COMMUNITY VIEWS

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

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

Edmonton's Front Yards are in Bloom

Spring is here, and we want to see your bloomin' great yards! The Front Yards in Bloom program is all about recognizing neighbours who make an effort to beautify their front yards.

Front Yards in Bloom started in 1999, with 150 nominations in its first year. It is now the largest program of its kind in Canada. Last year, we received over 4,221 nominations city-wide. This year, our goal is to receive 5,000 nominations. Nominations can be submitted from May 20 – June 30, 2016.

Front Yards can be nominated in one of four categories:

• General: Appealing front yards that makes people smile as they pass by! These yards could include a variety of colours, textures, plants, and garden features. Must have at least 25% flowering plants, but can still include pots and containers.

• Natural: Yards with native plants that attract local wildlife such as birds, bees, butterflies and other insects. A natural yard is one with 60% native plants (compared to all plants) or more.

• Edible: Yards incorporating edible fruits, flowers, and leaves into the landscape design. An edible yard is one with 60% edible plants (compared to all plants) or more.

• Public Spaces: Yards with landscaping features and aesthetic appeal in front of a public building (including schools, businesses/offices, multi-unit residences, churches, and community league halls)

After the nomination deadline, volunteers deliver a sign and brochure to each nominated yard, and also choose some top yards for recognition. Edmonton Native Plant Group and Sustainable Food Edmonton judge the top Natural and Edible yards, respectively. Results will be announced during the Edmonton in Bloom Awards on Thursday, August 25, 2016 from 7-9pm at the Citadel Theater. Everyone is invited to attend the celebration!

It's Easy to Nominate!

• Anyone can submit a nomination

• Nominations must be for a front yard or a yard visible by everyone.

• You can submit nominations via:

□ Online submission form: www.frontyardsinbloom.ca

Definition Phone 311 or email 311@edmonton.ca Front Yards in Bloom is a partnership between the Edmonton Horticultural Society, the City of Edmonton, and the Canadian Union of Postal Workers.

Questions? Visit: www.frontyardsinbloom.ca or email front.yards@edmonton.ca

Breaking news: the playground expansion by Johnny Bright School is coming!

The A. Rutherford Park Expansion project is finally starting construction this summer, as a result of the hard work of our dedicated volunteers (past and present, since 2011), local donations, provincial and municipal grants, and helpful City of Edmonton employees. Although we did not receive all the grant monies that we had hoped for, the project will still go forward as planned thanks to the Heritage Point Community League's promise to make up the difference in the budget... THANK YOU!!!

Please see the attached drawings showing the location of the playground expansion within the park site (Concept "D"), and the actual equipment that will be going in (Draft 3). Construction should start as soon as July 1st, 2016, so watch for safety fences to be installed around that time. With the exception of the swings, the current playground will be available for play during the construction, and precautions will be taken to keep the area safe.

After 5 years of work, we are so excited that this long awaited expansion is in the final stages! Although no changes can be made at this point without pushing our construction back to 2017, please forward any questions or concerns to our committee chair, Jayne Blinzer.

Sincerely, The A. Rutherford Park Expansion Committee Sub-Committee Heritage Point Community League

(Contact Jayne at jayneblinzer@gmail.com)

Callaghan Playground Fundraiser - Golf Tournament

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

> Register today: www.callaghangolf.ca



Edmonton 311 App

Report your concerns on the go!

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

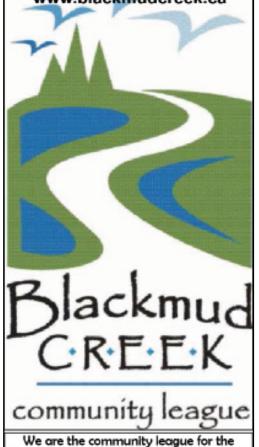
- Potholes Damaged sidewalks Damaged trees
- Litter Graffiti

Help keep Edmonton great! Be the eyes and ears on the streets! By doing this, you're helping us to better assess, prioritize and determine the corrective action based on severity, location, and other factors. Note: The 311 mobile app is one more way for you to report your concerns to the city.

