

COMMUNITY VIEWS

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



February 2016

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



Blue Quill Ukrainian New Year's a Success

We all enjoyed ourselves at Blue Quill's first Ukrainian New Year's Celebration, feasting on fantastic food from Ukrainian Girl Catering and being treated to an awesome performance by the Kupalo Dance Ensemble. The tremendous musical talents of our favourite band, M.A.R.S., rocked us the rest of the evening. Thank you to the volunteers for helping make this event happen!



Callaghan Playground Development

check out the Blackmud Creek Community League Facebook page for updates on the Callaghan Playground Development



**Soccer Registrations
SWEMSA
2016
For all
Community
Leagues
See page 7**

Edmonton 311 App

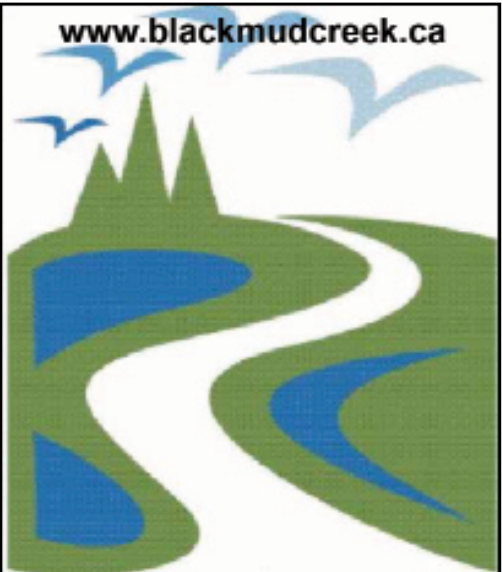
Report your concerns on the go!

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.

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

www.blackmudcreek.ca


**Blackmud
CREEK**
community league

We are the community league for the neighborhoods of Allard, Blackburne Creek, Callaghan, Richford, Royal Gardens at Blackmud Creek, and Southbrook.

Be Involved In Building Your Community! Join Our Board!

We currently have a few vacant positions open on our Board of Directors and are looking for community members to join and be involved in our great community.

- Programs Director
- Membership Director
- Facilities Director
- Neighborhood Watch

For more information on these positions please email blackmud-creek@gmail.com .

Upcoming Outdoor Soccer Registration

Watch our Facebook Page for information on Outdoor Soccer Registration. Or go to our website for more information. www.blackmud-creek.com. Or check out page 7 of this newspaper.

Free Swim for Community League Members

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



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

FOLLOW BLACKMUD CREEK ON FACEBOOK AND TWITTER
 (@blackmudcreekcl)

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

Check us out on Facebook &
 Twitter @blackmudcreekcl

EDMONTON

Find all community drop-in programs at

edmonton.ca/dropincommunityprograms

or call 311.




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!

Tuesday & Thursday 4:00pm – 7:00pm
Saturdays 1:00pm – 5:00pm

Southwest Program Locations	Address	Program Dates
Royal Gardens Park	4030 117 Street	January 5 to January 30
Windsor Park	11840 87 Avenue	January 5 to January 30
Duggan Park	3728 106 Street	February 2 to February 27
Twin Brooks Park	11341 12 Avenue	February 2 to February 27
Mount Pleasant Park	10503 – 60 A Avenue	March 1 to March 26
Brookside Park	5320 140 Street	March 1 to March 26
Blue Quill Park	11304 25 Avenue	March 29 to April 23
Rutherford	1327 Rutherford Rd SW	March 29 to April 23
Allard	660 Allard Boulevard SW	April 26 to May 21
Queen Alexandra	10722 73 Avenue	April 26 to May 21

2 Connect with your community at www.communityleagueneews.com

Community Views February 2016



CALLIOUX LAW
FAMILY LAW & MEDIATION

Callioux Law is accepting new clients. Our firm has an excellent reputation for working with our client to craft solutions to their legal issues. We specialize in:

- Family Law matters including Divorce, Custody, Access, Parenting time, Guardianship, Child and Spousal Support, Common-law and Matrimonial Property division, adoption, and grandparent access.
- Child Welfare matters including representing parents with child welfare involvement and representation of people who want to apply for guardianship of a child in care.
- Wills and Estates including preparation of Wills, Personal Directives and Power of Attorneys.
- Mediation and Divorce Coaching.
- Complex and highly contested files. Let us help you find a solution for your family.

Please visit our website at www.calliouxfamilylaw.com for more details.

