

COMMUNITY VIEWS

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



December 2016

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30 Avenue Storm Trunk Sewer Overflow Channel Improvement Project Information Session

The City of Edmonton is working to improve the impact of recurring overflow into the 30 Avenue storm sewer crossing at Whitemud Creek during significant rainfall events.

After completing several studies, the City of Edmonton will share various options with the community at an upcoming drop-in public information session.

Date: Thursday, December 8, 2016
Drop-in: 5:00 - 8:00 p.m.
Location: Blue Quill Community League, 11304 25 Avenue,

Residents and trail users will have the opportunity to learn more about the project, ask questions and share their feedback.

About the Project:

The current project is to design and construct overflow channel improvement work for permanent mitigation measures to address the overflow issues and prevent future erosion damage due to overflow events at the 30 Avenue storm sewer crossing at Whitemud Creek.

The creek crossing acts as a bottleneck to the drainage system, which has resulted in overflows occurring during past significant rainfall events.

For more info contact:

Arjun Aryal, Project Manager
Phone: 780 442 4399

Save the Date! BCCL Outdoor Soccer Registration

The snow may be falling but we are already planning for Outdoor Soccer Season!

In person registration dates are scheduled for February 8 and 16th, 2017 at Roberta Mac-Adams school. 2016/17 Community League Memberships are required for Soccer Registration.

You can purchase your community league membership through our website. www.blackmudcreek.com



HPCL Annual General Meeting

Join us for our Annual General Meeting (AGM) on *January 25th, 2017 at 7:00 pm at Johnny Bright School*

Find out what the league is working on to help build and improve your community! Meet your neighbours, enjoy some yummy refreshments and share your ideas!

Join one of our Committees: - Community Garden, Neighbourhood Watch, Soccer, Events eg. Canada Day, Community League day to name a few!

For further details visit our website www.heritagepoint.ca or Facebook page www.facebook.com/heritagepoint-cl/ or contact Rhiannon at president@heritagepoint.ca

4 Surprising Benefits of volunteering: feel healthier and happier!

1. Volunteering connects you to others, meeting interesting people and making new friends!
2. Volunteering is good for your mind and body, as helping your community and others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel!
3. Volunteering can advance your career, as you learn and develop new skills!
4. Volunteering brings fun and fulfillment to your life; it can provide a renewed sense of achievement and purpose!

Volunteering as a family

Children watch everything you do. By giving back to the community, you show them firsthand how volunteering makes a difference and how good it feels to help other people and animals and enact change. It's also a valuable way for you to get to know organizations in the community and find resources and activities for your children and family.

Look out for each other



edmonton.ca/visionzero

EDMONTON
POLICE
SERVICE



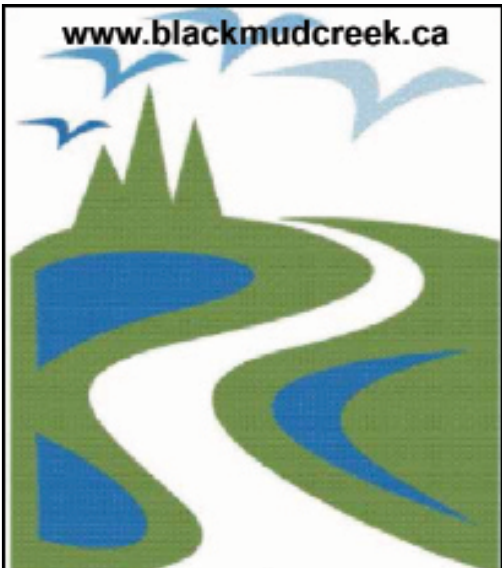
VISION ZERO: zero traffic fatalities and serious injuries

On behalf of the Yellowbird Community
we wish you a safe and very



Merry Christmas!

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.

BLACKMUD CREEK BOARD OF DIRECTORS

| | | | |
|---------------------|------------------|--|--------------|
| President | Garrick Ma | president@blackmudcreek.com | 780-964-6525 |
| Vice President | Rob Powell | vicepresident@blackmudcreek.com | 780-498-2773 |
| Secretary | Kim Lucid | secretary@blackmudcreek.com | 780-893-1664 |
| Treasurer | Carlos Bautista | treasurer@blackmudcreek.com | 780-493-1545 |
| Civics Director | Gil Rueck | civics@blackmudcreek.com | 780-453-6799 |
| Membership | Thomas Varghese | membership@blackmudcreek.com | 780-893-6442 |
| Communications | Jill Gurela | communications@blackmudcreek.com | 780-293-4721 |
| Sponsorship | Veronica Dutchak | sponsorship@blackmudcreek.com | 780-469-0830 |
| Facilities | Don Gabuna | facilities@blackmudcreek.com | 780-904-9058 |
| Programs Director | VACANT | | |
| Sports Director | VACANT | | |
| Neighbourhood Watch | VACANT | | |
| | | | |

Callaghan
Playground
Fundraising

Make your holidays happier with a yummy platter from Nomiya Ellerslie!!

They’ve generously teamed up with us to support our park! 10% from every platter purchased comes right back to our community.



Tis the season for **NOMIYA** Sushi Platters

Party! Nom. Nom. Nom!

10 % goes to the Callaghan Park project

780.988.0989 | nomiyarestaurant.com

ALLARD RINK

Allard Rink is scheduled to be open December 9th, 2016 (weather permitting).

Rink Hours are:
Monday – Friday: 5PM – 9PM
Saturdays: 9AM – 9PM
Sunday: 1PM – 7PM

Please check our Facebook Page for updates about the rink opening and any changes to the scheduled hours.



Heritage Music & School

3919-106 St 780-434-3807
Corner of 40th Ave & 106 St.

Give the gift of music for Christmas!