Download 311 App Search for "Edmonton 311" on: Google Play & iTunes App Store For more information: Online Contact 311 Online



www.blackmudcreek.ca



eighborhoods of Allard, Blackburne Creek, Callaghan, Richford, Royal Gardens at Blackmud Creek, and Southbrook.

Volunteer Positions On Our Board!

Programs Director

Want to be involved in social and family events in the neighbourhood? Volunteer with Blackmud Creek Community League as our **Programs Director!**

Neighbourhood Watch Director

Acts as the community liason between the Community League and EPS. Responsible for Police Clearance for community volunteers. Assist in putting together community Block Watches and other initiatives to help keep our communities safe.

For more details about these volunteer board position please email blackmudcreek@gmail. com.

CANADA DAY CELEBRATION JULY 1, 2016 at Southpointe **Community Centre** (behind Save on Foods) Check our Facebook page for more details

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 blackmuder

Check us out on Facebook &

Twitter @blackmudcreekcl

EDMONTON

*Participants must have their

own bikes. A CSA

approved helmet

is mandatory for

participation*

edmonton.ca/dropin communityprograms

Edmonton

Free Drop-In Bike **Safety Program**

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

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

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

Participants can stay for the full 3 hours or drop-in for a short while! *The program may cancel due to inclement weather*

AND.....Action

Date: August 2-5 Time: 9 am - 4pm Ages: 6-10 yrs Cost: \$114 Corse Code: 559881 Little Top Circus

come all!

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

Course Code: 559696

Registration opens March 16, 2016.

your family at the red carpet premiere

EDMONTON



Community League Wellness Program

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

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

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

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

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

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

For more information, please call 311 or visit www.edmonton.ca/wellness

Conversations matter: talk about your wishes and health care values

Do your loved ones know what type of medical care you would want if you were unable to speak for yourself?

Many of us "save for a rainy day", plan for retirement, or even plan our next vacation. Just as important, we need to plan for our health care future – and make sure our wishes are known.

Alberta Health Services is encouraging you to think about, talk about and document your wishes for healthcare to ensure your voice is heard. Advance Care Planning allows your family or close friends to know what kind of care you want, and could bring comfort and peace of mind to those making healthcare decisions on your behalf.

Take the time to talk to your friends and family about your wishes. If there's an unexpected event or change in your health and you aren't able to make decisions about your healthcare, having a plan in place ensures your wishes are known. Check out AHS's interactive guide to help you start the conversation. Things you can do:

Learn about Advance Care Planning

• Think about your values and wishes for your healthcare now and in the future

• Talk with those who you are close to about your values and wishes

- Discuss your wishes with your health care provider
- Consider naming an Alternate Decision Maker or agent

• Complete your personal directive

It's about making choices for your health care before a personal crisis, you owe it to yourself and you owe it to your family to think about your health care wishes now. Visit: www.conversationsmatter.ca

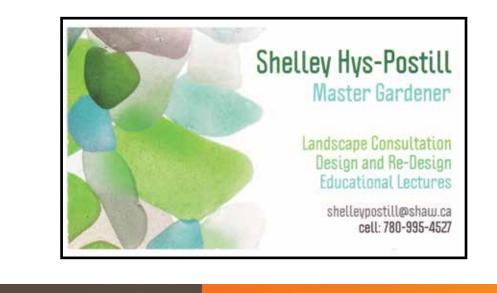
Physical Therapy and Sports Injury Clinic