Tel: 780-424-0812

1745, 10123 99th Street

We are accepting new patients
Walk-ins welcome

Rutherford Physical Therapy and Sports Injury Clinic

PHYSIOTHERAPY **MASSAGE**

ACUPUNCTURE **IMS**

- 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

City Services & General Information

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

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

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

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Total Money Makeover

A video workshop by Dave Ramsey. Offering a bold, no-nonsense approach to money matters, providing not only the how-to but also a grounded and uplifting hope for getting out of debt and achieving total financial health.

mosaicHouse

TUESDAY NIGHTS 7-9 PM
Starting March 15th
mosaicHouse Church, in the basement of Blue Quill Community Hall (use door by Tennis court)
COST: \$50 (includes materials)
PAYMENT REQUIRED WITH REG.
visit www.mosaicHouse.ca to register or email kim@mosaicHouse.ca

Whole Brain Development Program For Your Child

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

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

BENEFITS OF THE UCMAS PROGRAM

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

Call/Email us to register:

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

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

UCMAS MENTAL MATH SCHOOLS
DISCOVER THE GENIUS WITHIN

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	Amanda Mochado treasurer@bqcl.org
Secretary	Tim Battle secretary@bqcl.org
Past President	Andrew Happer pastpres@bqcl.org
Civics	Neil Dunwald civics@bqcl.org
Facilities	Ray Bessel facilities@bqcl.org
Fundraising	Richard Hughes fundraising@bqcl.org
Memberships	vacant membership@bqcl.org
Programs	vacant programs@bqcl.org
Publicity	vacant publicity@bqcl.org
Social	Felice Bassie social@bqcl.org
Sports	Janice Quinn sports@bqcl.org

Edmonton Police Alarm Green Stickers

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

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

Your BQCL membership benefits include:

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

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

Programs at BQ

Karate—Starts January 6

Vinyasa Yoga

Wednesdays 9am to 10am Starting January 6-8 weeks
Seniors Yoga
Wednesday 10:15am to 11:15am Starting January 6-8 weeks

Bellydancing

Thursdays 6:30pm to 8:00pm Starting January 14-8 weeks

2016 Outdoor Soccer Registration Info

Registration is coming up in February (Wednesday the 17th, and Saturday the 20th) - to be ready please:

- 1) Make sure you have enough cheques (up to 4) or order new ones!
- 2) Bring proof of address (utility bill, cable bill etc.)
- 3) Bring proof of players birthday (birth certificate, Alberta Health Care card, school ID etc.)
- 4) Visit our website BQCL.org for current fees and game days.
- 5) Contact Janice Quinn - sports@bqcl.org - to volunteer at registration and not write a volunteer deposit cheque!

Blue Quill Hall Rentals

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

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

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

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

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

The outdoor rink can be rented by BQCL members only. A rental fee of \$50 per hour applies for a minimum of 2 hours. An extra \$50 fee applies if the ice needs to be cleaned/flooded beforehand. The flooding will need to be coordinated with the schedule of the rink attendant.

Smaller rooms can be rented for \$75 per hour. BQCL members receive discounted rates of \$40.00 per hour! To rent the hall, send an email to rental@bqcl.org or call (780) 438-3366, and leave a message telling us when you'd like to rent the hall (think of giving us 2 preferred dates) and where/when we can get in touch with you. If interested, you can arrange a viewing with the BQCL Hall Representative.

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.



Join us at our annual
BLUE QUILL
COMMUNITY GARAGE SALE
Saturday, March 19, 2016
9 AM to 3 PM
11304- 25 Ave

We will have a variety of pre-loved goods for sale. There is sure to be something for everyone! Spring cleaning? Rent a table for \$30. Contact Kathryn or Felice at Blue Quill 780-438-3366 bqcladmin@bqcl.org



**LET THE
MUSIC MOVE YOU**

Zumba
 Tuesdays 6:45-7:45pm -
 January 12 - March 1 (8 sessions)
 Come and join me for this fun and energizing hour where you let the music move you while toning your body to Zumba Latin rhythms: Salsa, Flamenco, Merengue, Hip-Hop, Pop, Reggaeton and Fusion. No dance experience is necessary - only a heart eager to have fun, and open to learn. (All levels welcome)

Barre Body Sculpt
 Tuesdays 8:00-9:00pm - January 12 - March 1 (8 sessions)
 Bender Barre is a "Barre None" approach to the popular Barre classes infusing ballet, yoga, pilates, and strength conditioning to give you a very effective and safe workout good for all levels of fitness. This is the perfect fitness class to end your day and leave you feeling lengthened and conditioned. (Please bring a yoga mat or a towel - All levels welcome)

Cost: Classes are \$80 for Blue Quill Community League members/ \$95 for non-members

* minimum registration of 6 required to run classes

For more information, contact:
 Lisa van Vliet p. 780.935.3058
 e. lisawelcomesyou@shaw.ca
 w. lisavanvliet.zumba.com
 f. www.facebook.com/movewithLisa

To register, contact:
 Blue Quill Community League
 p. 780.438.336
 w. bqcl.org

* Talk to Lisa about the possibility of a Punch Pass Card, which will provide flexibility to attend any 8 sessions of the 2 classes listed (dependent on number of registrations).