We have gift certificates for lessons: piano, guitar, mandolin, banjo, bass drums & ukulele

Christmas Specials

Guitar & Bass Packages.
Books & accessories for all instruments.

www.heritagemusic.weebly.com



Benefits of your Blackmud Creek Community League Membership

- Free swimming at the William Lutsky YMCA every Sunday from 3pm to 5pm
- 10% Discount on City of Edmonton Rec Centre Memberships
- Youth sports programs
- Community Events

Contact any of our Board Members for more information about our Community League

Battling the winter blues

Seasonal affective disorder, or SAD, is a type of depression that occurs during the same season each year. You may have SAD if you felt depressed during the last two winters but felt much better in spring and summer.

SAD is sometimes called winter depression or seasonal depression.

Experts aren't sure what causes SAD. But they think it may be caused by a lack of sunlight. Lack of light may:

- Upset your "biological clock," which controls your sleep-wake pattern.
- Cause problems with serotonin, a brain chemical, which affects mood.

If you have SAD, you may:

- Feel sad, grumpy, moody, or anxious.
- Lose interest in your usual activities.
- Eat more and crave carbohydrates, such as bread and pasta.
- Gain weight.
- Sleep more but still feel tired.
- Have trouble concentrating.

Symptoms come and go at about the same time each year. Most people with SAD start to have symptoms in September or October and feel better by April or May.

Some ways to help combat the effects of seasonal depression are:

- Regular exercise is one of the best things you can do for yourself to help.
- Getting more sunlight may help too, so try to get outside to exercise when the sun is shining.
- Being active during the daytime, especially early in the day, may help you have more energy and feel less depressed.
- Light therapy may help by resetting your biological clock. Ask your physician for more information on how light therapy may help you.

It can sometimes be hard to tell the difference between SAD and other types of depression because many of the symptoms are the same. If you suspect you may suffer from SAD or another type of depression, talk to a health care professional, or call Health Link at 811 for more information.



Community Views December 2016

PHYSIOTHERAPY

ACUPUNCTURE

MASSAGE

IMS



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

Info@rutherfordphysicaltherapy.ca

Healthy holiday eating tips

During the holiday season, festive gatherings often mean a lot of food! How can you enjoy what the holiday season has to offer while still making healthy choices? Read on for tips on how to make it possible.

At home:


- Since you will likely be busier than usual, have convenient healthy food available.
- Buy washed cut up vegetables and fruit for easier choices at meals and snacks.
- Keep higher calorie food out of sight. This makes it less tempting to have them for a snack.
- If there are leftovers from a meal, send them home with guests in decorative holiday containers, or package up for future meals.
- If you bake for the holidays ahead of time, freeze until serving.

At parties and gatherings:

- Bring a healthier option—grilled shrimp, chicken satay, cut up raw vegetables or a fruit tray.
- Socialize away from the food table.
- Choose lower calorie drinks like virgin Caesars, sugar-free pop or sparkling water.
- Use a smaller plate.
- Fill half your plate with vegetables and fruit.
- Focus on the food when eating and eat slowly.

Learn more healthy tips at Healthy Eating Starts Here <http://www.albertahealthservices.ca/5602.asp>.

Brighten your child's future with



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MENTAL MATH SCHOOLS
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Edmonton SE - (587) 357-4170

www.ucmas.ca

Develop lifelong cognitive skills with UCMAS


UCMAS is much more than developing astonishing calculation speed. It uses math as the base, abacus as a tool, and applies various training methods that enhance life long learning skills and capabilities.

Learning skills incorporated and enhanced through UCMAS program

☒ Auditory

☒ Visual

☒ Kinesthetic / Tactile



Register today to improve your child's Math skills, confidence and concentration.

UCMAS: A Global Leader in Mental Math and Abacus Education since 1993

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

Connect with your community at www.communityleagueneews.com

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Blue Quill Community League

Serving Blue Quill, Blue Quill Estates, Skyrattler & Sweetgrass

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

BQCL Board Members

| POSITION | NAME/EMAIL |
|----------------|--|
| President | Travis Ball president@bqcl.org |
| Vice-President | Jeremiah Silbernagel vicepresident@bqcl.org |
| Treasurer | 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.

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.

BQCL had their AGM on November 17, 2016 and we have happily added a few new board members!

President-Travis Ball
Vice President-Jeremiah Silbernagel
Treasurer-Andrew Happer
Secretary-Tim Battle
Facilities-Fuhad Mughal
Fundraising-Richard Hughes
Membership-Linda Loudon
Social-Felice Bassie
Sports-Janice Quinn
Publicity-Ray Bessel
2 New Members at Large-Scott Parks and Marcene Jacobi

Please watch for all our programs starting up again in January! Yoga, Chair Yoga, Zumba, Bender Barre, Karate, Belly-dancing, Piano and F.L.Y.-kids dance classes!



Skyrattler Corner

Interested in a Community Garden?

Several Skyrattler neighbours have been looking into creating a community garden in Skyrattler. Community Gardens have become quite popular in recent years, and new gardens in neighbouring communities have long waiting lists. We have a small group looking into establishing one here, but we need a few dedicated people to help with the planning.

If you're interested, please send an email to skyrattler2012@gmail.com and Joy or Kate will get back to you.

Walk on Wednesday is back!

If you enjoy walking outdoors and would like to discover some of the parks and trails in the Skyrattler Neighbourhood, the Walk on Wednesday is the perfect fit for you. Meet the group of walkers by the Skyrattler Park sign at 7:00 p.m. any Wednesday and enjoy a 45 minute walk with your neighbours and fellow walkers. You can walk at your own pace and chat with your friends and neighbours at the same time. Skyrattler Park is on south Saddleback Road at 114 Street.

If you wish you can be introduced to Urban Pole Walking, a Norwegian style of walking requiring the use of poles, which offers great physical advantages over regular walking. Basic training and poles will be provided every Wednesday for those who are interested.

