

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@communityleagueneews.com

Save Our Parks

Please support "ACT for Community Society" which is attempting to stop the City of Edmonton from converting public parks into row housing. The society is legally challenging the process the City of Edmonton has chosen without community involvement. Please attend the court challenge at the Edmonton Court House (1A Sir Winston Churchill Square) on April 15th at 2:00. The court room number has not as yet been assigned. Your help is needed to SAVE OUR PARKS.

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 site:
<http://www.epsb.ca/schools/newschoolsandmodernizations/robertamacadams/>

Roberta MacAdams School in Blackmud Creek (Heritage Valley) will accommodate:

- Kindergarten to Grade 6
- 650 students

Grades offered at schools try to maximize the number of students in the community who can attend the school. This can change over time depending on the number and age of students in the community.

CALLAGHAN PLAYGROUND FUNDRAISER - PUB NIGHT!

Get a babysitter and join us for a fundraising PUB NIGHT at

The Canadian Brew-house (Ellerslie Rd.) on Saturday, April 9th! Tickets are \$15 - all proceeds will be returned to our park project. Your ticket also gets you a \$6 voucher for food or drink and a door prize entry. Silent auction and 50/50 draw.

Purchase tickets by emailing callaghanplayground@blackmudcreek.ca

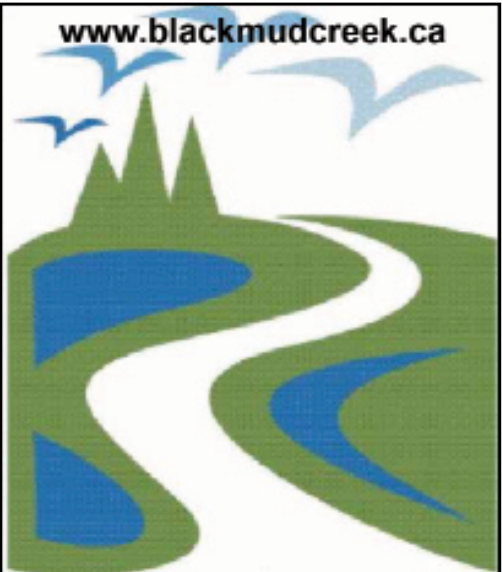
THE
CANADIAN
BREWHOUSE

Twin Brooks Winter Carnival

On February 06, 2016 The Twin Brooks Community League hosted the annual Winter Carnival, lead by Social Director Monika Langer. It was a huge success! What made it a success was the turnout by our many residents. We also had some residents that came from surrounding neighbourhoods to enjoy our activities and Twin Brooks hospitality! The sun was shining and while it was a brisk windy day it didn't stop anyone from enjoying the Sleigh Rides, Outdoor Skating, Shoe shoeing and Tobogganing. Our residents came into to the newly opened Community Centre where they warmed up and enjoyed a cup of hot chocolate and Maple Toffee! The event was even attended by a special guest our MLA Thomas Dang who was meeting and greeting our residents and handing out some Red Envelopes filled with Coins celebrating Chinese New Year! In addition we had another special guest this year Bonhomme, the mascot of the festival, made his first appearance and with many more to come!




www.blackmudcreek.ca



Blackmud CREEK

community league

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



Blackmud CREEK

community league

AGM

Tuesday, April 5, 2016

7:30PM

Ellerslie Rugby Club

We invite all Blackmud Creek Community League Members to attend!

Free Swim for Community League Members

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



BOARD OF DIRECTORS POSITIONS

We still have open positions on our Board of Directors

Director of Membership
Director of Programs

For more information on joining our board email: blackmudcreek@gmail.com

JOIN OUR FACEBOOK PAGE! Blackmud Creek Community League Social Media is our main source to keep our community members up to date on news & events from Blackmud Creek.

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 | andreajhese@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](https://www.facebook.com/blackmudcreekcl))

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

**Check us out on Facebook &
Twitter @blackmudcreekcl**

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



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Teaching Sexual Health

Research shows that parent-child communication about sexuality can influence teen sexual behaviour.