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

INS

RCUBURCIURE







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 | | | |
| Fresident | president@bqcl.org | | | |
| Vice-President | Jeremiah Silbernagel | | | |
| vice i resident | vicepresident@bqcl.org | | | |
| Treasurer | Andrew Happer | | | |
| in cuburci | treasurer@bqcl.org | | | |
| Secretary | Tim Battle | | | |
| Secretary | secretary@bqcl.org | | | |
| Past President | VACANT | | | |
| | pastpres@bqcl.org | | | |
| Civics | VACANT | | | |
| CIVIUS | civics@bqcl.org | | | |
| Facilities | VACANT | | | |
| i aciiities | facilities@bqcl.org | | | |
| Fundraising | Richard Hughes | | | |
| Fullulaising | fundraising@bqcl.org | | | |
| Marcharching | Linda Louden | | | |
| Memberships | membership@bqcl.org | | | |
| Due group e | VACANT | | | |
| Programs | programs@bqcl.org | | | |
| Publicity | Ray Bessel | | | |
| | publicity@bqcl.org | | | |
| Social | Felice Bassie | | | |
| | social@bqcl.org | | | |
| Sports | Janice Quinn | | | |
| -1 | sports@bqcl.org | | | |
| · | | | | |

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

Your BQCL membership benefits include:

• Eligibility to enroll in any of our programs such as soccer, martial arts, basketball, playschool, tennis (program fees are required for each program)

- Reduced rental rates at the BQCL hall
- Use of the BQCL tennis courts

• Free skating on any outdoor community league rink (always take along your skate tags)

• Free indoor skating at Confederation, Kinsmen, Millwoods, Southside & Tipton arenas

• Free Swimming at Confederation Pool (Saturdays and Sundays from 16:00 - 17:30 year round).

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

Blue Quill Board Positions Available

Do you have talents you're willing to put to use? Would you like to contribute to the well-being of your community? Want to make new friends and learn about neighbourhood events?

If so, why not consider a board position with the Blue Quill Community League? If you're interested in learning more, contact Travis Ball at president@bqcl.org or call Kathryn at the Blue Quill office: 780-438-3366.

Positions needing to be filled are:

Program Director – duties primarily include general supervision of all programs of the League using the facility on a regular basis.

Facilities Director-Vacant - responsible for supervision of hall rentals and maintenance, development of the hall, rinks, parking lot and playgrounds, and supervision of property contracts in conjunction with the Vice President.

Civics Director – acts as the liaison with Edmonton Federation of Community Leagues, South West Area Council and City Council, and chairs Ad Hoc Committees relating to specific development issues.

Blue Quill Hall Rentals

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

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

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

The Main Hall and Kitchen can be rented for \$525 per day, or \$90 per hour. **BQCL members receive discounted rates of \$425 per day and \$60 per hour!**

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

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

Smaller rooms can be rented for \$90 per hour. **BQCL members** receive discounted rates of \$60.00 per hour!

To rent the hall, send an email to rentals@bqcl.org or call (780) 438-3366, and leave a message telling us when you'd like to rent the hall (think of giving us 2 preferred dates) and where/when we can get in touch with you.

If interested, you can arrange a viewing with the BQCL Hall Representative.

Tennis

Tennis is back at Blue Quill Classes will be offered at the standard rate of: \$10/hour Any Age \$5/30 min Any Age \$5/hour for classes of 2 or more at the same time Please watch our website for more info!



BQ Babysitter Fair

Are you a babysitter, looking for work? Are you a parent, looking for a babysitter? Join us at Blue Quill Community League on June 18, 2016 from 12:00pm- 3:00pm

Babysitters must register in the office by calling 780-438-3366 or emailing bqcladmin@bqcl.org.



Zumba: Tuesday PM 6:45 – 7:45pm 2016 (10 sessions).

April 5th to June 7th,

Lose yourself in the music and find yourself in shape as you get your groove on to Zumba Latin rhythms: Salsa, Cumbia, Merengue, Hip-Hop, Pop, Reggaeton and Fusion. No dance experience is necessary just be ready to have fun, and be open to learn. All levels welcome.

Barre Body Sculpt (18+): Tuesday PM 8:00-9:00pm

April 5th to June 7th, 2016 (10 sessions). This barre class infuses ballet, yoga, Pilates, and strength conditioning to help you sculpt your body and get the toned results you are looking

for. Please bring a yoga mat or a towel. All levels welcome.