Thank you

Our Santa's Anonymous toy drop at the hall resulted in 2 large bags full of toys donated before Christmas. Thank you for your help!

Edmonton 311 App

Report your concerns on the go!

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

- Potholes • Damaged side-walks • 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

BLUE QUILL SHITO-RYU ITOSU-KAI

KARATE
and SELF-DEFENCE
 for



Teaching in CANADA for over 50 years and in EDMONTON for 37 years

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.

WINTER SESSION STARTS
WEDNESDAY
JANUARY 13TH, 7PM

Knock off those New Year's resolutions, 2016:

- Get in Shape – **work out** more,
- *Learn* Something New,
- Meet new **friends**,
- Have Fun!

Do it all - **JOIN KARATE!**

Join with us,
 learn something new,
 have fun!

AlbertaKarate.com



Winter Belly Dance Classes

Blue Quill Community League
(11304-25 Avenue)

January 14 - March 24*
(10 Thursday classes) *No class Feb 25

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

Bellydance Level 1

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

Bellydance Level 2

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



2015-2016 HERITAGE POINT BOARD

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

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

In The Community on the HPCL Website

This page will feature events and activities happening in and around our community that may be of interest to the residents of Heritage Point, but are not directly organized by the League. Our goal is to keep members and residents informed of the variety and diversity of programming (educational, cultural, social, health-related, or recreational) in our community. This is not a “swap and buy page” nor is it a classified advertisement page - there are other, more appropriate sites for these types of postings.

To get your event/activity posted, please send a pdf or picture file to communications@heritagepoint.ca. Your poster should include all the relevant details and contact information. HPCL maintains full editorial rights for this page. Thank you for your interest.

HPCL Annual General Meeting

Heritage Point Community League had its Annual General Meeting (AGM) on January 20th, 2016.

Thanks to all of you who attended, showed your support and shared your ideas for our community. If you are interested in getting involved in our community, please contact Rhiannon at president@heritagepoint.ca

Please feel free to check us out on Facebook at Heritage Point Community League or on our website www.heritagepoint.ca.

Heritage Point Outdoor Soccer 2016

Heritage Point offers a spring outdoor community soccer program for children ages 4 to 18 years of age. Each week, U4 players have one game and U6 to U18 players have two games and may also have one practice (or more). Outdoor soccer usually begins the 1st week of May and ends late June, except for teams proceeding to post season play (U10 to U18) who may play into July and August. Registration for outdoor soccer is held each February.

Registration process begins with online registration, visit heritagepoint.ca for details. In person registration sessions are per the schedule.

Registration dates for ALL ages (U4 to U18) are:

Wednesday, February 10 - 6 PM to 9 PM

Saturday, February 20 - 9 AM to 2 PM

at the Ellerslie Rugby Club, 11004 9 Avenue Southwest, Edmonton

For more details, please visit the site.

http://www.heritagepoint.ca/index.php/mini_site/site/Soccer/home

Registration Process for New School – 2016

Beginning February 2, 2016, families of children entering kindergarten in September 2016 and wishing to attend Roberta MacAdams school in Blackmud Creek, can pre-enrol for the 2016-2017 school year. Existing Edmonton Public School students wishing to pre-enrol with the new school will do so online through the electronic pre-enrolment process beginning March 14, 2016.

Information on Attendance Area Boundaries visit web sites: Roberta MacAdams School – <http://www.e-psb.ca/schools/newschoolsandmodernizations/robertamacadams/>
Information on Registration: <http://www.e-psb.ca/schools/register/>

Four Things to Know About Blood Pressure

Dr. Trevor Day



Why should you care about your blood pressure? Most of the time, people with high blood pressure don't even know it and they feel fine. Can something so silent be dangerous? Unfortunately, the answer is yes. Elevated blood pressure is a risk factor for many serious illnesses, including heart attack, stroke, and kidney failure. Furthermore, often the first symptom of a blood pressure problem can be a consequence, like a stroke.

Here are four things you should know about your blood pressure.

It naturally increases as you age

At peak health, the arteries in your body – the channels that run blood away from your heart – are elastic and stretch with each heart beat. As you age your arteries naturally become less elastic, although the extent of this will vary from person to person. With less elastic arteries there is less give which leads to an increase in blood pressure.

Your lifestyle may be making it worse

Your behaviors can cause your blood pressure to increase. For example, excess weight and physical inactivity are both contributing factors. Additionally, things you consume – like excess salt and alcohol – also increase blood pressure. Finally, specific medications – for example over the counter anti-inflammatories like ibuprofen – can also contribute to an increase in blood pressure.

The definition of “Normal” is wide

If you ask someone what a “normal” blood pressure is, most would probably answer 120 / 80. In fact, normal can be anywhere from 150 / 90 to 90/60, depending on age, body size and lifestyle.