As a parent, you may not feel comfortable or have the information you need to teach or discuss sexual health with your kids.

You aren't alone: many parents are anxious about having "those talks".

We're here to help.

Alberta Health Services' Teaching Sexual Health website (www.teachingsexualhealth.ca) provides you with the information, tools and supports that you need to help you talk to your child about sexual health, before and during the teen years.

The website is recognized as a leading health care practice by Accreditation Canada, and covers a wide range of sexual health topics relevant to parents of children and teens.

Remember: if you don't teach your child, someone else will.

Visit www.teachingsexualhealth.ca today, and be prepared to support your child's healthy development.



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www.rutherfordphysicaltherapy.ca
Info@rutherfordphysicaltherapy.ca

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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

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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
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www.ucmas.ca



Blue Quill Community League

Serving Blue Quill, Blue Quill Estates, Skyrattler & Sweetgrass

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

BQCL Board Members

| POSITION | NAME/EMAIL |
|----------------|--|
| President | Travis Ball president@bqcl.org |
| Vice-President | Jeremiah Silbernagel vicepresident@bqcl.org |
| Treasurer | Andrew Happer treasurer@bqcl.org |
| Secretary | Tim Battle secretary@bqcl.org |
| Past President | VACANT pastpres@bqcl.org |
| Civics | VACANT civics@bqcl.org |
| Facilities | VACANT facilities@bqcl.org |
| Fundraising | Richard Hughes fundraising@bqcl.org |
| Memberships | Linda Loudon membership@bqcl.org |
| Programs | VACANT programs@bqcl.org |
| Publicity | Ray Bessel publicity@bqcl.org |
| Social | Felice Bassie social@bqcl.org |
| Sports | Janice Quinn sports@bqcl.org |

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 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 Outdoor Soccer

Missed registration? No problem! We accept late registrations until all of our teams are full. If a parent decides to coach we waive the \$35 late fee too! Don't miss out a great chance to have your kids playing outside with their friends while you meet a few new neighbours.

Email Janice Quinn at sports@bqcl.org for more info.



Blue Quill Hall Rentals

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

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

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

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

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

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

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

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

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

Blue Quill 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.



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



Zumba: Tuesday PM 6:45 – 7:45pm April 5th to June 7th, 2016 (10 sessions). Lose yourself in the music and find yourself in shape as you get your groove on to Zumba Latin rhythms: Salsa, Cumbia, Merengue, Hip-Hop, Pop, Reggaeton and Fusion. No dance experience is necessary – just be ready to have fun, and be open to learn. All levels welcome.

Barre Body Sculpt (18+): Tuesday PM 8:00-9:00pm April 5th to June 7th, 2016 (10 sessions). This barre class infuses ballet, yoga, Pilates, and strength conditioning to help you sculpt your body and get the toned results you are looking for. Please bring a yoga mat or a towel. All levels welcome.

Open House: March 22nd from 7:00pm-8:15pm.
Jump into Spring by experiencing a taste of the Fitness Classes
 Lisa van Vliet will be offering this April at Blue Quill Community League. This event is FREE. There will be door prizes, healthy refreshments, and free class demonstrations (45-50 mins) of the Zumba and Barre Classes. All registrations this night - and this night only - will be on special for “10 classes for the price of 9” (NM: \$106.00/ M: \$90.00). So invite a friend and kick-start your exercise program here at BQCL.

Price for each Fall Class: Non-members: \$118.75/ BQCL Members: \$100.00
 For more information, contact Lisa van Vliet at (780) 935-3058 or at lisawelcomesyou@shaw.ca or on Facebook: Let the Music Move You Group Fitness Instructor - Lisa van Vliet.



Babysitting
Course

Blue Quill will be offering a babysitting course in March with a sitter and parent “Meet and Greet” to follow. Please watch our website for details.

