

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

EDMONTON

Bike Safety Program 2016

Fun and basic bike safety skills are the focus of this free, drop-in program for all ages.

Participants will enhance their bike safety skills while participating in games and activities. Program will be adapted to the age and skill level of participants. Children 5 and under require a guardian to attend.

All programs are outdoors. Please dress for the weather! Program may cancel in the event of inclement weather.

Date & Time	Neighbourhood	Location
Saturday May 14 1 pm – 4 pm	Aspen Gardens	Aspen Gardens Community League Hall 12015 - 39 A Ave
Sunday May 15 1 pm – 4 pm	Leger	Terwillegar Community Recreation Centre parking lot D 2051 Leger Road
Saturday May 28 1 pm – 4 pm	Brander Gardens	Riverbend Jr. High School parking lot 14820 - 53 Ave
Saturday June 4 2 pm – 5 pm	Allard	Allard Rink 660 Allard Blvd SW
Sunday June 5 1 pm – 4 pm	McKernan	McKernan School basketball courts 11330 - 76 Ave
Saturday June 11 10 am – 1 pm	Steinhauer	Ermineskin Community League Hall 10709 - 32A Ave

For all bike safety programs city-wide, call 311 or visit: edmonton.ca/dropincommunityprograms

Participants must bring their own:

- * Bicycle
- * CSA approved helmet
- * Close-toe shoes



THE CITY OF
Edmonton



Callaghan Playground Fundraiser - Golf Tournament

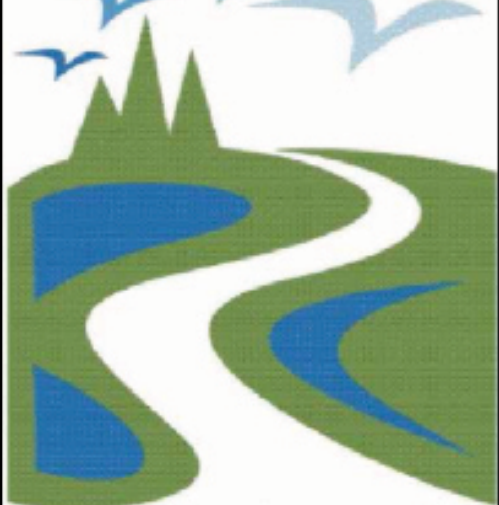
2nd Annual Callaghan Golf Tournament
Friday, August 19th ; Red Tail Landing Golf Club
Texas Scramble shotgun start at 8:30am
Breakfast and Steak Dinner Included
Silent Auction, Raffle Draw and 50/50

Register today:
www.callaghargolf.ca

BQCL CASINO
May 14th/15th, 2016
VOLUNTEERS NEEDED!!

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


Blackmud CREEK

community league

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

Volunteer Positions On Our Board!

- Programs Director**
 Want to be involved in social and family events in the neighbourhood? Volunteer with Blackmud Creek Community League as our Programs Director!
- Neighbourhood Watch Director**
 Acts as the community liason between the Community League and EPS. Responsible for Police Clearance for community volunteers. Assist in putting together community Block Watches and other initiatives to help keep our communities safe.

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

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

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

Participants must have their own bikes. A CSA approved helmet is mandatory for participation

www.edmonton.ca/dropincommunityprograms





Neighbourhood Summer Daycamps

At South Pointe Community Centre
 (11520 Ellerslie Rd SW)

AND.....Action
Calling all budding actors and actresses! Spend the week creating an award winning movie by building and decorating sets, coming up with a script, and showing off your acting skills. At the end of the week, you can unveil the movie to your family at the red carpet premiere.

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

Little Top Circus
Come clown around at this camp filled with circus adventures! Play crazy carnival games, sing silly songs, make creative crafts, and end the week with a parade! Come one, 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**.
 Register early to avoid disappointment!
 Browse all camps at edmonton.ca/daycamps

To Register

- Call 311
- Online at eReg.edmonton.ca
- In person at any City of Edmonton Recreation & Leisure Centre




Program supported by the South Pointe Community Centre



Ages 13-17 years; May-August

Develop leadership skills and gain valuable experience while having fun outdoors. Give back to your community and earn leadership or volunteer hours for your school too!