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

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

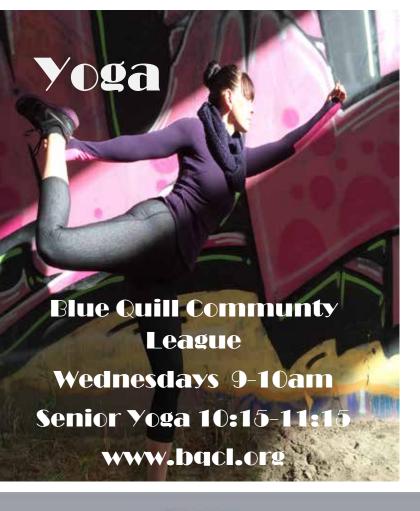
Price for each Fall Class: Non-members: \$118.75/ BQCL Members: \$100.00

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

SKYRATTLER'S WALK ON WEDNESDAY (WOW) 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. Every Wednesday until the end of June, you can meet the group of walkers at the picnic table in Skyrattler Park at 7:00 p.m. and enjoy a 40 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.

This year, you will also be introduced to Urban Pole Walking, a Norwegian style of walking requiring the use of poles, which offers great physical advantages over regular walking. Gradual training and the special 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!









JULY 30 & 31 2016

REGISTER BY JULY 16

Gather your team and come get your game on with the first ever Blue Quill Classic. This is a 3 on 3 tournament for ages 13+ Registration is \$100 per team of 3 or 4 players. Space is limited so sign up now at www.bluequillclassic.ca

Location: Blue Quill Basketball Courts 11304 25 Ave NW, Edmonton, AB

Website: www.bluequillclassic.ca Email: info@bluequillclassic.ca

ALLEY

City of Edmonton

A great tool for finding programs with the City of Edmonton is a Build Your Custom Program Guide with City of Edmonton programs, check it out here:

http://www.myrecguide.ca/guide/program-guide. php

Don't want to commit to 8-12 weeks of a program? Why not find out more about Community Drop-In Programs check out: http://www.edmonton.ca/activities parks recre-

Blue Quill Community League (11304-25 Avenue)

April 21 - June 23 (10 Thursday classes)

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

To register: Vanlee - 780-907-0477 contact@sistersofthesahara.com

An introduction to bellydance that is suitable for all ages and body types. Students will learn the proper posture and acquire a repetoire 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

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.

Bellvdance Level 1 how to transition between moves.

Programs

ation/drop-in-community-programs.aspx









In celebration of

Seniors Week,

2016 SUMMER



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311

edmonton.ca/daycamps



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

Community Garden Volunteers

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

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

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

To join the committee please contact: president@heritagepoint.ca



Heritage Point Community League Membership Information

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

Privileges of Membership:

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

- Free swimming and skating at City leisure centers
- Summer swimming for 2016 at outdoor pools
- Sports hockey, soccer, softball, and more
- Special events and activities for the whole family
- Development and enhancement of local parks, playgrounds and facilities

• Input on neighborhood opportunities, issues and challenges

• Neighbourhood Watch programs that reduce crime

- Workshops and learning opportunities
- Recognition of volunteerism and community service
- Child and adult recreational and art programs

Purchase a Membership:

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

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

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

Please note - at this time, membership cards are still issued manually and you will receive yours in the mail within 2 weeks of your on-line transaction. Members who want to be able to print out their card immediately still have the option of buying online from the Edmonton Federation of Community Leagues at www.efcl.org. Click on "Join Now!" in the upper left hand corner.

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

HPCL Soccer Update

Heritage Point Community League thanks MaidPro for its generous sponsorship for the HPCL soccer program. HPCL board will continue working with MaidPro and other local businesses for the collaboration for the benefit of the community members.

MaidPro helped make the Soccer program's year end party possible for HPCL. You can visit MaidPro on their site: www.maidpro.ca.

Community League Outdoor Pool Schedule:

Heritage Point Community League again brings Outdoor swimming this summer for its members. Here are the community swim times when community members can show the membership card and enjoy the outdoors swim pools.