Tennis

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



Used Book Fair

The Blue Quill Community league will be hosting a “used” book fair on Saturday May 7th. A great opportunity to clear off those shelves of out grown children’s books, adult books, comic books etc. The cost of the tables will be \$25.00 and admission at the door will be \$2.00 and free for children under twelve. Please message me or text me @ 7802937841 if you are interested in a table for this event and we will be happy to hold it for you. More information to follow @ a later date.





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.

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 on-line 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).

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

Happy Easter!

HPCL 2016 Outdoor Soccer Registration

Important information for parents/guardians who wish to register their child(ren) for 2016 Outdoor Soccer (ages 4 - 17)

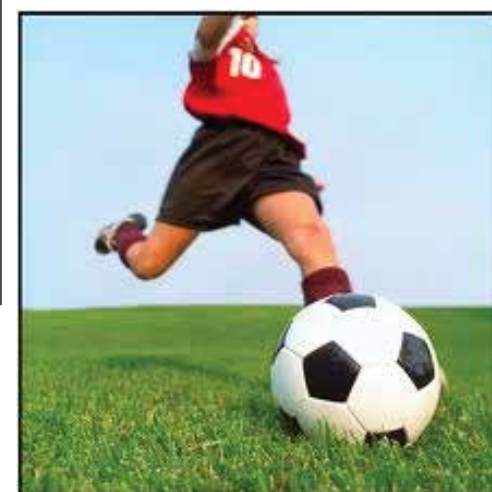
1. Buy your 2016 HPCL Membership (www.efcl.org, heritagepoint.ca or email membership@heritagepoint.ca)
2. Pre-register at <https://emsasoccerportal.com/ui/?> - if your child DID NOT play IN-DOOR soccer, you will need to create a new account first and then follow steps to register your child for 2016 Outdoor Soccer.
3. Print out your confirmation of registration email and the proof of payment email (if you pay with your credit card online) and bring it, along with a \$200 Volunteer Deposit cheque and a \$50 Jersey Deposit U12 and up), to the next in-person registration session: Monday, February 29 Starbucks - Ellerslie RD and James Mowatt Trail (in the complex near Rexall and Sobey's) 7:30 - 9:00 PM

Please note: You will not have access to a computer or printer at Starbucks on February 29th, so please print your SWEMSA pre-registration documents before arriving.

4. **Late Registrations** - any registrations that occur after February 29th will incur a \$50 late fee. You still need to complete 1 - 3 above and bring the paperwork in on:

Wednesday, March 9
Ellerslie Rugby Club
111 St & Ellerslie Rd
6:00 - 9:00 PM

5. After March 9th - anyone who has signed up online at the SWEMSA soccer portal, but who has not dropped off their paperwork by March 9th, will be put on a wait-list. Thank you!





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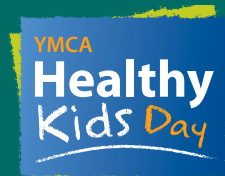
attic treasures; games, puzzles and toys;
books; art; housewares; cds and dvds;
sporting goods; electronics; bake sale;
gardening; furniture; women's clothing
boutique and jewelry.

Refreshments will be available.

SUMMER DAY CAMPS

YMCA Members get discounts on all Summer Camps, including:

- Aqua Explorers
- Silly Science*
- Art-Rageous
- Circus Camp
- Y-Fusion*
- Y-Cycle
- Y-Chefs
- Pow-HER-ful
- Steve Nash Basketball*
- A-Maze-ing Adventure
- Original Y Sports Camp*
- Community Adventurers*
- Counsellors-in-Training
- Youth Triathlon
- Kids in the Kitchen
- Learn to Babysit



Healthy Kids Day
FREE Pre-Camp Family Event
Sunday, May 1, from 12 - 3pm

**New Program this year!*

To make drop off and pick up easy for you we also offer **FREE Pre-Care (7:30-8:30 am)** and **Post-Care (4:30-5:30 pm)**! Compare our competitive camp prices with all other facilities as we make no profits from our Summer Camps and have been an entirely independent Edmonton charity for 109 years.