It's easy to check

These days most pharmacies and grocery stores have blood pressure machines that you can access for free. It's probably a good idea to check it every so often – say once every few months – if you are otherwise well with no medical issues. However, if you have a history of elevated blood pressure or other chronic medical conditions, it's a good idea to check it more often, at the direction of your family doctor.

If you think you have a blood pressure problem, or would like more information regarding blood pressure and your health, contact your family doctor. As the old saying goes, an ounce of prevention is worth a pound of cure.

Dr. Trevor Day practices as a full time family physician at Ravine Medical Clinic, in south west Edmonton.

Sore Shoulder!?
What next?

Shoveling, slipping on the ice, too much skiing, and now your shoulder hurts. Don't worry, most shoulder pain resolves itself. Take some rest, use some ice to reduce the inflammation (20 minutes at a time, up to 3 times per day), and avoid reaching into the back seat of your car which is one of the worst things you can do for a shoulder. Still sore after a week? That might become more of a problem. Ask yourself if you have properly rested it and settled the swelling down. If not, get going on that more seriously now. But there may come a time when your sore shoulder seems to have settled in for good.


You have a couple of options to get your shoulder pain diagnosed properly. You could see your family physician for advice, and you can also see a physiotherapist. Both will examine your shoulder to determine what the problem is, and what the best treatment plan would be. That might include further rest of your arm, anti-inflammatory medications or creams, stretches and exercises. Rarely would you require x-rays when you are first seen; that may come later if the problem fails to resolve.

Physiotherapists are experts in bone, joint and muscle injuries. You don't need a referral from a physician. Simply call your local clinic to book an appointment. Alberta Health does provide some coverage, though there is often a waiting list, and you may choose to avoid the wait and instead use your extended health insurance coverage.

For a sore shoulder, you can expect your physiotherapist to diagnose the problem first (tendonitis, impingement syndrome, osteoarthritis and rotator cuff tear are some of the more common). Next, you'll be given a plan to reduce any swelling, to regain painfree motion of your arm, to strengthen it back up again, and to avoid another occurrence in the future. Sometimes you are required to attend appointments over 4-6 weeks. Other times, 2 or 3 visits are enough, as long as you do some work on your own at home.

Even with a rotator cuff tear, it is rare that you would need to see a specialist or surgeon if you perform the proper rehabilitation first. Don't wait - get your shoulder under control before it becomes your first regret of 2016.


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




SWEMSA 2016 Community Outdoor Soccer Registration

Check EMSA Southwest Web Site for Registration details.
Online Registration available January 25, 2016

Then attend your Community registration session listed below to complete the registration







Blackmud Creek Community League

Includes: Southbrook, Royal Gardens, Blackburne, Callaghan, Cavanagh and Allard

ALL Age groups U4 (Mighty Mite) to U18 - Complete registration at **Ellerslie Rugby Club - 11004-9 Ave SW**







Blue Quill Community League

Includes: Skyrattler and Sweetgrass

Age groups U4 (Mighty Mite) to U18 - Complete registration in person at **Blue Quill Hall – 11304-25 Ave NW**







Heritage Point Community League

Includes: Rutherford, MacEwan, Creekwood Chappelle and Chappelle Gardens


All Age groups U4 (Mighty Mite) to U18 - Complete registration at **Ellerslie Rugby Club - 11004-9 Ave SW**






Twin Brooks Community League


Age groups U4 (Mighty Mite) to U18 - Complete registration at **Twin Brooks Community Hall - 11341-12 Ave NW**





Yellowbird Community League (including Erminskin)

Age groups U4 (Mighty Mite) to U18 - Complete registration at **Yellowbird Hall – 10704 19 Ave NW**



LOCATIONS, DATES AND TIMES

Blue Quill Hall – 11304-25 Ave NW Contact: sports@bqcl.org Dates: Wednesday Feb. 17, 2016, 6:00 – 9:00 pm Saturday Feb. 20, 2016, 9:00 – 1:00 pm Ellerslie Rugby Club 11004-9 Ave SW Contact: bcclsoccer@gmail.com (Blackmud Creek Community) soccer@heritagepoint.ca (Heritage Point Community) Dates: Wednesday Feb. 10, 2016, 6:00 – 9:00 pm Saturday Feb. 20, 2016, 9:00 – 2:00 pm	Twin Brooks Community Hall – 11341-12 Ave NW Contact: sports@twinbrooks.ca Dates: Tuesday Feb. 9, 2016, 6:00 – 9:00 pm Thursday Feb. 11, 2016, 6:00 – 9:00 pm Saturday Feb. 20, 2016, 10:00 – 1:00 pm Yellowbird Hall – 10704 19 Ave NW Contact: soccer@yellowbirdcl.com Dates: Wednesday Feb. 17, 2016, 6:00 – 9:00 pm Saturday Feb. 20, 2016, 9:00 – 4:00 pm
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2015 SOCCER FEES