Fred Broadstock Outdoor Pool

May 21 – September 5, 2016: Sunday, Monday, Tuesday & Wednesday 5:00 $\rm pm-7:00~\rm pm$

Oliver Outdoor Pool

June 12 – September 4, 2016: Sunday, Monday, Tuesday & Wednesday 6:00 pm – 8:00 pm

Queen Elizabeth Outdoor Pool

June 1 – September 5, 2016: Sunday & Tuesday 5:00 pm – 7:00 pm & Monday & Wednesday 6:00 pm – 8:00 pm

Mill Creek Outdoor Pool

May 21 – September 5, 2016: Sunday, Monday, Tuesday, Wednesday, Thursday, Friday & Saturday 7:00 pm – 9:00 pm









mark.pelletier@century21.ca REWARD REALTY C21rewardrealty.com **SELL YOUR HOME WITH US TODAY** 1 in 20 CHANCE TO WIN \$5,000!

Contact us for more details

Rainbow Valley SUMMER CAMPS

Outdoor Adventure Kids at Rainbow Valley is a summer day camp program for kids aged 8 to 14. It is designed to make every child an adventurer. Through physical activity, fun, and hands-on learning, Outdoor Adventure Kids gives each child an authentic outdoor experience right in the middle of the city. Instruction will emphasize the importance of the natural world and how conservation and interaction with it can positively impact our daily lives.

The program will run Monday through Friday, July 4th to September 2nd. Each day begins at 9:00 am and ends at 4:00 pm.

5-day program: \$235

www.rainbow-valley.com



9



Mark Pelletier

780.504.1865

Community Views June 2016

Child Care in Roberta McAdam's

School - Starting September 2016

This is to announce that Edmonton Public Schools has partnered with the YMCA to open a Child Care Centre in Roberta MacAdams School in September 2016.

The YMCA Child Care Centre will serve children in Kindergarten to Grade 6 who attend the school.

For information about upcoming registration events, please contact the YMCA directly at cpage@northernalberta.ymca.ca.

Century Park Market

It's that time of year again when the seasonal market's start to set up around the city. And again, Century Park Market will be setting up for its Fourth year here on the south side of town. Operating on Sunday's from 10:00 am to 3:00 pm, Century Park Market is a public style farmers market that is pleased to have quality vendors sell everything from fresh produce, fruit, honey and breads to all sorts of homemade artisan crafts and goods.

In case you weren't aware of the Century Park Market, it is located on the North east corner of 23rd Avenue and 111th Street near the Century Park LRT Station/Century Park business centre. It is conveniently located for access to a significant number of communities in the southwest/southeast and technically accessible by LRT from the northern communities as well. Century Park Market opened for its inaugural year in 2013 and as mentioned, runs Sundays from 10:00 to 3:00, June 5 to September 25, 2016. Last year was a fantastic season and is looking forward to another exciting year.

Community League Day at K-Days

The EFCL is pleased to announce that Thursday, July 28, will be Community League Day at the Edmonton K-Days Exposition. Thanks to our partnership with Northlands, all community league members will be offered a two-for-one admission to the grounds throughout the day.

Green & Gold Community garden

The volunteer gardeners at the Green & Gold Community garden, on the University of Alberta South Campus, are making plans for our eighth gardening season! The garden, an initiative of the University's Faculty of Agricultural, Life and Environmental Sciences, is totally volunteer run. Virtually all of the seeds, plants and equipment used are donated.

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

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

promoting the garden, donating seeds or garden tools) please contact us at: E-mail: gggarden@ualberta.ca/ Phone: 780-492-4087 Web site: www.greengoldgarden.com If you would like to receive garden e-mails when produce from the garden is available this summer please send us an e-mail at the above address with a request to be added to the e-mail list.



www.heritagedenture.com



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EDMONTON, ALBERTA T6J 4R7 Tel: (780) 439-2225

Herbicide Ban



The City of Edmonton has a herbicide ban in place to eliminate non-essential use of herbicides on cityowned land. However, there are exemptions that allow for their use.