What a great way to get good exercise and enjoy the outdoors in your own community! Come out and get fit!

Skyrattler Mini-library

The Skyrattler little library continues to be popular, with many local residents seen stopping to take a look at the current offerings.



The available titles are always changing, so be sure to check it out next time you walk by the park. If you've finished a good book and want to give it a new life, feel free to add it to the collection.

Our Playground is showing its age

The Skyrattler playground was built about 30 years ago, and many parts of it will soon need to be replaced. There are grants available but we need someone - or a few interested people - to apply and coordinate the effort.

If you're interested in taking this on, please send a message to skyrattler2012@gmail.com.

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 Hope to see you there.



F.L.Y

First Love Yourself Dance Movements

Hey you? Ya you... Come keep it cool after school & dance like no one is looking. A dance class with free style movements, foot work & arm flow. Build up that confidence with inside, dancing is a form of expression, there's no wrong or right way to dance, just have fun! That's why it's all about being F.L.Y First Love Yourself,

How F.L.Y are you?

Hours: Starting Nov 15, 2016 until Jan 3, 2017 (3:15pm to 4:15pm)
Location: Blue Quill Community League 11304 25ave NW, where the classes will be held. Its \$80 for members & \$95 for non-members.

Classes will be held every Tuesday, register in person or go online t at www.bqcl.org

Contact: (587) 926 8323 Dance Instructor (Bernice)
Ages: 5 -12

So come on down, & have some fun, so you can hear that beat & move your feet!

BLUE QUILL SHITO-RYU ITOSU-KAI



for Children, Teens and Adults

Lean 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.

- 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

Music Class - Age 2 ½ to 4

An exciting and innovative pre-school music & movement program, Sunrise is a parented music class tailored to the child's level of development.

Teddy Bears help teach rhythms and puppet friends Buzz, Buddy, and Mellow guide the music instruction with singing and ear training.

Totally child-centered, Sunrise includes stories, songs, and games.

Our goal? That your child achieves a satisfying level of engagement and success! Blue Quill Community League offers the same class 4 times a week.

Tuesday and Thursday class times:
January 10 – March 14, 2017 @ 9:45AM-10:45AM
January 10 – March 14, 2017 @ 11:00AM-12:00PM
January 12 – March 16, 2017 @ 9:45AM-10:45AM
January 12 – March 16, 2017 @ 11:00AM-12:00PM

Class Tuition: \$20/week for 10 weeks (includes all materials)
For more information, please check out my website at <https://www.myc.com/members/abeulshausen/>

Amica Beulshausen, ARCT
Blue Quill Community Centre I 11304 25 Ave NW, Edmonton, AB T6J 5B1 I (780) 438-3366





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

Join us at Facebook: Heritage Point Community League

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

HPCL Membership Update!!

Due to the maintenance HPCL website, we encourage our members and non-members to renew/apply for the membership cards online

at www.efcl.org, or in person at our events/meetings, or send your payment of \$30.00 (cheque) to the HPCL mailing address at: HPCL, PO BOX 22510, Southbrook Post Office, Edmonton, AB, T6W 0C3, Attention: Membership Director

Merry Christmas and Happy New 2017 Year!
COMMUNITY LEAGUE MEMBERSHIP HAS ITS BENEFITS!

By becoming a member of your Community League, you have demonstrated your commitment to your community.

To honour your commitment and support your families' health and well-being, the Edmonton Federation of Community Leagues has teamed up with the City of Edmonton to create an exciting new program. The Community League Wellness Program provides current Community League members with admission incentives to enjoy the City's world-class sports and recreation facilities.

All current members of an Edmonton Community League with a valid membership card are eligible to participate in the Community League Wellness Programs.

HOW THE PROGRAM WORKS

Present your valid Edmonton Community League membership card, showing expiry date (payment receipts will not be accepted) at any one of the City of Edmonton's sports and fitness facilities and choose from the following Community League Wellness Products:

■*Annual Pass – Community League Members receive a 10% discount on Adult, Family, Child and Youth/Senior Annual Passes.

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

■*Multi Admission Pass – Community League members receive a 10% discount on our already discounted multi admission pass (starting at 5 visits).

Community League members who purchase the above passes will be issued a photo access card which is to be swiped at each admission.

*Applies to new purchases only.

H O H O

Santa is coming back to



Rutherford Veterinary Clinic

On Saturday December 10, 2016
From 12-3 pm

Bring the family and your Furry friend for a **FREE** photo with Santa by professional photographer.
Merry Christmas from your friends at
Rutherford Veterinary Clinic

11464-17 Ave SW, Edmonton, AB T6W 2S5

Phone: (780) 761-0350



For more info,
please visit our website

rutherfordvetclinic.com

A full
Service
Animal
Hospital



HPCL Outdoor Soccer Registration Information

Heritage Point Community League offers a spring outdoor soccer program for children ages 4 to 18 for the residents in MacEwan, Rutherford, Rutherford Heights, Paisley, Chappelle Gardens, Creekwood Chappelle, Paisley, Jagare/Hays Ridge, and Desrochers.

Registration session dates will be held on
Saturday Feb. 25, 9 am to 2 pm
Tuesday Feb. 28, 6 pm to 9 pm
at Ellerslie Rugby Club, 11004 9 Ave SW, T6W1A2

Attendance is required at one of the sessions to drop off your paperwork in order to complete your registration. Community League membership is required to register for the soccer program. Contact membership@heritagepoint.ca or purchase one at our sessions. Late registration will be begin on March 1 and subject to a late fee.

New to the program? Contact Anika at soccer@heritagepoint.ca to receive registration information when it becomes available.



More information about registration will be available in the New Year:
heritagepoint.ca
facebook.com/heritagepointcl

Thank You HPCL Casino Volunteers!

