If you have not volunteered and don't wish to have your \$200 volunteer deposit check cashed please reach out to Anika at [fundraising@heritagepoint.ca](mailto:fundraising@heritagepoint.ca) as we have two events for which people can volunteer: CL day September 17 and Casino Nov 6th and 7th.

We are looking for a couple of key positions before we move into the 2017 Outdoor Season, they are a new soccer coordinator and a paid soccer administrator. If you are interested in either position please email [sports@heritagepoint.ca](mailto:sports@heritagepoint.ca) and if you have expressed an interest already reached out you will be receiving an email to further discuss the positions.

The indoor Soccer registration is now open and you can find information on our website on how to register your child and help support the program.

Thank you once again!!!

Adam Cripps  
Sports Director  
Heritage Point Community League

## This Fall at the SouthWest Edmonton Seniors Association (SWESA)

### Music Makes You Sing

It is hard to think of the shorter days and the final months of summer. Let's not let this seasonal change get us down; it's time to plan the transition into fall in an exciting fashion. And how does that happen? With music of course!

Music has a great number of benefits. It relieves boredom and adds variety to the day. It motivates movement and helps to release pent up tension. It rekindles positive memories from times past and also helps to improve moods. A lullaby can help to calm babies, and lullabies, and other music, probably have the same impact on us, unless of course, it's 'heavy metal' music (chuckle). But the heavy metal will likely bump up energy levels, which could be positive as well.

Check out SWESA's latest venture into the music realm—music jam sessions. This jam group started in the spring of 2016 and is led by Mike Footit, who has been a musician for 40+ years, and has fronted bands that have opened for April Wine and Tom Cochrane. He has also played as a solo act, performing blues and roots. He honed his teaching skills by instructing high school students and offering private music lessons. He brings his love of the guitar and his teaching skills to the bi-weekly jam sessions.

Right now the group includes individuals with keyboards, bass guitars, guitars, and vocals. Strangers are getting to know each other while armed with instruments, and members are dropping in just to listen. The universal language of music has made this group a warm, friendly and ambitious place to harmonize, and the group now welcomes all instruments and singers alike. Come join the fun and be inspired. For more information contact: 587-987-3200 or [programs@swedmontonseniors.ca](mailto:programs@swedmontonseniors.ca).

### Valuing Your Family Treasures

There is another interesting SWESA offering to keep you active this fall: the Antiques Interest Group. This group developed after the Edmonton Life Long Learning Association (ELLA) spring 2015 session. At this 2015 session, the group learned about different themes daily (silver, furniture, paper, photos, glassware, etc) from Johanne Yakula, a local appraiser and a graduate from the Alberta College of Art as well as the Ashford Institute of Antiques. A small number of the ELLA participants started monthly gatherings at SWESA to continue the research on their own treasures. SWESA will continue to host this group of antique enthusiasts.

"Those of us who have stuck it out have enjoyed doing the research and finding out things about our family treasures and listening to what others have found out about theirs. The group has bonded over the season." Nancy Rae (ELLA student and Antiques Interest Group Member).

This group just completed a session: An Armchair Tour of Edmonton's Historical Buildings, led by Johanne Yakula. It included a tour of Edmonton's historical buildings and the colourful characters that owned these pieces of history. The participants spoke very highly of this session.

Join this group to better understand those special family treasures that you cherish, or to start your career as an antique collector. Or join because it is interesting to learn more about the history of those things around you. More information can be obtained at: [programs@swedmontonseniors.ca](mailto:programs@swedmontonseniors.ca) or at 587-987-3200.

For additional fall offerings, check out the Fall Program Guide on SWESA's website coming towards the end of August.

Look for other seniors programming in the southwest

There are other great seniors program in several local community senior centres in the southwest as well as in community leagues. Some of these groups have been around longer than SWESA and provide excellent opportunities. Check out the listing of these centres and programs on SWESA's website. If we have missed your senior organization on our list, let us know.

The SouthWest Edmonton Seniors Association (SWESA) was formed to reflect the needs of the people 55 and older in southwest Edmonton. Its goal is to provide social, cultural and recreational programs and services that enhance the enjoyment of life.