Herbicides may be used to:

- Remove or control noxious weeds.
- Maintain golf courses, bowling greens, athletic facilities, sports fields, cemeteries and parks used for high profile events.
- Protect against damage to City infrastructure such as sewer pipes, storm water facilities, concrete surfaces and for fire safety along LRT lines.

For more information: edmonton.ca/herbicides Call 311





2016-17 Season Registration

Online Registration Opens June 1! In Person Registration Kinsmen Arena - 1979 - 111 St NW June 1, 530-800pm June 12, 11am-2pm

Boys and Girls aged 4-12.

Serving the following communities of South West Edmonton...



Allard Allendale Aspen Gardens Belgravia Blackburne Blue Quill Callaghan Chappelle Desrochers Duggan Ermineskin Garneau

Grandview Heights Graydon Hill Greenfield Jagre Ridge Lansdowne Lendrum MacEwan Malmo McKernan Paisley Parkallen

Pleasantivew Queen Alexandra Rideau Park Royal Gardens Rutherford Southbrook Strathcona Twin Brooks Westbrook Windsor Park Yellowbird

780-289-6433 registrar@confedhockey.org confedhockey.org

SPACE QUEST: KIDS' DAY CAMP

For kids K-Grade 5 July 25-29: mornings 9-12 noon Southminster-Steinhauer United Church 10740-19 Ave, Edmonton

Kids will celebrate their evolutionary roots, explore the spiritual values we learn from the universe and work to make a difference in the world. Stories, lessons, art, snacks and outdoor games.

Registration begins June 1: www.smsuc.com



TWIN BROOKS Community League

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 MitrovicVolunteers 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

Age Friendly Edmonton SIF Update

The Spring Seed Share and Swap held at the Twin Brooks Community League Center on May 12 was another successful event attended by approximately 100 gardening enthusiasts, they shared seeds and plants and tips, tricks and ideas for the upcoming gardening season. There was a lot buzzing...

The SIF group would like to give a shout out to the volunteers who continue to drive these events Craig, June, Mamdouh, Gongchen, George P Nicholson Staff, Joyce, Eileen, Anjali, and Jim. A special thanks to Alastair Choi who gave a talk on "Living well through Living in Harmony with Nature" Door prizes were donated by Sustainable Food Edmonton and long time resident June Rehill who donated a Flower House.

Message From the President

Dear Residents of Twin Brooks,

Our NEW Twin Brooks Community League Centre is Officially OPEN!

Thank you to all of the dignitaries, volunteers, businesses, families, and individuals whom made the Grand Opening Celebration an overwhelming success!

Several dignitaries and special guests including Matt Jeneroux, MP Edmonton - Riverbend, Thomas Dang, MLA Edmonton South-West, Bryan Anderson, Councillor Edmonton-Ward 9, Nathan Lp, EPSB Trustee Ward H, attended the ribbon cutting ceremony.

Estimated attendance was over 1,000 people from our immediate and surrounding communities as many families enjoyed the food, activities, and fireworks.

I would like to offer an abundance of thanks and applause to our Twin Brooks Community League Board of Directors for their teamwork in making the hallmark event a success!

A very special note of recognition is most deserved for Monika Langer, our TBCL's Social Director, for all of her hard work and hours of dedication to organization this 'Once-in-a-lifetime event -- "Thank you Monika!"

The TBCL Board of Directors and I would like to echo and underscore a very important message conveyed at the Grand Opening: the TBCL Centre is for ALL community members to use and enjoy!

We hope you explore the social programs and activities we currently offer, and get involved in the growth and development of many more community based activities.

May you and your family proudly enjoy the new "Heart to our community" this summer and for many years to come.