Age Groups	Birth Year	Fees
U4	2012	\$75
U-6	10–11	\$105
U-8	08-09	\$125
U-10	06-07	\$135
U-12	04-05	\$145
U-14	02-03	\$155
U-16	00-01	\$175
U-18	98-99	\$185

- You **MUST** register online before attending the in-person registration sessions. See your community website or SWEMSA for details to complete that step.
- Deposits will also be required for uniforms & volunteer fees. Please bring separate cheques for each.
- All soccer players require a community membership. They can be purchased online or at the registration sessions.
- Players must register in their home communities for the outdoor season. You may request a transfer at the time of registration if you would like to play in another community.
- Players trying out for Sting Competitive Soccer are encouraged to register with their home community to reserve their position in the community if they don't make Sting

REFEREES – We need referees! Ages 12+ can apply - get paid at every game- training is provided.

Contact malmomary@shaw.ca for more information.

Connect with your community at www.communityleagueneews.com

7

RAVINE MEDICAL CLINIC

(780) 988-1364

#203, 14127 - 23 AVE (CORNER OF RABBIT HILL RD & 23 AVE)



ALL FAMILY PHYSICIANS TRAINED AT UNIVERSITY OF ALBERTA

DR. RENFRED CHOW DR. ANDREW CHUNG
DR. TREVOR DAY DR. VICTORIA UNG

Bearspaw Family Pharmacy

Remedy'sRx

The Local Drug Store

1929 - 105 Street
Edmonton, AB

(780) 485-8195

Your local, independent,
family owned pharmacy.

Transferring your prescriptions
is as easy as



1 Which medication(s)?
2 From where? 3 We'll do the rest



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TWIN BROOKS Community League

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

Twin Brooks Board

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

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

Community Group Announcement

Like to play cards?
Twin Brooks and Southwest Communities 50+ Group
Meet once a month.
When: The last Thursday of every month
Where: Yellowbird Community Hall 10710 19th Ave
Everyone is welcome for a fun afternoon of friendship, no membership required, just a loonie. It's a potluck so bring something you'd love to share and enjoy the coffee, the company and the goodies. For more information please contact Joyce Makarowski 988-6262 or email: joybm41@yahoo.com



Seniors Innovation Fund Presents

Age Friendly Edmonton Seniors Innovation Fund in partnership with Twin Brooks Community League present Bridging Cultures thro' Breaking Bread

Next Event
When: Saturday February 27, 2016
Where: Twin Brooks Community Center 11341 12th Avenue
Time: 2-5pm

February is Black History Month and we will be celebrating with an exhibit of material sponsored by the Edmonton Public Library @ Whitemud Crossing.

We will also be celebrating Chinese New Year with a variety of dumplings and flavors, including Halal chicken. We will be featuring a special mother daughter team that will demonstrate how to make Chinese dumplings.

Everyone is welcome; this is an all ages event. Please contact irichardsco@hotmail.com or telephone 780-989-5431. Please RSVP by February 17, 2016.

Message from the President

Dear Residents of Twin Brooks,

It is my honour to report to you as President of our fantastic community some of the amazing strides and accomplishments of 2015 and the goals ahead in 2016!

In the spirit of servitude your Twin Brooks Community League Board of Directors has fostered relationships with groups such as The Edmonton Federation of Community Leagues (EFCL), the South West Area Council (SWAK) and the City of Edmonton Community Recreation division to build strong foundations of communication and partnership to grow our league and our community programs and services.

Community League Centre:

Thanks to the dedication hard work and perseverance of the Twin Brooks Community League Board of Directors and many other community volunteers our NEW TBCL Centre is now open!

A "FIRST" for Twin Brooks, we will now offer social, cultural, recreational, civic and sports programs through the centre to enhance, strengthen and grow our community.

The NEW Twin Brooks Community League Centre will serve our community well, fostering greater connection amongst neighbours, a central meeting place for friends, families, children, and seniors and any resident that calls Twin Brooks home.

2016 will provide new opportunities for residents to participate in activities at the Community Centre and it will be just another great reason to call Twin Brooks home.

We will host the Twin Brooks Winter Carnival on February 6th, 2016 and our Grand Opening Celebration is scheduled for April 30th, 2016.

Our Path Forward:

It is important for us as contributing community members to create new goals to enrich our fabulous community whilst maintaining our focus on the foundations of our success -- our donation of time, and commitment to positive outcomes.

We will continue to grow with the Nature Stewardship Program, the Age Appropriate Senior's Program, Community League Soccer, the Green Shack Program for children, and many more.

We would love to hear from you with respect to any programs, services, or events you would like us to explore.

Also, if you would like to donate some of your time to the community, our Volunteer Director would love to hear from you!

I wish each and everyone a healthy and happy year on the path forward!

"Onward & Upward!"