SWESA Seniors Centre—Yellowbird East Community Centre (YECC), 10710-19 Avenue  
SWESA Seniors Lounge—Terwillegar Community Recreation Ctr (TCRC), 2051 Leger Rd

587-987-3200 [information@swedmontonseniors.ca](mailto:information@swedmontonseniors.ca)  
[www.swedmontonseniors.ca](http://www.swedmontonseniors.ca)  
Find us on Facebook

### HOUSE CLEANING SERVICES



House, Apt., Condo, Trailer cleaning  
Also Move in's / Out's  
Weekly, Bi-Weekly, Monthly  
Space available

**Call or Text Judy**  
**780-695-9600**

*We clean while you relax*

the

**Gutter Doctor**

Home Exterior Services

Install - Repair - Clean

EAVESTROUGHS | DOWNSPOUTS

FASCIA | SOFFIT | SIDING | ROOFING

780-709-6825

gutterdoctor.ca

GD

15,000 HAPPY CUSTOMERS!



## Green and Gold Garden: U of A Project

The Green and Gold Garden is now open for its 8th season! Come and visit us on South Campus to see our 2 acre, all volunteer run garden. Join us on Tuesdays (7p.m.-8:30 p.m.) and Saturdays (11a.m.-1 p.m.) to purchase organic veggies -- over 50 varieties!--a wide selection of herbs, and flowers.

This season we will have orchard fruits for sale from our newly acquired orchard, located next to the garden.

Because we are volunteer run, ALL money raised from sales of produce at the garden goes directly to the Tubahumurize project for women in Rwanda.

Their www site-- [rwandanwomen.org](http://rwandanwomen.org) --describes the range of programmes it provides for the survivors of the Rwandan genocide.

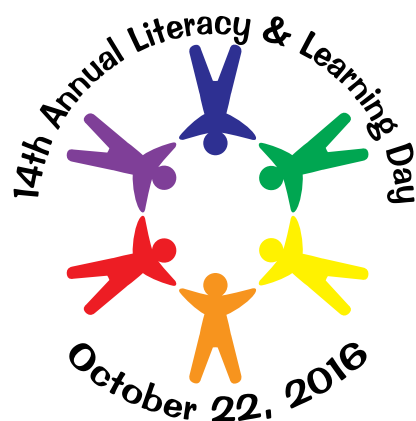
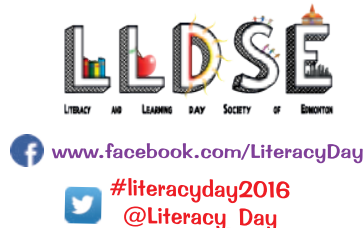
The Green and Gold Garden is a prime example of "Think Globally-- Act Locally."

Check out our www site ([greengoldgarden.com](http://greengoldgarden.com)) for more information, map, harvest updates and other news.

We look forward to having you come to our gorgeous "garden with a difference."

*Patti Hartnagel*

LITERACY & LEARNING  
**DAY**  
**2016**



Register Online: September 11 - October 16

**FREE** Conference for Parents,  
Grandparents & Caregivers of Children  
**PD & TOOLS**  
**FOR PARENTS**

For more information visit:  
[www.literacyday.ca](http://www.literacyday.ca)

South Edmonton's only

**CSA PHYSIOTHERAPY**  
[csaphysio.ca](http://csaphysio.ca) Specialists\*



It doesn't matter what condition you are in,  
if you need rehab, you need us.