Sincerely, Mike Lanteigne President Twin Brooks Community League www.twinbrooks.ca

Summer **Programs**

With the summer fast approaching and summer plans being made it's time to start thinking about activities. Do you like to dance? Do you like to stretch? Do you like to meditate? Do you like to learn? Why not try one of our community recreation programs, Tai Chi? Yoga? Zumba don't know? Why not just pop in, drop in and check it out. Summer Registration will commence the first week of June, to register go to programs@twinbrooks.ca

Looking for a **Babysitter**?

The Twin Brooks Community League in partnership with the Canadian Red Cross held a full day babysitting course for boys and girls ages 11+ and these new babysitters are now fully certified and ready to find a match. We will be planning a future meet and greet for these babysitters. This is a great opportunity for parents to connect with our young residents who are looking for their first job and a really important one too! If you have any questions and or suggestion please contact me Natasha Mitrovic at communications@ twinbrooks.ca updates will be shared on Facebook and our Website. Check us out on Facebook!

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

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

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 | \$420.00/ 8 hour day or |
| - | \$140.00/ 4 hour (1/2 day) | \$220.00/ 4 hour (1/2 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 ٠

•

- Table (folding 6' and 8' rectangular) and folding chairs
- Occupancy Capacity 99 people, 60 people seated

CURRENT & UPCOMING PROGRAMS

Zumba At Twin Brooks Community Center Spring Session Started – April 2, 2016

> Saturday mornings at 10am to 11am (we are outside at the rink if the weather permits)

Evening Classes to Be Started upon request

Register at: http://www.twinbrooks.ca - Under the Programs Tab. The fee for the current ongoing session will be prorated.

For more information email Natalia at: zumba.twinbrooks@outlook.com





Edmonton #204, 596 Riverbend Square Edmonton, Alberta T6R 2E3 ` Phone: 780-495-4351 Email: Matt.Jeneroux.C1@parl.gc.ca Ottawa

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

Connect with your community at www.communityleaguenews.com 13

*denotes monthly summer service, cut only

Fast Service – Free Estimates

Geoff Harris PH# 780-497-2781 E-Mail Snowclearing@yahoo.ca

Minor Electrical /Plumbing

Twin Brooks Community League Centre Grand Opening

It has been a very busy month at the Twin Brooks Community League Center. The center has been buzzing with activity, from weekly lacrosse practices, community soccer games and practices, the Twin Brooks Seniors group busy with the Spring Seed, Share and Swap, Yoga, Zumba, the Red Cross Babysitting Course and the biggest event of the year, the official Twin Brooks Grand Opening Celebration, held on April 30, 2016. All had a good time at the celebration! Big thanks to Monika Langer Twin Brooks Social Director for her time, energy, commitment and enthusiasm and bringing the community together!

We had some special guests attend our event, Matt Jeneroux, Member of Parliament for Edmonton Riverbend, Thomas Dang, MLA for Edmonton Southwest, Kiarn Nikanj, Past President TBCL, Mike Lanteigne, President, - TBCL, Bryan Anderson City of Edmonton Councillor Ward 9, Nathan Lp -Edmonton Public School Trustee Ward H.

A big thanks to the Vendors and their staff for sharing their specialties and services with our community;