*Sincerely,
Mike Lanteigne
"Save Our Sports Fields!"
Visit www.twinbrooks.ca*

Twin Brooks Community League Centre & Outdoor Rink

The Community Centre had a very successful first Christmas Break season. Dozens of people were out enjoying the rink and using the Community Centre daily.

The Community Centre will be open to the public during the following hours:
Thursday 4pm to 8pm
Friday 4pm to 8pm
Saturday 9am to pm
Sunday 11:30am to 4:30pm

There will be a rink Attendant on duty during open hours.

The Community League will start verifying for Community League Membership skate tags. There will be a \$2 skating fee without a skate tag or proof of membership. Annual Memberships can be purchased by visiting our website www.twinbrooks.ca single members 35.00, family memberships 50.00. Member benefits are listed on our website. One great benefit is the use of the NEW Twin Brooks Community Centre.



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

Fun Facts

How do we make it happen?

The Twin Brooks Community League own, operate and maintain the facilities through the work of many volunteers, and the sale of community memberships supports operating and maintaining the facilities, and programs, in partnership with the City of Edmonton Annual Operating grants.

Want to serve in your community?

Opportunities to get involved with Community Centre and Sports Facilities contact facilities@twinbrooks.ca

Building a Community, One Volunteer at a time...

Twin Brooks Community League Winter Carnival

Twin Brooks Community League Presents Winter Carnival 2016
When: Saturday February 06, 2016
Time: 130-430pm
Where: Twin Brooks Community Center
 Sleigh Rides, Tobogganing, Maple Sugar Shack, Hot Chocolate and treats. Come with your families, your friends, meet your neighbours and make new friends! Everyone is welcome!

Programs Starting In January At Twin Brooks Community Centre

Still accepting late registration. Registration can be completed on line for more information please visit the website www.twinbrooks.ca

Tai chi: A gentle form of exercise appropriate for all ages and fitness levels. It promotes health benefits such as increased flexibility, improved strength, enhanced concentration and balancing of internal energy. It improves the health of body, mind and spirit. Classes are run in 12-week sessions with classes once per week at Twin Brooks. If participants wish to attend other classes throughout the week, they are offered at two other locations as well. The first session will be focused on learning and practicing basic foundational exercises, and introducing the gentle stretching movements of the Tai Chi form.
 Wednesday’s from 7pm to 8pm starting January 13

Zumba: A dance fitness program, which involves dance and aerobic elements. The choreography incorporates hip-hop, soca, samba, salsa, merengue, mambo and many other international dance moves. Squats and lunges are also included.
 The class runs for one hour and is full of fun and party spirit. When finished, you will not notice that it was a full hour of cardio workout that has been scientifically proven to improve cardiovascular endurance and resistance training. The dance moves are designed the way that they are very easy to follow for everyone and dance experience is not required!!!
 Tuesday’s from 9:00am to 10:00am starting January 19

Vinyasa Yoga: This yoga class will work with connecting your breath with your movement. The class will start by moving and flowing, then will slow things down with some hip openers, and gentle yoga to leave you ready for a good night sleep. This class is suitable for all levels of students.
 Tuesday’s from 7:30pm to 8:30pm starting January 12



Not just a Dojang.



9159 25 Avenue, Edm, AB, T6N 0A5

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






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

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

- Classes offered are as follows:
- Little Tigers (4 – 5 year olds)
 - Children Program (6 – 14 year olds)
 - Adult Program (15 years old and up)

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





Twin Brooks Community League

2016 Winter Carnival

Saturday February 6, 2016 1:30 to 4:30

at Twin Brooks Community Centre

Sleigh Rides | Skating | Tobogganing | Maple Sugar Shack

Treats | Hot Chocolate | Friends and Neighbours

Fun for All!!

Twin Brooks

Spring Soccer 2016

Calling all Twin Brooks Players
Players are required to first register online at
SWEMSA - Twin Brooks Residents Available February 1, 2016

Age Group	Birth Year	Playing Times	Fee's	Late Reg Fee's
U4(MM)	2012	Saturday Mornings	\$75	\$10/player
U6	2010 / 2011	Mon/Wed 6:15pm	\$105	\$20/player
U8	2008 / 2009	Tue/Thur 6:15pm	\$125	\$30/player
U10	2006 / 2007	Mon/Wed 6:15pm	\$135	\$30/player
U12	2004 / 2005	Tue/Thur 6:00 or 7:30pm	\$145	\$40/player
U14	2002 / 2003	Mon/Wed 6:00 or 7:30pm	\$155	\$40/player
U16	2000 / 2001	Thur 7:45 & Sun 5:00 or 7:00pm	\$175	\$50/player
U18	1998 / 1999	Wed 7:45 & Sun 5:00 or 7:00pm	\$185	\$50/player