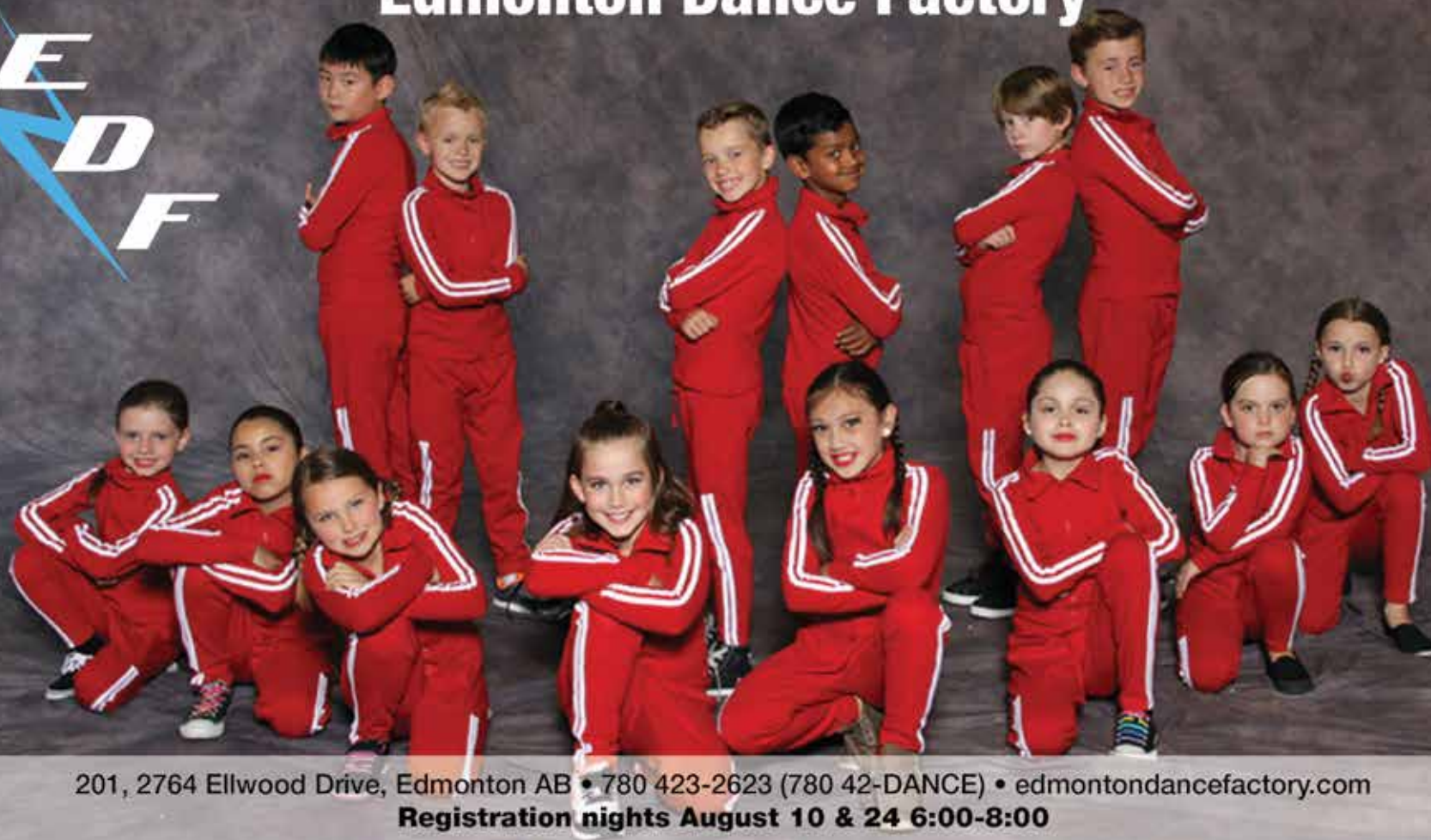
**come here. feel better.**

**10947 - 23 Ave**  
Next to Shoppers Drug Mart  
**780-988-5803**

**10393 - 51 Ave**  
Behind Calgary Tr McDonald's  
**780-989-9789**

\*as certified by the Canadian Physiotherapy Association

## Edmonton Dance Factory



201, 2764 Ellwood Drive, Edmonton AB • 780 423-2623 (780 42-DANCE) • [edmontondancefactory.com](http://edmontondancefactory.com)

**Registration nights August 10 & 24 6:00-8:00**





# 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

Wow what an amazing summer it has been. There has been a lot of activity in Twin Brooks. The streets have been filled with residents walking, biking, running, skate boarding, roller blading, and just leisurely strolling. Children playing in the play ground, screaming, laughing and just enjoying the lazy days of summer. While moms, dads, grandparents and families just enjoyed the outdoors and the warm summer winds, even the crazy rain-storms were enjoyed, as families curled up together to wait out the loud booms and crackles of the late night thunderstorms. Thunderstorms have such a wow effect no matter how old you are... I'm sure we can all recall that one storm... Remember when?