register at William Lutsky Family YMCA or northernalberta.ymca.ca

Members - register now | Non-Members - March 18

William Lutsky Family YMCA

1975 111 Street
780 439-YMCA (9622)

ASSIST Community Services Centre

(William Lutsky Off-site Day Camp Location)
Unit 2, 810 Saddleback Road
780 439-9622 (William Lutsky Family YMCA)

WilliamLutskyYMCA



@WLutskyYMCA



WilliamLutskyYMCA



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swim lesson
camps!

northernalberta.ymca.ca



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Cell: 780-289-1823
connie.l.mackenzie@rbc.com

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Childhood Immunizations

When it comes to childhood immunizations, Albertans have questions. But where is the best place to get good answers?

Not only can you chat with your family doctor or local public health nurse about your child's immunization, you can also visit Alberta Health Services' new immunization website:
ImmunizeAlberta.ca.

ImmunizeAlberta.ca was designed for, and is based on, insight and feedback from Albertan parents.

Whether it's a simple question about the childhood immunization schedule or what to expect after your child gets immunized, uncertainty about the real risk of diseases, or concerns about immunization safety: ImmunizeAlberta.ca has the info you need.

Visit ImmunizeAlberta.ca today.

MLA Richard Feehan

Edmonton

Rutherford



Need help with income assistance,
Workers Compensation or any Government
of Alberta Service, let me know.

Do you have questions, concerns or
comments for the Government of Alberta?
I want to hear them.

Constituency Office
308 Saddleback Road, Edmonton, AB T6J 4R7
780.414.1311
edmonton.rutherford@assembly.ab.ca

Make a Change: One Meal at a Time

March is Nutrition Month! Dietitians in Alberta Health Services across the province are inspiring Albertans to Make a Change: One Meal at a Time. Are you ready to improve your health? Now is the time to make small changes at mealtimes that can have big results. To help make these changes easier, dietitians have put together Nutrition Month tips and ideas. To get started, try one or more of these small changes: Boost your Breakfast with Fibre and Protein.

A nutrient-packed breakfast will help you get through the morning. How can you boost the fibre and protein in your breakfast?

- Choose whole grain cereals, breads and tortillas.
- Look for cereals and breads that have two grams or more of fibre per serving.
- Try items such as yogurt, cheese, meat, eggs, peanut butter, nuts, seeds, or cooked beans or lentils.

Make healthy lunch a habit. A healthy lunch provides much needed fuel and nutrients to help you focus during your work day.

Some easy time-saving tips for lunches are:

- Pack up supper leftovers for ready-to-go lunches.
- Wash and cut up vegetables and fruit the night before. Put into small plastic containers or bags.
- Change it up. Sandwiches, wraps and pitas are quick and healthy lunch options.

Dish up a Healthy Dinner Plate. When deciding what to have for dinner, use Health Canada's Eat Well Plate. The Eat Well Plate recommends:

- Fill half of your plate with vegetables and fruit.
- Include different whole grains such as whole grain rice, barley, couscous, quinoa at each meal.
- Choose lean meats or meat alternatives.

Enjoy your Meal Experience. How you eat can be just as important as what you eat. Focus on your meal and the people you are eating with.

- Slow down to make time for meals. No matter how busy life gets, make meals a priority.
- Turn off all devices! Make meal times a screen-free zone (no television, phones, computers, tablets or toys at the table). Eat together. People eat better when they eat together. Sharing meals helps people connect with each other.

By taking some small steps, you can Make a Change: One Meal at a Time to improve your eating, nutrition and health. Make your healthy habits last a lifetime. Happy Nutrition Month!




KNOCK YOUR SPRING OUT OF THE PARK!

REGISTER FOR SOFTBALL NOW AT SEMSA.CA




• DEVELOP SKILLS • LEARN GOOD SPORTSMANSHIP • HAVE FUN •

Celebration of Hope!