Heritage Point Community League would like to thank our many volunteers who helped contribute over 300+ volunteer hours to our fundraising casino. We appreciate the volunteers who were flexible in switching shifts and/or positions and those who stepped up last minute to help us out. These funds are vital in our ability to further develop our community space. Your contributions help increase amenities and programs where you live. We would not be able to do this without all of your support!

Thank you to Adam, Amy, Arun, Audrey, Brian L., Brian W., Carl, Christine, Dale, Danielle, Eldhose, Ellen, Evan, Francois, Geoff, Jasmine, Jason, Jessica, Judith, Kandace, Kelly K., Kelly W., Ken, Krysta, Lise, Manish, Marly, Mark, Mary, Megan, Michael, Natalie, Raj, Rajiv, Sabrina, Samantha, Sandra, Sanjay, Steven G., Steven L., Susan, Tara, Tina, Tung, Vivian, Victor, Yanzhao.



HPCL Volunteers

Do you want to do something that is satisfying and of great service to your community?

Do you want to have a direct say and support important community development issues?

How about making new friends in a fun, educational and inclusive group?

Then become a Heritage Point Board volunteer!

Available Board Positions: - Treasurer and Civics Directors

General Requirements:-

- Committed, organised, team oriented and self driven
- Willing to act as Champion for your Community
- Excellent communication skills, creativity and inclusiveness in dealing with others.
- Minimum time commitment approx 5 hrs per week
- Attend monthly meeting and training sessions as required (no monthly meeting July/Aug)
- Help prepare, attend, and support various events/projects throughout the year

Benefits:-

- We provide general support/training
- You get to enjoy free food at our monthly meetings
- Share your skills but learn new ones too
- Make some new friends and gain new experiences
- Learn how communities are developed
- Be a part of our Volunteer Appreciation event
- Free HPCL membership
- Feel proud of making a difference for all in our Community

To find out more: - Contact Rhiannon Hoyle at president@heritagepoint.ca



Have a happy and healthy holiday season

The holiday season is upon us. Over the next several weeks, families and friends will gather together to share food and company, and in doing so, they may also share not-so-joyful germs. With seasonal illness circulating, remember to protect your health and prevent illness.

Get immunized: Immunization is the single most effective way of protecting yourself against influenza viruses already circulating in our communities. It's not too late to be immunized. Vaccine continues to be offered to all Albertans (six months of age and older), free of charge. Remember: it takes up to two weeks after receiving your influenza immunization to be protected against influenza, so make plans to get your vaccine today! For more information, visit www.ahs.ca/influenza or call Health Link at 811.

Cover your cough: Cover your nose and mouth with a tissue when sneezing or coughing. If you don't have a tissue, always cough or sneeze into your arm, not into your hands. Throw away tissues after wiping your nose or covering a cough, and wash your hands.

Clean your hands: Using soap and warm water wash your hands thoroughly and often, including after coughing, sneezing, using tissues or the washroom, and before eating or preparing food. Alcohol-based hand rub or sanitizer can also be helpful if hands are not visibly soiled. Clean or dirty: always try to keep your hands and fingers away from your eyes, nose and mouth.

Stay home if you are sick: If you're experiencing illness, including fever, cough, diarrhea and/or vomiting, stay home from work, school, daycare or any social function. Please also do not visit family, friends or loved ones in hospitals, care facilities or seniors lodges, until you have fully recovered.

Mind your food prep: If you are sick, do not prepare food for anyone, until fully recovered. When you are cooking, always keep safe food handling practices top of mind. To help you with the turkey task, follow AHS' Turkey Tips: www.albertahealthservices.ca/turkeytips.asp

Around the house: Keep household surfaces clean, using a household cleaner. Think creatively when hosting gatherings: put a bow on a hand sanitizer pump and leave it out for guests to use; choose pre-wrapped candies or single serve food items instead of offering bowls of unwrapped snacks to all. Always thank others for declining invites due to illness.

Year-round: Keep yourself in good health by covering the basics: get enough rest, eat a balanced diet including at least five servings of fruit and vegetables each day, and exercise regularly. Finally, if you drink alcohol, do so in moderation and don't drink and drive.

For more information on these and other wellness topics, visit www.myhealth.alberta.ca, or call Health Link at 811.

SouthWest Edmonton Seniors Association (SWESA): Beating the January Blues

SWESA wishes you and yours a happy holiday season and joyous, prosperous New Year.

January can be a long, challenging month to get through. The excitement of the holiday season ends quickly. The long, dark days can make us lethargic. Joining a SWESA activity could be a way to get through those long days of January. Check out SWESA's January to March Program Guide at www.swedmontonseniors.ca, for more information on what is being offered. Or 'like' us on Facebook to follow the new activities from week to week. You can also contact the SWESA office at information@swedmontonseniors.ca or 587-987-3200 for more information.

There are many drop in activities to participate in: such as, a range of card groups, exercise classes, and coffee groups. In addition, there are many interesting educational programs. And once a month, there is a luncheon, giving you the chance to socialize, to have someone cook for you, and to have fun!

SWESA is a fairly new, vibrant seniors' activity centre, providing programs to 55+ individuals in southwest Edmonton. It is growing rapidly, with close to 400 members. Its home location is housed at the Yellowbird East Community Centre, with a satellite facility at the Terwilliger Community Recreation Centre. Check us out at www.swedmontonseniors.ca.

Recreational Opportunities

SWESA works in collaboration with the City of Edmonton to provide member recreational opportunities. Did you know that your \$30 SWESA membership entitles you to discounts at the City of Edmonton Recreation Centres of 15% to 20%, depending on the pass that you are purchasing? Chat with your local recreation centre for more details.