Well with that being said it's that time again. Yes no one really wants to think of it, but with so many families in Twin Brooks many are already shopping for back to school, supplies, books, clothes, shoes, and the list goes on... it's different for everyone but the routine of getting ready to go back to school really is something that many of us have in common. Back to school typically signals the end of summer, boo, but is also the sign of new beginnings. Time to set new schedules, new plans, new goals as we start thinking about what the next 10 months will look, as we reflect on the last several weeks and all the memories, experiences and friendships gained over the summer.

Best wishes to all the Twin Brooks residents as you enjoy the last few weeks of our beautiful Edmonton twilight summers, looking forward to all the new partnerships and new beginnings, hope you had a wonderful summer!!!

## Things to keep in mind!

Twin Brooks Annual Fall BBQ Saturday September 10, 2016. Did you enjoy the Grand Opening Celebration in April? Then this is a must attend!!! More details to come, visit us at [twinbrooks.ca](http://twinbrooks.ca) or Facebook for details in late August as we unveil the details to our community celebration! Hope to see you there!

The Twin Brooks Annual General Meeting is coming, to be held in October, the date is still to be determined! The meeting will be open to all community residents. Interested in joining the Community League? That's a great time to come and learn about the vacancies and what we do! You must have a valid community membership in order to vote and or become a Board Member! Membership has its privileges!

### Current Vacancies

Vice President  
Facilities Director  
Treasurer

### Renewal Positions

Programs Director  
Volunteer Director

## 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

## Membership Renewal Time

It's that time of year again! Memberships expire at the end of August 2016. If you want to continue to enjoy all the privileges that only members have then it's time to renew!

Membership fees per year (Sept 1st to August 31st each year)

- Family: \$50.00
- Singles/Seniors/Single Parent Families: \$35.00

### BENEFITS:

- Free swimming for members at the William Lutsky YMCA every Saturday from 3-5pm
  - Access to the YMCA indoor playground from 3-6pm on Saturdays
  - Skating at Outdoor skating rink
  - Fall Community BBQ (September) & Winter Carnival (February)
  - Use of the tennis courts at Yellowbird
  - Youth Programs
  - Sports Programs
  - Summer Playground Program
  - Garden Group
  - 55+ Group
  - Community League Wellness Program, at City of Edmonton Recreation Facilities
- \*\*\*Special rates on community center bookings\*\*\*

For more information please contact the Membership Director, Kelly Casault at [membership@twinbrooks.ca](mailto:membership@twinbrooks.ca) or visit [www.twinbrooks.ca](http://www.twinbrooks.ca)

STUDIO 88  
Where Music & Imagination Meet

Fall 2016 spots still  
available

**Piano  
lessons**

**Theory  
classes**

Sign up now!  
587-588-9484  
[studio88-rc@outlook.com](mailto:studio88-rc@outlook.com)



## Age Friendly Edmonton Seniors Innovation Fund Updates

All events are at the Twin Brooks Community League Hall 11341 -12 Ave

August 1-31

Thursday's 7:30-9 p.m.

Free Recreational dance & exercise instruction, Chinese Square Dance, Line dance and sport dances such as Zumba & Latin.

September 17, 2016 from 2-5 p.m.

Breaking Bread – Savories & Sweets from Many Cultures and SIF Talk Climate, Weather & interesting Geographical Facts. Dr. Ivor Edwards

Saturday October 15, 2016 from 2-5 p.m.

Breaking Bread- Savories & Sweets from Many Cultures and SIF Talk From Community Garden to Table-Soil, Composting, Growing Ur own Food. Bring Ur gardening and soil questions or submit them ahead of time irichardsco@hotmail.com Mr. Mark Stumpf-Allen, Composting Director, Waste Management, City of Edmonton.

November 19, 2016 from 2-5 p.m.