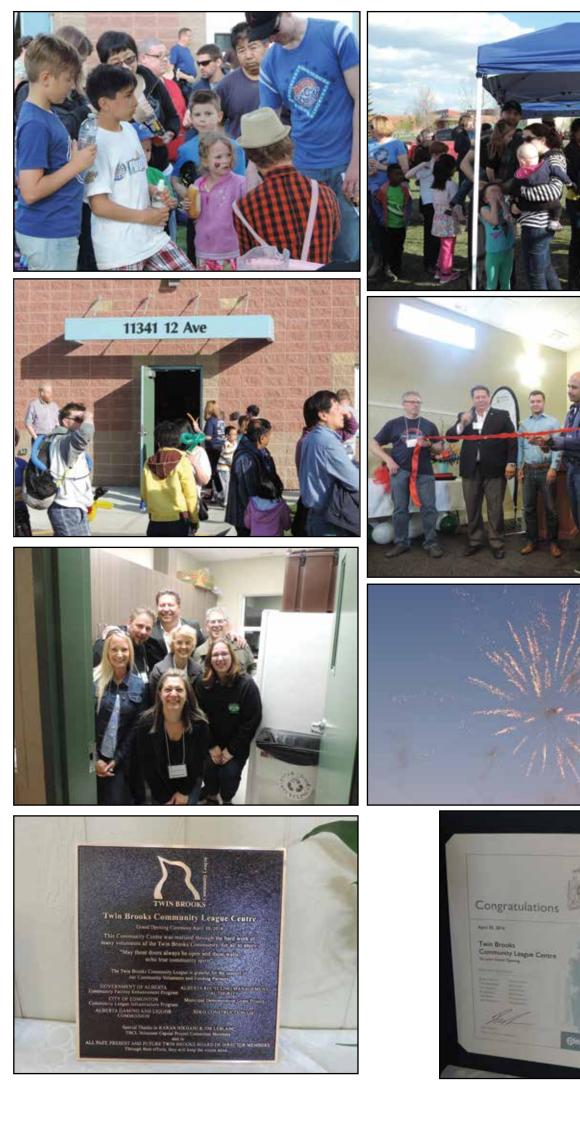
One Cool Cookie Social Photo Booths K & K deli Aerial Fireworks Celebration Events Services Save on Foods and Sobeys

What is happening?

Want to know what is happening in Twin Brooks? Well, there are several different ways that we currently communicate ensuring that we keep you posted on current programs and events. The first is our Web Page at www.twinbrooks.ca; the second is Community Views, which is what you are reading right now. Did you know that the distribution list consists of 15,000+ households, but you have to read it, otherwise you'll miss what we are saying and sharing...

The next way we talk to our residents and community is via Facebook at our Twin Brooks Community League Facebook Page... Check us out, like us on Facebook! And lastly there is the Community League Sign...

Our job is to keep you posted but your job is to stay informed... These are currently our means of communication with our residents. If you have ideas and suggestions and ways we can improve please feel free to contact me at communications@twinbrooks.ca. I would love to hear from you!





Community League

YECL Board Contacts

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

president@yellowbirdcl.com editor@yellowbirdcl.com 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.

Summer Survivor Camp in Yellowbird

Aug 22 - 26 9am-4pm **Yellowbird Hall**

Take an adventure through the rugged outback of your own neighborhood. You will meet new and fun challenges and develop summer survival skills like shelter building, outdoor cooking and team work. You'll learn how to battle boredom and get creative as you uncover the mysteries of your neighborhood through hikes, games and other adventure-filled activities! We'll even take our adventure off site on a field trip! (Children may also be off site in a ravine or forested area near the hall). Ages 7-11. Register at edmonton.ca, course code 559891.

Building Choices in Keheewin

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

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.

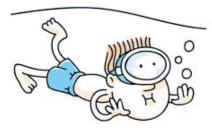
\$2.50 per child, per visit, with your community league membership Tuesday mornings, 9am - 11am



Classes run Thursday evenings from 7:00pm to 8:15pm. Six week session is only \$75.00. Classes are tailored for all ages and 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

Yellowbird Community Garden

The community garden group has been actively preparing for construction! We have surveyed the area for the garden, and as soon as possible we will begin building the beds themselves. New members are always welcome. Contact garden@yellowbirdcl.com.

Community Garage Sale Day

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

Saturday June 4 9am-4pm

Clinical Research Study Accuracy of Home Blood Pressure Monitors and Cuffs

We plan to study how the accuracy of your home blood pressure monitor compares to standard blood pressure measurements.

You may qualify if you are:

Over 18 years of age Have a mid-arm circumference of between 25-43 cm Have a regular heart beat Have a home blood pressure monitor



An honorarium will be provided for your participation in the study. If you are interested in learning more about this study, please call (780) 492-7459



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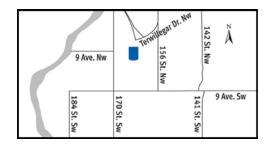
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Drop by or call to make an appointment today.

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



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



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