New Social Isolation Initiatives

Social isolation and loneliness affect the health and quality of life of many seniors in our community. A recent survey of Edmonton seniors found that 3 per cent do not socialize with anyone over the course of an average week and 9 per cent socialize with only 1-2 people in a week. More information on this survey can be accessed at <http://www.seniorscouncil.net/uploads/files/OlderAdultsNeedsAssessment-HighlightReport-COE2015.pdf>.

To provide opportunities for social interaction, the Edmonton Seniors Coordinating Council has spearheaded responding initiatives. PEGASIS – the Pan-Edmonton Group Addressing Social Isolation of Seniors – is a collaboration of agencies with years of experience and knowledge working to change how we think about our communities and the relationships created and shared. PEGASIS partners are working to find ways of reducing the loneliness and detachment experienced when individuals become less able to socialize. Check out their projects at <http://www.seniorscouncil.net/pegasis-projects>. For more information, contact Tim Henderson, PEGASIS Project Manager, at 780-423-5635 ext. 5 or tim@seniorscouncil.net.

Senior Website: Government of Alberta

The Government of Alberta has enhanced its senior's services website. Check it out at <http://www.seniors-housing.alberta.ca>. There are new resources about aging in place, as well as a range of provincial services provided for seniors. Subscribe to their newsletter at: Seniors.AFC@gov.ab.ca.

Happy New Year to all. May 2017 shine a bright light on you and your family.

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CAROL SERVICE
Sunday December 18th 10:30 a.m.
The Scripture readings tell the story of Christmas, starting with the Old Testament prophecies; in between these readings we sing carols – plenty of them!
So, if you like the carols of Christmas, this is the service for you.

CHRISTMAS EVE (Dec.24)
• Family Holy Communion at 4:00 pm (Program for Children)
• Candlelight Holy Communion at 9:30 pm

CHRISTMAS DAY (Dec. 25)
Holy Communion at 10:00 am

Everyone Welcome!

For more information call 780-437-7231
or email stmargaretsedmonton@gmail.com
Address: 12603 Ellerslie Road SW (corner of 127 St & Ellerslie Road)



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: Vacant
Secretary: Gonzalo Zambrano-Narvaez
Treasurer: Irma Cooper
Membership: Kelly Cassault
Facilities: Mark Nesdoly
Sports: David Murray
Sports Assistant: Vacant
Programs: Alex Kandathil
Social: Monika Langer
Communications: Natasha Mitrovic
Volunteer: Shauna Nichols
Fundraising Coordinator: Vacant
Casino Volunteer Coordinator: Jamie Popowich

MEETINGS:

Meetings held monthly September through June. Contact volunteer@twinbrooks.ca for times and locations.

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

Holiday Season

This holiday season we would like to encourage you to post your special holiday moments on our Twin Brooks Community Facebook Page. With so many cultures and so much diversity in our community in the spirit of giving we ask that you give a little of your holiday moments and cheer! We are asking for submissions for January's publication of the Community Views, "Celebrating the Holidays Twin Brooks Style....." If you would like to submit a picture a special moment and or a story please feel free to contact Natasha Mitrovic at communications@twinbrooks.ca.

The Twin Brooks Community League would like to wish all Twin Brooks residents, friends, family and neighbours a happy holiday season. Be safe, have fun and enjoy responsibly!

Age Friendly Edmonton Seniors Innovation End of the Year Celebration!

Come Celebrate the Final Event of 2016!

"Bridging Cultures thro' Breaking Bread"

WHEN : Saturday December 10, 2016 2-5 P.M.

Serving begins at 2:30 p.m.

WHERE : TBCL Community Centre - 11341 -12 AVE

Maximum participants: 99

SIF Volunteers to serve 3 distinct Multi-National cuisines – Middle Eastern, East Indian and Latin American

Our Multi-cultural participants will give short demonstrations of our Thursday evening dance & recreational movement classes including Square or Plaza dance, Cha-Cha, and Zumba.

Our Tai-chi students will also give a short performance of this ancient art There will be a modest display of our ORIGAMI and PAPER FOLDING CLASSES

We wish to thank the Twin Brooks Community League for their grant in order to carry the program into 2017 with a change of name to reflect the vision of - interaction across all AGES, ALL CULTURES.

It's the Community spirit that counted for the Program's success - "I wanted to provide a place and program where my parents could come and enjoy the company of other seniors" quote from a young man who was one of the core group of volunteers (15) mostly NON- SENIORS who caught the vision and created programs and events that served approximately 200 persons. Cumulatively, volunteers donated over 600 hours of time during 2016.

"Community service doesn't get any better than that"

We would also like to thank the specialists in their fields who gave of their knowledge and wisdom—making dishes from their own unique culture, gave talks from their specialties and developed programs to offer others. Most of these programs will continue through 2017.

If you would like to share a special skill/interest with others please feel free to contact

irichardsco@Hotmail.com Phone 780-989-5431

Gongchen.li@gmail.com text 587-982-2503

drmamdouhrezk@yahoo.com text 587-988-0970

wmenzghe@hotmail.com text 780-218-7006

Master classes for 2017 will represent the passing of skills/wisdom across generations. This will be the highlight of the new programs. Special thanks and kudos to the Twin Brooks Community League for their vision grant and continued support.

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

ATTENTION SENIORS !!!

PETROLIA SENIORS' GROUP (55+) Invites YOU to come to enjoy

LUNCH and a PROGRAM (\$15 except December)

Every Third Tuesday (except July and August) 11:45 a.m. (sharp) to 2:00 p.m.

at Greenfield Community Hall
3803-114th Street

December 16th – Outing to Christmas Bureau Caroling Sing-a-long

12:00-1:00 p.m. Winspear Centre-Cash Donation

January 17th, –Protect Yourself from Fraud and Identity Theft

Detective Linda Herczeg, Edmonton Police Service, Crimes Section

In addition enjoy another "outing" during the month

To CONFIRM your attendance or for more information
Call: Nick --780-435-1045 or Betty --780-434-0711

We look forward to your participation.