Easter Sunday

Join us March 27 at
Blue Quill Hall
10:30 am Worship Service
followed by a *free* Brunch
and Easter egg hunt!

www.mosaicHouse.ca



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

About Age Friendly Edmonton

Age Friendly Edmonton, www.agefriendlyedmonton.ca is an exciting strategic initiative to help Edmonton be a community that values, respects and actively supports the safety, diversity and well-being of seniors. This work is being lead by the City of Edmonton and the Edmonton Seniors Coordinating Council in partnership with various community stakeholders and supports Edmonton's work as a Global Age Friendly City.

Dear Twin Brooks Residents there have been several enquiries about booking our Community Centre for events. Some of the questions we are getting are about times and rates. Please see attached information. If you have any questions about times available and rates you can contact Jim Leblanc our Facilities Director, facilities@twinbrooks.ca and he would be happy to answer any additional questions that you may have.

Please note that the facility that we have now in our community is because of the hard work, commitment and dedication of many of our community volunteers. That being said there will be some growing pains as we establish routines, policies, and operational procedures. We need your input and feedback so that we can deliver not only great programs and events but also opportunities for you as community residents to use the facility for your personal family events, building relationships and long lasting memories. If there are programs that you would like to see please feel free to share that with us. If you would like to submit an article for the Community Views please feel free to contact me directly Natasha Mitrovic at communications@twinbrooks.ca.

We are currently working in partnership with the City of Edmonton, Twin Brooks YMCA, George P Nicholson School Council and the Parent Society, the Edmonton Federation of Community Leagues and the South West Area Council (SWAC). We pride ourselves on building community partnerships and long lasting relationships and we thank all of our partners for their commitment and dedication to the Twin Brooks Community League.

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

TBCL Winter Carnival



Soccer Update

Outdoor Soccer Registration is now complete. Thank you to all the outstanding volunteers that helped during registration.

All parents who have registered their children need to sign up for their volunteer duties at a link that will be sent to you through your EMSA portal and will be posted on www.twinbrooks.ca. This will be available in mid March.

Didn't get to register for soccer? We are still accepting late registration!

We will be accepting late registrations in March for anyone who missed the February dates. Please visit www.twinbrooks.ca to register or contact Dave at sports@twinbrooks.ca

Dates to Remember!

March 27, 2016 6-9pm all Coaches, Volunteers and Parents are invited to the Twin Brooks Soccer Social. Drop in to discuss the ongoing success of our 100% volunteer run program, ideas on how to make it better, volunteer opportunities and meet fellow coaches and volunteers. Refreshments will be served.

Something New

Twin Brooks Soccer is offering some branded merchandise this year to order please go to www.twinbrooks.ca Sports-Merchandise for more information and when you can pick yours up.

A Special shout

To Steve, Brooke, Michelle and Kelly, thank you for stepping up and supporting our Community Soccer League. There is a lot of work that goes on behind the scenes to bring successful community soccer program to the children and families in Twin Brooks, our Sport Director Dave Murray cannot do this alone. Your hard work, commitment and dedication does not go unrecognized. Thank you on behalf of the Board of Directors and the children and families in Twin Brooks. We appreciate you and your valuable gift of time! Many thanks!!!



Our Seniors Group in Twin Brooks

Lead by the Seniors Director Ida Richards, the seniors in our community are actively engaged and making things happen together with the many residents. In December the group held a Sweets and Treats Event at the newly finished Community Center. It is one of many events that the group will be hosting sharing community, friendship, culture, and bridging the gap between generations. This group of seniors works hard behind the scenes to bring multi generations together sharing knowledge, experience and wisdom that only our seniors have through life experience. For we all need time to see what they have seen to feel what they have felt and too experience what they have experienced and while we may not ever get that chance their stories can be shared so that we can all learn what it was like? We are truly privileged to have such an active group of seniors in our community. The next event is being held on February 27, from 2-5 pm. The seniors will be celebrating Chinese New Year and Black History Month. Our seniors group have partnered with the Twin Brooks YMCA and George P Nicholson School, working with Nidhi Nwadhawan Director of the Out of School program at the Twin Brooks YMCA and

Lori Bosworth teacher and librarian at GPN. On February 27 in partnership with the seniors and the Twin Brooks YMCA 13 children, and 13 adults have volunteered their time to teach the attendees the art of Origami. It is going to be a special treat for everyone involved. Highlights will be shared in April's edition of the Community Views!