Volunteer to be an L.I.T. and work with recreation leaders to run summer programs for children. Choose from the following:

Playground Programs

Join the fun at a playground near you. As a playground L.I.T. you get a chance to participate in a variety of activities, from games and crafts to drama, music, sports, and more. Gain experience working with 6-12 year olds in a fun, flexible setting.

Registered Programs

Work out of a community facility with children ages 3-12 years in a week-long themed program including sports, drama, and science. Those in registered programs also go on plenty of field trips. After an interview and training, you can volunteer for as little as 2 weeks or as many as 7 weeks. For more information and to register for a Leaders in Training program
http://www.edmonton.ca/programs_services/for_children_kids_youth/leaders-in-training.aspx

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

PHYSIOTHERAPY

We are accepting new patients Walk-ins welcome

Rutherford Physical Therapy and Sports Injury Clinic

MASSAGE

- Same day WCB & MVA assessment
- 15 years of dry needling experience
- No doctors referral required
- 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

ACUPUNCTURE

IMS

Greg Farrants

Carpentry & Gardening

780-239-3331

gregfarrants@gmail.com

Fences, decks, roofing, windows & doors, wall & structural framing, renovations, additions, flooring, finishing work, concrete work, & more. Phone or email for a consultation and estimate. **Affordable pricing, quality work & professional service.**

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.EDM5W@gmail.com

www.ucmas.ca

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

DISCOVER THE GENIUS WITHIN



Blue Quill Community League

Serving Blue Quill, Blue Quill Estates, Skyrattler & Sweetgrass

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

BQCL Board Members

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

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

Your BQCL membership benefits include:

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

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

Blue Quill Board Positions Available

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

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

Positions needing to be filled are:

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

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

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

Blue Quill Hall Rentals

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

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

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

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

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

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

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

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

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

Perennial Exchange Skyrattler Park, May 14

Are your flower beds overgrown? Bring your extra perennials to donate.

Wish you had more plants? Come and get some for free.

Meet neighbours, exchange gardening tips, and turn your brown thumbs green!

By the Skyrattler Park playground, 10 am to 3 pm.

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 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.

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. Please contact bqcl-admin@bqcl.org or 780-438-3366 for more information.



In celebration of
Seniors Week,
your friends from
the Southwest
community leagues
and SWESA invite
you to...



**Join us for a Seniors
Pancake Breakfast**

Tuesday June 7
From 9-11am
hosted at
Blue Quill Community center
11304 - 25 ave

FREE



**Sausages
Pancakes
Juice & Coffee
are provided**

Contact carolbigam@gmail.com
ph: 780-434-7558
if you require any additional info

Skyrattler Neighbourhood Association Annual General Meeting & Forum May 5, 7:00 pm

Are you a resident of Skyrattler? Interested in what's going on in our neighbourhood? Want to help shape the future of our community?

Save the date for our AGM and a continuation of the discussions we had last year. Get updated on park use plans, traffic issues, our mini-library, walking program and other activities. Have a say on future events and programs – which could include a neighbourhood Speed Watch, Community Garden, and other programs depending on interest.

Special guests include our City Councillor Michael Walters and MLA Hon. Richard Feehan.

May 5, 7-9 pm, at the Blue Quill Community Hall. Skyrattler is a neighbourhood in the Blue Quill Community League.



Spring Belly Dance Classes

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

Bellydance Level 1

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

Bellydance Level 2

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

Sponsored by
Days Inn.
Edmonton Airport

The Leduc Drama Society
presents:

the wedding singer

The Musical Comedy

June 17, 18, 23-25, 2016 @ 7:30pm
June 19, 2016 @ 2:00pm

Music by Matthew Sklar
Lyrics by Chad Beguelin
Book by Chad Beguelin and Tim Herlihy

Director Caitlin Schulz
Musical Director Victor Howard
Choreographer Elyssa Speers
Stage Manager Larry Rutherford
Accompanist Karen Lake

TICKETS:
\$20 each

TICKETS AVAILABLE FROM:
Ticketpro.ca or
Leduc Chamber of Commerce

All shows will be performed at the
Maclab Centre for the Performing Arts
4308 50 Street, Leduc AB 780-980-1866

TICKETPRO
www.ticketpro.ca
Toll free: 1-888-655-9090

www.leducdramasociety.ca
Phone **780-986-9501**

THE LEDUC DRAMA SOCIETY

CUSTOMER APPRECIATION EVENT

Monday, May 16th, 2016
10am - 5pm

20% off all products*

Free refreshments

**Free Heart Health
Assessments**

Door prizes

Giveaways

*Does not apply to prescription items, insulin products, and products with codeine. Other exceptions may apply; please contact the store for more details.