Bridge-Wednesdays 12 - 3 p.m. for info call Lawrence--780-436-2080



Message from Membership Director Kelly Casault

New Membership Benefits

We are happy to announce some great new benefits to Twin Brooks Community League Members!

All current TBCL Members now qualify for the **“Group Rates”** on all of the YMCA amenities. Please see the rate sheet on the first attached document for an illustration of the savings for youth, individuals, and families. If you are not a member of the YMCA, see the attached 2 week free trial coupon. (Pass is valid until December 31, 2017)

To access these new benefits, one would have to show their current TBCL membership card and personal identification. These benefits apply to all 4 YMCA facilities across the city.

| YMCA of Northern Alberta Continuous Monthly Membership | | |
|--|--------------|------------|
| GST is included. prices are subject to change | | |
| | Regular Rate | Group Rate |
| Adult General (25-64) | \$68.25 | \$61.44 |
| Adult Plus (18+) | \$126.00 | \$113.40 |
| Senior (65+) | \$57.75 | \$51.98 |
| Young Adult General (18-24) | \$52.24 | \$47.02 |
| Student (Full-time 18+ Years) | \$45.41 | \$40.88 |
| Additional Family Members (GST included)** | Regular Rate | Group Rate |
| Adult General (25-64) | \$61.95 | \$55.76 |
| Adult Plus (18+) | \$102.90 | \$92.61 |
| Senior (65+) | \$49.09 | \$44.18 |
| Young Adult General (18-24) | \$52.24 | \$47.02 |
| Student (18+) | \$45.41 | \$40.88 |
| Youth (13-17) | \$27.00 | \$24.30 |
| Preschool/Child (0-12) | \$27.00 | \$24.30 |

** Discount only applied if linked to an adult 18 years plus (living in the same household).

Create meaning this holiday season

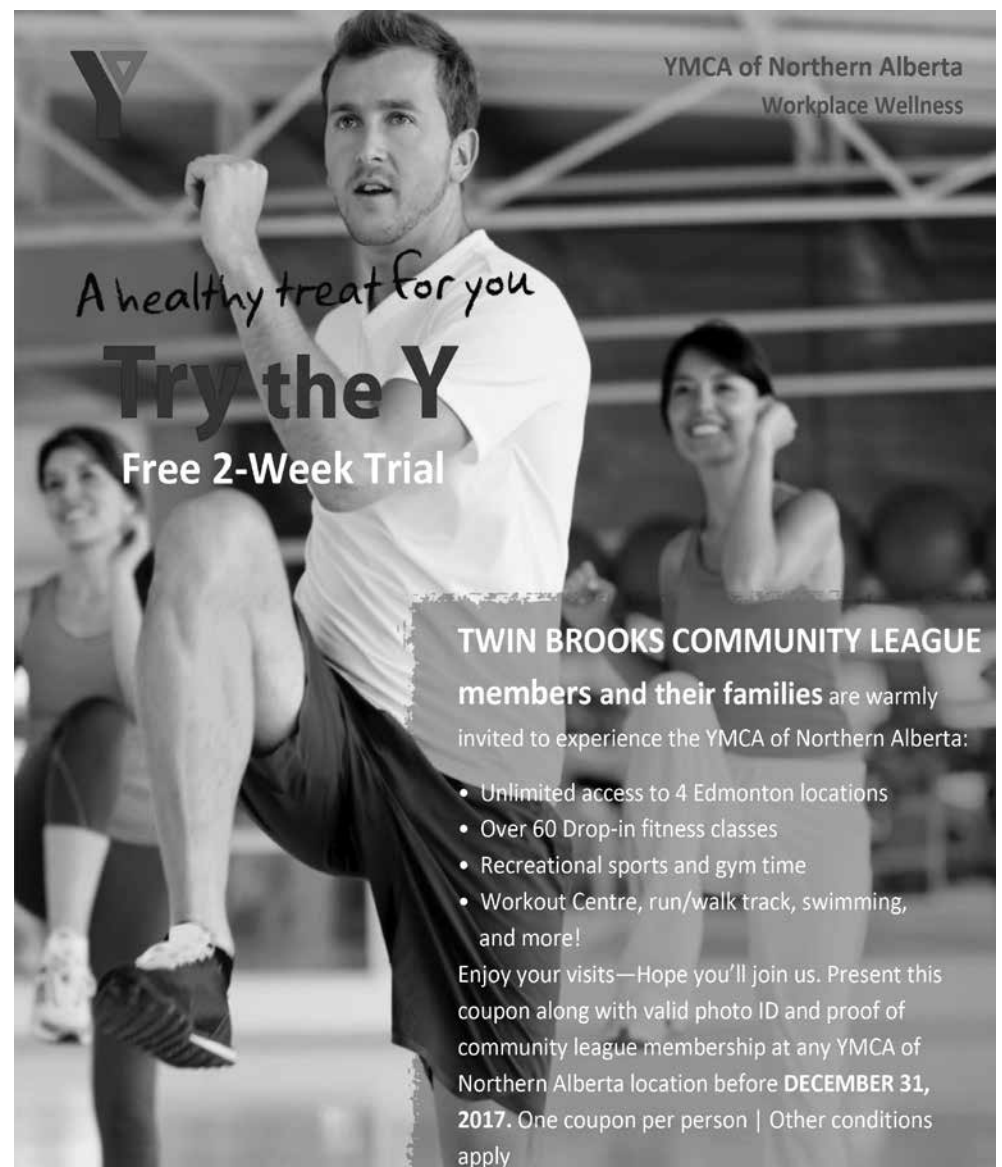
Holidays are a joyful time, offering a chance to reconnect with friends and family. But for many it can also cause stress and loneliness. You may worry about family matters, or it may be a painful reminder of past times.