ARE YOU ALBERTA'S NEXT MILLIONAIRE?



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GameSense

18+

Locked up Tight and Out of Sight: Safer Homes, Safer Kids

Every year in Alberta, more than 1600 children under the age of 10, visit emergency departments as a result of accidental poisoning. Most of these events involve the unintended ingestion of medications. Alberta's Poison and Drug Information Service (PADIS) receives over 13,000 calls per year concerning accidental exposure to poisons by children in this age group. Many, if not most, accidental medication poisonings could be prevented by following a few simple steps to make your home safer for your children and small visitors.

- Always keep prescription and over-the-counter medications locked up tight, out of sight, and in their original containers.
- Be aware that child-resistant caps on medication bottles can make it more difficult for a child to open a bottle but they ARE NOT childproof.
- When taking medications, do it away from children. Children often copy the actions of their parents.
- Guests, family or friends may bring their medications into your home. Always ensure purses, backpacks and coats are in a safe place, out of children's reach.
- Put the PADIS emergency number in your cellular phones and/or display the number near your land-line telephone.
- If you have a poisoning emergency call PADIS 1-800-332-1414.

March 20 -26, 2016 is National Poison Prevention Week. The Poison and Drug Information Service, the Injury Prevention Centre and provincial partners are focusing their efforts on preventing medication poisoning of young children in Alberta and across the country. For more information or to access resources, visit: www.injurypreventioncentre.ca/programs/poison_prevention



Not just a Dojang.



9159 25 Avenue, Edm, AB, T6N 0A5
'we are across from the
Costco south Gas bar'

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

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

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

Classes offered are as follows:

- Little Tigers (4 – 5 year olds)
- Children Program (6 – 14 year olds)
- Adult Program (15 years old and up)

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



Making sense of supplements

Have you ever wanted to try a product that claims to burn fat or help you lose weight fast? It might be tough to figure out what is truth and what is hype. Here are some questions to help you sort fact from fiction.

• Does it sound too good to be true?

If it sounds too good to be true, it probably is. Sometimes these claims are meant to get your attention. Companies do not need to provide legal proof for the health claims put on bottles.

• Is a person or organization being paid to promote the product?

Famous people often promote products to make money. This doesn't mean the person uses the product or that it is safe or effective for you.

• Is there a Natural Product Number (NPN) on the package?

An NPN is an eight-digit number found on some supplement packages sold in Canada. Health Canada says that products with an NPN are safe and effective if you follow the instructions. But these products may still have side effects when mixed with other medicines or alcohol.

• Have you read the fine print?

Many supplements have extra ingredients. If you have a food allergy or intolerance, check the ingredient list to make sure it is safe for you to take.

• Have you talked to your doctor, dietitian or pharmacist?

Although supplements are not prescription, they should be treated as such. Ask a health professional before taking any supplement.

Note: It is recommended that women of child-bearing age take a multivitamin containing folic acid and all adults take a vitamin D supplement of 400 International Units (IU) per day. Every adult over the age of 70 should take 800 to 1000 IU of a Vitamin D supplement.

If you have more specific questions about choosing a nutrition supplement, talk with a registered dietitian. For more information call Health Link at 1-866-408-5465 or visit www.myhealth.alberta.ca.



Nature Anyone?

Twin Brooks: A Community Engaged with Nature

In case you didn't know, the Twin Brooks Community League (TBCL) has been providing a 'Nature Stewardship Program' for the past four years. Twin Brooks is particularly blessed to have a very unique 'natural area' park (Twin Brooks District & Nature Park) located in the northwest corner of the community and to be bordered on its north and west boundaries by the largest contiguous natural ravine system within the City of Edmonton (lower Blackmud Creek and Whitemud Creek ravines). Many residents have chosen to live in Twin Brooks in good part because of these attractive and diverse natural green spaces.