Breaking Bread - Savories & Sweets from Many Cultures and SIF Talk, Heart Health, Dr. Mark Chen, Cardiologist. Bring your heart questions or submit them ahead of time – irichardsco@hotmail.com  
Saturday December 10, 2016 from 2-5 p.m. GRAND FINALE OF SIF EVENTS FOR 2016 & OUR VOLUNTEER APPRECIATION SWEETS & TREATS FROM AROUND THE WORLD SIF Initiatives

If you wish to meet other seniors on weekdays between 10- 12pm or from 2-4:00 p.m. at the Twin Brooks Community Centre Activities will include tea and talk; coffee and chat: socializing with others, reading, playing cards, mah-jong, reading newspapers, books, magazines and much more... For more information please contact Ling @ 780-988-9087 ling.zhang2011@hotmail.com

## Knee Pain is Not Normal

Have you ever sprained your knee? It's sore for a few weeks and then gets better, right? What about knee pain that lingers for months and months, even without having sprained it. Lots of people experience this, and some even think it's normal and just deal with it. Knee pain is not normal - and most often there is something that can be done about it.

If you are over 50 with knee pain even though you haven't injured it, the most common cause is osteoarthritis (OA). OA is diagnosed by looking for 4 or 5 key findings on your x-ray, and correlating that with your story (the way your pain has behaved) and your clinical examination. Just because OA shows up on your x-ray does not mean that your knee pain is necessarily coming from that. It is very common for people without knee pain to have mild or even moderate findings on x-ray. This is called 'asymptomatic' (no-pain) arthritis. Often, it does not need to be treated at all. A good clinical examination by your doctor or your physiotherapist can help you decide whether your pain is due to OA or something else.

If it is determined that your knee pain is due to OA, there are 2 key approaches to settling it down: drugs, and 'non-drug therapy'. Your physician will decide which, if any medications you should be taking. They may also provide you advice on lifestyle changes, weight loss, activity modifications and exercises. A physiotherapist will look at your rehab needs in more detail and decide exactly which types of exercise are important for you. This is different for everyone, depending on the condition you're in and your lifestyle. If you exercise a lot, you might just need to tweak a couple of things and have your physio fix a few small problems. If on the other hand you faint at the thought of exercise, they might gently encourage you to try a few simple stretches that that can be done on your sofa on in bed.

What if you're under 50 and have knee pain? Again, that's not normal either, and it is rarely due to OA (you're too young). Your physiotherapist will examine you in detail and come up with a diagnosis. Many physiotherapists are qualified to order x-rays too, if that's necessary. Often times, you'll need to do some strengthening of your hips and knees, maybe work on your balance and leg control, and stretch some key muscles. You may also require a few weeks of rehab in the clinic, using electrical stimulation to strengthen, or other modalities to settle pain and swelling. It is remarkable what a few weeks of attention can do to your aching joints. So don't delay. Get those sore knees looked at by your family doctor, or your local physiotherapist: you can refer yourself, no need to see your doctor first, and Alberta Health still provides some funding.

Jeffrey Begg, PT

## Consider Us First For All Your Insurance Needs!

*Serving Edmonton For Over 25 Years*

### MERIT Insurance Services Ltd.

Homeowners Insurance • Condominium Insurance  
Renters Insurance • Rental Property Insurance  
Office Packages  
Automobile Insurance

**780-434-8763**

SUITE 109, 2841 - 109 ST.,  
EDMONTON

FAX: 780-434-4346

**ASK ABOUT OUR  
AUTO & HOMEOWNERS DISCOUNTS**



Your Insurance Broker  
Understands

## Donair Family Pack Special

Includes 4 regular donairs, Family size fries,  
4 cans of pop

**\$32<sup>00</sup>**

You save \$14 off the regular price



**Dasha Donair  
& S H A W A R M A**

2811 116 Street 780-761-3400

Cut out this coupon and bring it with you at your next visit. Coupon expires 10/31/16.  
Cannot be combined with any other offer.