During the holidays try focusing on some simple steps that can help reduce stress, low mood and grief that are commonly felt during this time of year.

Here are some ideas that may help you:

- Gratitude: Being thankful magnifies positive emotions and helps us appreciate the value in something or someone. Send a note of thanks to someone special or create a journal filled with things you are thankful for.
- Do something for yourself. Often times we are so busy taking care of others we forget to focus on ourselves. Take time for yourself this season by doing something you enjoy, go for a walk, or try a new hobby such as yoga or meditation.
- Connect. Join a community group, reconnect with friends, or volunteer.
- Keep a regular sleep, meal, and exercise schedule and limit alcohol. Taking care of yourself will help you deal with stressful situations during the holidays. Remember the 80/20 rule, and eat 80 per cent healthy foods.
- Get organized. Make lists or use an appointment book to keep track of tasks to do and events to attend.
- Learn to say no. It's okay to say "no" to events that aren't important to you. This will give you more time to say "yes" to events that you do want to attend.
- Know your spending limit. Lack of money is one of the biggest causes of stress during the holiday season. This year, set a budget and don't spend more than you've planned.
- Give something personal. You can show love and caring with any gift that is meaningful and personal. Make a phone call or write a note and share your feelings.

Remember, get help if you need. Holidays can be especially hard if you are already dealing with the death of a loved one or the breakup of a relationship. Talk with health care professional in your area or call Health Link at 811 or the Mental Health Helpline 1-877-303-2642.



Ask Charles

My real estate professional told me there is a standard rate of commission in Alberta, is that true?

It depends what they mean by “standard.” There is no legislative requirement or governing body that specifies the commission rate an authorized industry professional can or will charge.

The fact is, commission is something you can negotiate with your real estate professional. Some real estate professionals aren't willing to negotiate their commission while others are. That's their right. As a buyer or seller, you have the right to work with someone who charges a commission that you're comfortable with.

Before choosing a real estate professional, you'll likely want to compare the services and fees of a few real estate professionals. These interviews can help you understand the range of commission rates available, and the services provided at the various rates.

Typically, professionals calculate commissions by:

- a percentage of the sale price
- a flat fee or schedule of flat fees

- a fee for service
- a combination including any of these

Goods and Services Tax (GST) applies to real estate fees, as they are a “service.” When you’re signing an agreement to work with a real estate professional, make sure you understand the commission arrangements. The service agreement you sign is a legal document and it’s binding. If you don’t understand something in it or you don’t agree with something, don’t sign. Seek legal advice or find a different real estate professional to work with.

While some businesses or companies may have specific commission structures, extensive changes within the Canadian real estate industry in recent years means there isn't a standard commission rate.

“Ask Charles” is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA). RECA is the independent, non-government agency responsible for the regulation of Alberta’s real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.

Put Your Pants On Standing Up

What's the one exercise that will keep you young into your 80s? More people should be asking this question, and the answer might be surprising to you. It's simple, and from a scientific point of view, irrefutable: Put your pants on standing up. Every day. More than once if you can.

Come on, how many of us find it a struggle to get some exercise every day? Yet very few of us get through the day without putting on pants. (We'll call the rest the 'lucky ones') From a behavioural therapy point of view, we are more successful at reinforcing new habits when we tie them to something we already do regularly. You put your pants on every day, right? So start doing it standing up.

I don't have the balance, you say? Hmm. Did you know that breaking a hip increases your risk of dying in the next 12 months? And that people who fall break hips. And that people fall because their balance is poor. And that balance declines because we fail to practice it? Tell you what, how about practicing your balance every day, by putting your pants on standing up.

I'm too far gone for that, you say. Well, start by standing close to the wall. If you lose control, lean your shoulder into it for balance. After a couple of weeks, that wall's getting pretty lonely.

My belly gets in the way when I bend down. Ok, that's a good point. Eat better food, and less of it. And get some exercise. Once that belly shrinks, you'll be fine.

I have back pain and can't bend over. That is not a good enough excuse. There are hundreds of physiotherapists and other professionals nearby just waiting to help you with that. And don't give up if the first place you go doesn't work out. Find someone who specializes in your type of back pain. Get that better, and you'll be putting your pants on standing up.

My hip is stiff, and it hurts far too much to bend it all the way. We can agree that is a problem. Well in 2009 the Australian government published a report on hip and knee arthritis, with a whopping 34 recommendations for non-surgical treatment. Can you name even 10 of them? If not, go see someone about your hip and get that taken care of, because you've just got to get those pants on standing up. And do it slowly, as slow as you can. Slower than Interac on Boxing Day. The slower the better.

My pants are too tight for that. Then stop dressing like a teenager. I have a bad ankle that I can't stand on. Get it stronger. I get dizzy when I bend my head down. See a vestibular physiotherapist, because they can help. I feel silly doing it. Then close your blinds and stop dressing in front of the window.

I can do this already. Good. Now try getting those pants on standing up, both feet at the same time. All you need is a soft mattress and some knowledge of the Fosbury flop. Get to it, because this is a true statement: the more often you get those pants on standing up, the longer you will live.

Jeffrey Begg of CSA Physiotherapy is Edmonton's first Clinical Specialist Physiotherapist for musculoskeletal disorders.



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10710 - 19 Avenue NW

Friday, Saturday, Sunday

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

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

Deposit: same as fee

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

YECL Board Contacts

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

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

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



Thank you Volunteers!

A big THANK YOU to all the volunteers who assisted in the set up, operation, and clean up of our Pumpkin Patch Party. It was a fantastic event thanks to your efforts! Building a safe and vibrant community takes everyone's participation and we couldn't have successful events like this without you. Thank you everyone!

Learn to Skate

FREE Drop-In Learn to Skate is back at Yellowbird this winter.