1 Separate cheque for registration per player (dated for March 31st, 2016)

1 Community League membership cheque per family - \$55



1 Volunteer deposit cheque per family - \$200 (postdated to April 15, 2016)

1 Jersey deposit cheque per player - \$50 (postdated to July 1st, 2016)

U4 & U6 players do not need a jersey deposit

Payment Sessions at Twin Brooks Community Center
11341-12 Ave. NW, Edmonton, AB, T6J 6W8

February 9, 2016 6-9pm
February 11, 2016 6-9pm
February 20, 2016 10-1pm



1120 113 St NW
Edmonton AB T6J 7J4
T 780-439-9334
F 780-439-9356
E georgepnicholson@epsb.ca
georgepnicholson.epsb.ca

KINDERGARTEN REGISTRATION for 2016-2017

Registration for kindergarten begins on **Tuesday, February 2, 2016**. George P. Nicolson School will continue to have Optimal Enrolment guidelines for the **2016-2017** school year. This means we will first accommodate all students in our school catchment area and siblings of current students attending our school outside the catchment area. If we have space, we will accommodate new students outside our catchment area. Depending on numbers, a random selection process may be utilized for new students outside our catchment area if the number of requests is greater than number of spaces.

Please bring a copy of your child's birth certificate and proof of residency.

Children who are age 5 before March 1, 2017 are eligible to attend kindergarten in September 2016.

Please note: Parents can only register their child/children at one school.

KINDERGARTEN OPEN HOUSE

Our Kindergarten Open House for **2016-2017** students will be held on **Tuesday, March 1, from 6:00-7:00 p.m.** This is an opportunity for parents and new kindergarten students to attend an orientation of the kindergarten program and to experience hands-on learning activities.

KINDERGARTEN ORIENTATION FOR CONFIRMED REGISTERED STUDENTS

A kindergarten orientation will be held for parents for confirmed registered kindergarten students on **Tuesday, May 10, 2016 from 6:30-7:30 p.m.** in the school library.

A confirmed registered kindergarten student is one who:

- resides in the school's catchment area

or

- has a sibling who is currently attending the school and will be attending the school in the 2016-2017 school year

or

- has been successful in the random selection – the parents will be contacted by telephone to inform them if their child has been successful or unsuccessful in the random selection. Students that were not successful in the random selection may register at their designated school or another school of choice if there is space.

If you require further information, please contact the school office.

Sincerely,
Mrs. R. Paul - Principal



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YECL Board Contacts

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

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

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

Hall Rental

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

10710 - 19 Avenue NW

Friday, Saturday, Sunday

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

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

Deposit: same as fee

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

Christmas Colouring Contest

This was the most difficult year for our judges, with a collection of fantastic entries. Great job to everyone who entered! And a big congratulations to our three winners: Mariam, Milla, and Lynne. Each winner will receive \$25 at Toys R Us. Congratulations!

Building Choices in Keheewin

Discussions continue regarding the building site next to Keheewin school. Visit our website for the full story: www.yellowbirdcl.com

Landscape Design Contest - Calling local talent!

Are you a landscape designer, or a landscape design student? Show us what you've got! We are currently accepting design proposals for our new Yellowbird Community Garden. We are excited about the possibilities this garden holds, and can't wait to see our local creativity! This is a great chance to be involved in our community in a lasting way, by leaving your mark on a public space that will be loved and enjoyed for years to come. Visit our website for contest details and guidelines: yellowbirdcl.com/garden/contest

Parents and Tots Playgroup

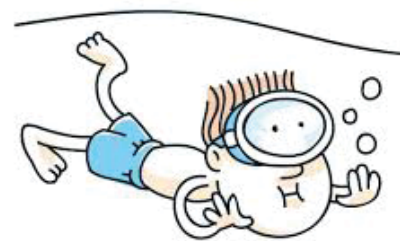
Join us for a drop-in playgroup at Yellowbird Community Hall, for moms/dads or caregivers and their little ones 0-6 years old.

\$2.50 per child, per visit, with your community league membership
 Tuesday mornings, 9am – 11am



Yellowbird Yoga

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



Free Community Swim for Members

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



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

Learn to Skate

This is a FREE drop-in program for ages 4 and up!

Mondays	3:30-6:30pm	McKernan (11341-78Ave)
Tuesdays	3:30-6:30pm	Twin Brooks (11341-12Ave)
Wednesdays	3:30-6:30pm	Bulyea Heights (280 Bulyea Rd)
Thursdays	3:30-6:30pm	Duggan (3728-106St)
Fridays	3:30-6:30pm	Blue Quill (11304-25Ave)
Saturdays	10am-1pm	Allard (660 Allard Blvd SW)
Saturdays	2pm-5pm	Henderson Estates (3408 Riverbend Rd)
Sundays	10am-1pm	Empire Park (4804-107St)
Sundays	2pm-5pm	Allendale (6330-105ASt)

* No programs on Family Day weekend, Feb 13-15

** Program will be cancelled if the temperature with wind-chill is -20C or colder.

More information at edmonton.ca/dropincommunityprograms

Free Public Skating

Did you know that free public skating is available at arenas around the city? Check out <http://www.edmonton.ca/arenas> for times and places.