Coach Fraser U12 Girls "The Stealers" after they won Bronze at Provincials



Coach Scott U16 Girls after they won Silver at Provincials



**ZUMBA**  
FITNESS IS  
**HERE!**

All Levels Welcome


ZUMBA FITNESS CLASSES AT TWIN BROOKS COMMUNITY HALL ARE ON NOW  
ON SATURDAYS 10-11 AM AND TUESDAYS 615-715 PM.

WE ARE OUTSIDE AT THE RINK IF WEATHER PERMITS.

Come and join the class to get the following benefits of it:

- Crazy amount of calories burning
- Improved coordination
- Full body workout
- Improved heart health
- Mood boosting

Contact Natalia @ 780-394-5686 or visit Programs @ twinbrooks.ca for more details.




**St. Margaret's**  
ANGLICAN CHURCH

A church that feels like a family

12603 Ellerslie Road SW, Edmonton, AB T6W 1A3 780-437-7231

**Regular Sunday Services**  
**9:00 & 10:30 am**


**Everyone is Welcome!**



**ETUDES DANCE STUDIO**  
Celebrating our 30<sup>th</sup> season

**JAZZ – BALLET – TAP**  
**CREATIVE – LYRICAL – CONTEMPORARY**  
**PERFORMING COMPANY**

at Brookside, Grandview Heights, McKee & Westbrook Schools



(780) 436-5610 (780) 893-7799

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





## 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.

## Parents and Tots Playgroup

Playgroup resumes Tuesday September 13. Our drop-in playgroup happens 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

We are also looking for those individuals interested in helping with the operating of playgroup in the Fall to keep this great program operating. Those interested in finding out more about volunteering their time in this rewarding program please contact Barbara Petrunia at [barbara.petrunia@gmail.com](mailto:barbara.petrunia@gmail.com).

## 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

Yoga begins Thursday, Sept 8. 7:00pm - 8:15pm  
 Class designed for beginners through more advanced. Investment for 6 week session is \$75.00. Contact Ruth at 780-237-6730 for info and to register.

## Yellowbird Community Garden

Our community garden is flourishing - what a season for growing! Our gardeners have done a terrific job.

A friendly reminder that the plots in place right now are individual plots, which means that our garden members (or Keheewin kindergarten) are planting and growing flowers and food for their own use. Please do not pick from or disturb these plots. Future spaces are in the works for everyone to enjoy, and will be marked. You are of course free to walk the garden and watch things grow!

Questions? Contact [garden@yellowbirdcl.com](mailto:garden@yellowbirdcl.com).



## Membership BBQ and AGM

Mark your calendars! Our annual membership BBQ and AGM will be:

September 13

BBQ at 5:30

AGM at 7:00pm

Come out for free food and renew your membership!

## Zumba

Zumba will not be resuming this fall, due to scheduling changes. We hope however to offer it again in the future. Thanks to Jen for offering this fun program and thanks to all our members who have enjoyed it!



## Indoor Soccer Registration

Indoor soccer registration is open. You can register at: <http://www.emsasouthwest.com>. Remember that a 2016/2017 community league membership is required for registration.

## Summer Green Shack

Summer Green Shack for kids is still running at Keheewin Park.

Weekdays 2:30pm - 6:00pm

See you at the park!





RBC Insurance®

# Get the right insurance. Right in your neighbourhood.

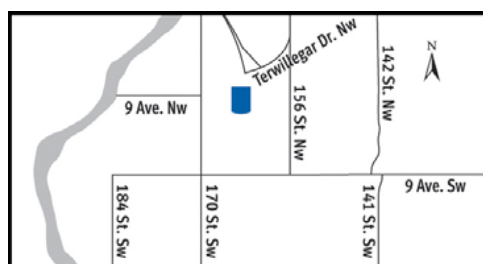
**Talk with an RBC Insurance advisor right in your own neighbourhood.**

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

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

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

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



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

**Insurance advice for your life™**

| HOME | AUTO | LIFE | HEALTH | TRAVEL | BUSINESS | RETIREMENT |



Home, auto and travel insurance is underwritten by RBC General Insurance Company or RBC Insurance Company of Canada. Life and health insurance is underwritten by RBC Life Insurance Company.

®/™ Trademark(s) of Royal Bank of Canada. Used under licence.

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

85912 (09/2011)