The goals of TBCL's Nature Stewardship Program:

1. To provide enjoyment and appreciation of natural areas within and adjacent to Twin Brooks through guided nature walks and other special events, and
2. To assist with stewardship of parkland green spaces, in cooperation with the City of Edmonton and local residents, in ways that support to the proper use, conservation and management of these areas.

In terms of stewardship, a major focus has been the organization of native tree and shrub planting events within the District Park and the boulevards bordering 119th Street. Grade 5 and 6 students from George P. Nicholson School have participated over the past three years, with 135 students planting more than 300 small trees and shrubs at the north end of the 119th Street Boulevard in late May 2015. Plans are underway to repeat this effort in 2016.

Ongoing stewardship efforts include weed control for naturalization planting sites and the installation of picnic tables and rest benches in the Park. Other activities include the monitoring and reporting of unauthorized off-road vehicle activity, vandalism and garbage dumping. Residents should be aware that the dumping of yard waste (grass clippings, tree/shrub pruning's, soil, gravel, construction debris, etc.) is unsightly, potentially damaging to the environment, and an offence under the City of Edmonton's Parkland Bylaw 2202.

The Nature Stewardship Program works closely with volunteer residents and City personnel to achieve its goals. The Friends of Twin Brooks District & Nature Park is an informal association of volunteers who provide their time and effort in support of this Program, whether it be guiding nature walks, overseeing student plantings, securing funding for a picnic table, or picking up garbage while out for a walk. If you are interested in helping out as a volunteer, please contact Harry Stelfox, (program coordinator) at nature@twinbrooks.ca.

Helping your child build a healthy body image

Children of all ages are exposed to ideas about thinness by parents, peers, and other sources. Starting in grade school, children may become more aware of body image as they compare themselves to others.

Adolescents often become extremely concerned about their bodies and their weight. This is understandable since dramatic physical changes are occurring. Unrealistic media images of the ideal body also add to their concerns.

There are many ways adults can help children and teens develop a healthy view of themselves and reduce their risk for an eating disorder:

- Compliment children about the things they do, not always on how they look. When commenting on how children look, focus on their eyes, hair, or smile, not on their height, weight, body size, or body shape.
 - Talk in terms of your child's health, personality, achievements in school, activity level, and other healthy lifestyle choices.
 - Avoid making comments that link being thin to being popular or healthy.
 - Teach children to take good care of their bodies.
 - You are your child's first and most important role model. How you think and talk about your weight and your health have a lasting impact on your child. Take time to reflect on your words and actions.
 - Give children and teens some freedom to make choices that are appropriate for their age and maturity.
 - Talk with them each day. Find out what is happening at school and with their friends.
 - Help them solve their own problems in ways that they think will work.
 - Talk with children and teens about their heroes and favourite adults in their lives. Encourage them to have many different kinds of heroes.
 - Praise children and teens for the things that make them different from other people.
- For information on eating disorders, visit My Health Alberta, or if you are concerned with your child's body image call Health Link at 811 for more information.



RISEN LORD
Lutheran Church

located in
Ermineskin Community Centre

10709-32A Ave
440-6476

Pastor Glen Carlson

Maundy Thursday:

Risen Lord Lutheran Church service:
Thursday, March 24 at 7:00 PM
in the chapel at St. Joseph's Auxilliary
10707 - 29 Ave

Good Friday Service:

Friday, March 25 at 10 AM
Ermineskin Centre 10709 - 32A Ave

Easter Sunrise Service:

Sunday, March 27 at 8:30 AM
Ermineskin Centre 10709 - 32A Ave

Easter Sunrise Breakfast right after the
Sunrise service.

Easter Sunday Communion Service:
10 AM.

All are welcome!

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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](http://www.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.

Want to make a difference in your community?