Jan 14, 21, 28

Feb 4, 11, 18

10am - 1pm

At the Yellowbird outdoor rink. Skates and helmets are required.

Join the board!

Have you ever wondered who plans our amazing events? Or who makes sure we have ice to skate on every winter? Or who runs the Facebook page? Join our board of fun-loving directors and meet the people who work to keep our neighbourhood vibrant! Meetings are 2nd Tuesday of each month. Next meeting November 8, 7:00pm at Yellowbird Hall. See you there!

Parents and Tots Playgroup

This fun cooperative-run morning happens on:

Tuesdays, 8:45am-11:00am

We operate on the school calendar year. Join us for socializing, play, a snack for the little ones and chocolate for the Moms, Dads, or Caregivers. There is a small fee of \$2.50 per child required and your current Community League Membership. Hope to see you there!

We are also looking for those individuals interested in helping with the operating of playgroup 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.

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

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.

Edmonton 311 App

Report your concerns on the go!

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

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

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

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

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

Download 311 App

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

For more information:

Online Contact 311 Online

COLOURING CONTEST

HEY KIDS!

Colour this picture and
you could win a prize!

NAME _____

AGE _____

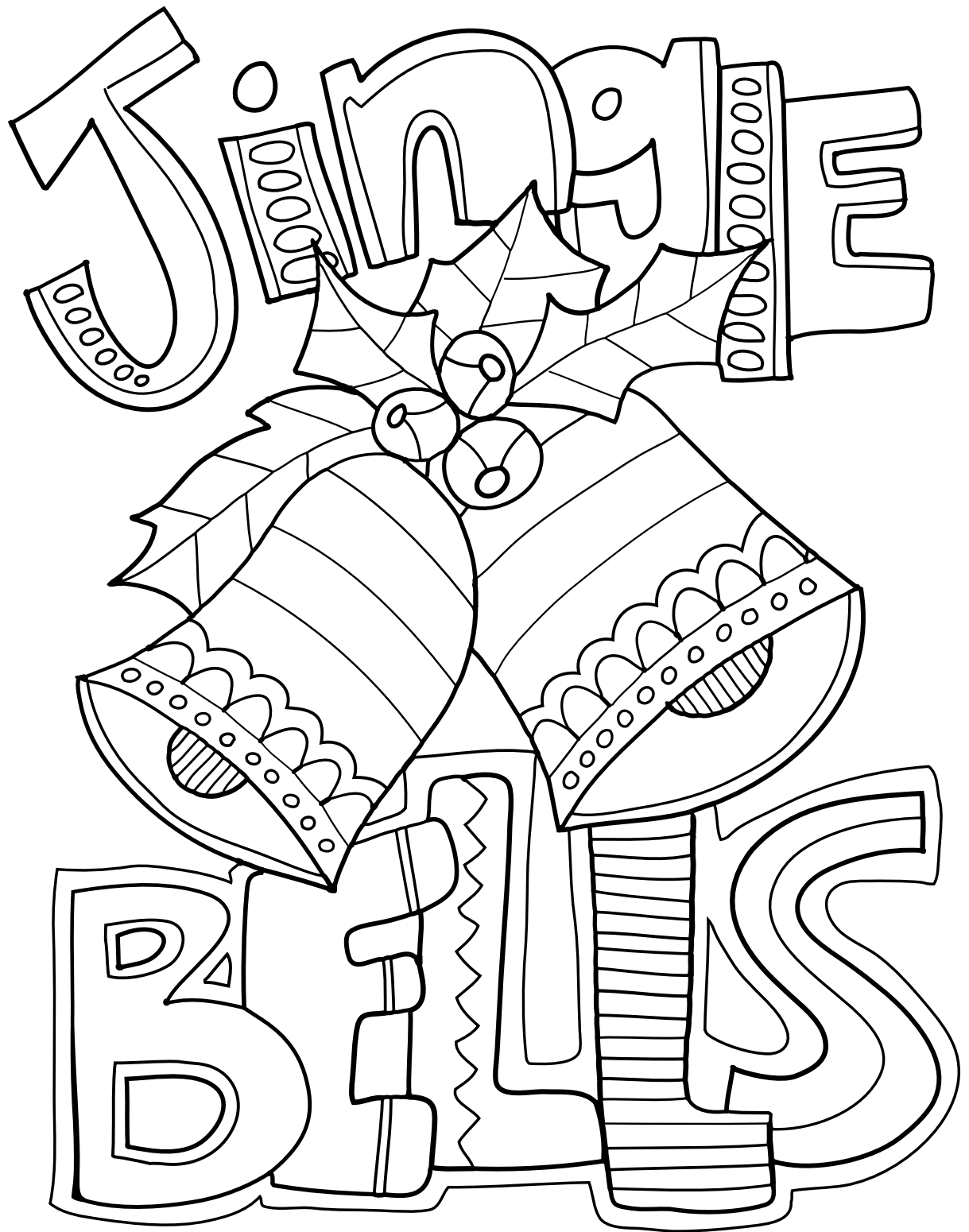
PHONE # _____

Drop off at the office at
Yellowbird Community Hall, or
Keheewin School office.

DEADLINE: Dec 21

Winners will be
announced
in January.

Have fun!



*Open to Yellowbird residents

* Need another copy of the picture? Download one off our website! yellowbirdcl.com



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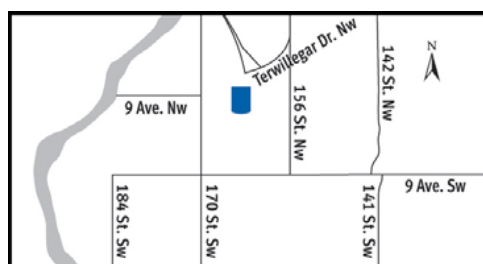
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Edmonton AB T6W 0L8
Tel: **780-448-6678**



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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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