YELLOWBIRD COMMUNITY LEAGUE Free Family Fun Day!

Chili Hotdogs Sleigh rides Skating Hot chocolate Outdoor fun



February 15th, 2016 from 12-4pm
Yellowbird Community Hall
10710-19 Avenue

Join your friends and neighbours for food and activities, such as chili & hotdogs, hot chocolate & cookies, skating, sleigh rides, pony rides, petting zoo and more.



OPEN TO ALL SOUTHWEST AREA COMMUNITY MEMBERS

FREE FAMILY FUN DAY SPONSORED IN PART BY SOUTHWEST AREA COUNCIL

Yellowbird's Community Garden SPRING KICK-OFF



Spring is coming, and Yellowbird's Community Garden is moving forward with plans for our permanent garden! We'll be holding an open meeting to share information and to sign up to join:

Saturday Feb 27
1pm-3pm
At Yellowbird hall

Come out to check out our plans! We would also love to hear your ideas, especially if you have expertise in gardening or landscaping. Come see where things are at!

Ready or not, it's healthy to have a plan

Whether you're ready to start trying for a baby, or not ready to start trying, it's healthy to have a plan.

Alberta Health Services is sharing this message with all Albertans of reproductive age, through a new website: www.readyornotalberta.ca.

The website provides helpful tips, tools and to-do lists for those who are not yet pregnant, but who are either contemplating trying for a baby, or, who want to ensure that they remain not pregnant. For both groups, there are important considerations, many of which will impact health today, and in the future.

Given 40 per cent of pregnancies are unplanned, it's important that Albertans be aware of their health, before they conceive. This includes considering birth control options, but also goes far beyond that to include such things as nutrition, healthy weights, exercise, environmental factors and drug, alcohol and medicine use.

Advertisement - Edmonton City Councillor Bryan Anderson - Ward 9

City of Edmonton shows leadership in energy and environmental design



Through the City's Sustainable Building Policy, all new City-owned buildings and major renovations are designed and constructed to achieve Leadership in Energy and Environmental Design (LEED) Silver Certification as a minimum. Established in 2008, the policy ensures facilities like the Terwilliger Community Recreation Centre are built to an environmentally sustainable standard that benefits all Edmontonians, now and in the future.

The LEED rating system is recognized as the international mark of excellence for green building in more than 150 countries. In addition to LEED certification, City facilities are also built to achieve at least 30 per cent higher energy efficiency than the current National Energy Code of Canada for Buildings.

The guidelines for achieving LEED Silver Certification provide the framework to design buildings in a way that reduces costs and increases energy efficiency. This includes designing mechanical and electrical systems that are energy efficient and selecting windows that will balance a need for natural daylight and views, while minimizing energy loss.

There are many ways the LEED prerequisites and credits help reduce the environmental impact of the City's buildings, including:

- **Energy and Atmosphere:**

- o **Minimum Energy Performance:** reduces the environmental and economic harms of excessive energy use by achieving a minimum level of energy efficiency for the building and its systems.

- o **Optimize Energy Performance:** achieves increasing levels of energy performance beyond the prerequisite standard to reduce environmental and economic harms associated with excessive energy use.

- **Indoor Environmental Quality:**

- o **Daylight:** introduces daylight into the space, which reduces the use of electrical lighting.

- o **Quality Views:** gives building occupants a connection to the natural outdoor environment by providing quality views.

Once facilities are operating, the City works to ensure they achieve a balance between energy efficiency, environmental sustainability and growth outcomes. The Office of Energy Management is responsible for enhancing energy performance to help reduce the City's Greenhouse Gas (GHG) footprint. It achieves this through a number of ways, including using the sun (solar PV and solar thermal energy), biomass (waste management) or using 'greener' sources of energy such as natural gas to generate electrical power and heat.

These programs all support the City's The Way We Green strategy, which strives to make Edmonton a more sustainable and resilient city.

For more information on the Sustainable Building Policy or the Office of Energy Management, visit www.edmonton.ca.

If you have questions or comments, I can be reached at 780-496-8130, bryan.anderson@edmonton.ca or through my website at www.bryananderson.ca.



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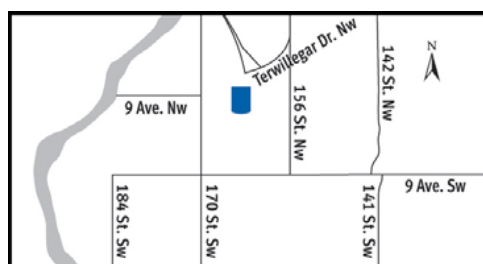
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Friday: 9:00 - 5:00
Saturday: 9:30 - 3:00
Sunday: Closed
Bank Holidays: Closed

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