Join our progressive and fun team!
 New members are always welcome.
 Next meeting Tuesday March 8, 7pm
 at Yellowbird Hall.

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

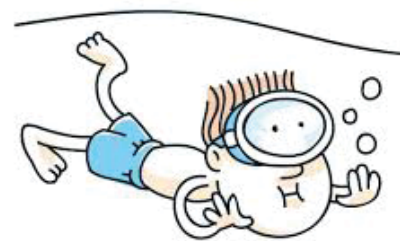
Join us for a drop-in playgroup at Yellowbird Community Hall, for moms/dads or caregivers and their little ones 0-6 years old.

\$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

Yellowbird Community Garden

We've visited gardens around the city to gather ideas for our own - check out this photo of the stunning garden at Fulton Place! We are looking for more enthusiastic gardeners to join our group this growing season as we build our permanent garden. Bring your ideas and talent to the table!

Next meeting March 14, 7pm, at Yellowbird Hall.



Ice conditions

Due to all the warm weather, ice conditions may not always be suitable for skating and hockey on the outdoor rinks. Notices will be posted on the door of the rink shack if the ice is unusable (this may affect the rink lights and availability of the rink attendant) but always check the ice before you skate anyway. If it's slushy, don't go on it!





What is Responsible Pet Ownership?

Scoop the Poop

- Pet waste can be smelly, unattractive, and can even be a health issue for you and your pet. Carry a bag with you to pick-up your pet's poop whenever you are off your property. Poop can be collected in a plastic bag and thrown in the garbage.

- You do not need to clean up waste immediately on your private property, but you still need to clean it up regularly. Allowing excessive waste to build up affects your neighbours and pet negatively.

Get a Licence

- Licences are affordable, available online, by mail, by fax, or in person and all proceeds go to animal care.

Keep Them Controlled

- Dogs must always be on a leash when on public property and should be contained in a secure yard or building when on your property. Dogs are not allowed on school grounds, sports fields, playgrounds, and golf courses

St. Margaret's
ANGLICAN CHURCH

A church that feels like a family

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

- Maundy Thursday Service
March 24th at 7:30 pm
- Good Friday Service
March 25 at 10:30 am
- Easter Sunday Services
March 27 at 9:00 & 10:30 am



The Yellowbird East Community League wishes to Thank all the volunteers, and board members for their contributions and efforts for our Family Day Event.

Yellowbird Governing Council sends a huge

Thank you

Our Family Day Event was a huge success because of those volunteers and to the following community members. Here are some of the few:

- The Local Latter Day Saints volunteers and LDS Elders and Sisters--Great Chili and hot chocolate!;
- The Yellowbird Girl Guides group-- cooking bannock, helping with the fire set up & warming fires;
- **Above and beyond honorable mentions: Anne, Shawn, Susan, Janice, Cheryl, Julie, Murray, Dennis, Linda, Craig, Connie, Adam, Karen and Jared**--your tremendous efforts made it happen!
- Thank you to our Rutherford MLA Richard Feehan and Cllr. Michael Walters for attending the event to meet the residents.

The balmy temperatures drove, our Yellowbird Family Day Event to new attendance heights!. We experienced our most enthusiastic attendance to date. Thank You to all community members who attended and made it a memorable day for the community. A special Thank You to South West Area Council for their support and sponsorship of Yellowbird Community Family Day Event. See you all next year!

On behalf of the Yellowbird Governing Council,
Sincerely,

Michael Karpow
President
Yellowbird East Community League

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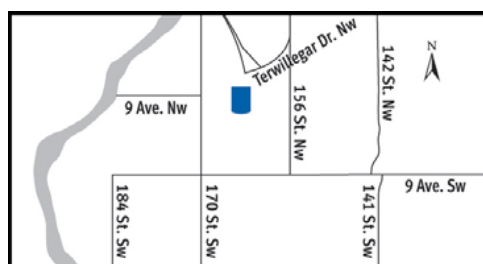
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Edmonton AB T6W 0L8
Tel: **780-448-6678**



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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