Bearspaw
Family Pharmacy
Remedy'sRx
The Local Drug Store

1929 105 St NW
Edmonton AB
Tel: (780) 485-8195



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 sprung, 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

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>

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 Creekswood 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 in February and March at the Rugby Club.

Roberta MacAdams School - Before and After-School Care

Before and after-school care, including half day Kindercare will be available at Roberta MacAdams School, for the 2016-2017 school year. Existing Edmonton Public School students can pre-enrol at the new school online through the electronic pre-enrolment process on SchoolZone until April 15, 2016. The school has open boundaries so students living the attendance area are automatically accepted. Those living outside of the attendance areas can also apply, but may be subject to a random selection process.

Further information is available here:

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

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 Tubahumize 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 Tubahumize 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 Tubahumize 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.

Neighbourhood Summer Daycamps

**At South Pointe Community Centre
(11520 Ellerslie Rd SW)**

AND.....Action
Calling all budding actors and actresses! Spend the week creating an award winning movie by building and decorating sets, coming up with a script, and showing off your acting skills. At the end of the week, you can unveil the movie to your family at the red carpet premiere.

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

Little Top Circus
Come clown around at this camp filled with circus adventures! Play crazy carnival games, sing silly songs, make creative crafts, and end the week with a parade! Come one, 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**.
 Register early to avoid disappointment!
 Browse all camps at edmonton.ca/daycamps

To Register

- Call 311
- Online at eReg.edmonton.ca
- In person at any City of Edmonton Recreation & Leisure Centre



Program supported by the South Pointe Community Centre





Thank you to our generous neighbours and partners for their support of our Volunteer Appreciation Event—
a free family movie—on April 9th.



FROM ONE PAD TO ANOTHER





Rutherford





2016 Door Prize Sponsors



REWARD REALTY

Mark Pelletier

780.504.1865

mark.pelletier@century21.ca

C21rewardrealty.com

SELL YOUR HOME WITH US TODAY

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

Contact us for more details

Southwest Edmonton Seniors' Association

SWESA's new spring programs, events and activities will provide you with a wide range of opportunities to experience and learn new things. The locations, dates and program costs are all explained in the Spring Program Guide which you can pick up or find on SWESA's website. Here are just a few examples to pique your interest.

New things to learn:

- Make your own quilted table runner, guided by the Quilting Group who is offer-ing a 6 week beginner's class.
- Join a group of music lovers to practice common chords and classic songs on that ukelele or guitar that's just been sitting there in your house. The group is led by Mike Footit, who has fronted bands that opened for April Wine and Tom Cochran.
- Develop strength and flexibility while working at your own pace in Gentle Yoga.
- Learn how to explore your genealogy interests using GOOGLE.
- Take an armchair tour to learn about Edmonton's Historical Buildings.

Field trips:

- Elk Island Park: Backstage Bison Experience
- Freewill Shakespeare Festival: Romeo and Juliet
- Sherlock Holmes Exhibit at Telus World of Science

Health courses

Diabetes Self-Management Workshop - taught by the Alberta Health Services' Bet-ter Choices, Better Health team.

Toonie Talks - short presentations

- Embrace your space - examine the categories of clutter in our homes, strategies to de-clutter, how long to keep important papers and community resources for donations or disposal.
- Automated external defibrillator - learn how to use this device as SWESA joins the Heart Safe Community Public Access to Defibrillation Program. It will be taught Edmonton Fire Rescue Services.
- Aging in place & avoiding hospitalization - join an engaging discussion about strategies and supports/services that will help you live safely and independently in your own home.
- That's not garbage - learn how you can reuse, recycle, compost, grasscycle and Eco Sta-tion almost everything.
- Physician Assisted Dying and the New Legislation - our speaker, from Dying with Dig-nity will look at current patient rights and how other jurisdictions have implemented this approach.

Monthly luncheons: A great way to have fun and meet new people. Each month has a new theme. Be sure to register early as they sell out pretty quickly.

Enjoy meeting people from your southwest neighbourhood - Drop by sometime for coffee and conversation with other seniors in the southwest:

- Monday & Wednesday afternoons (1:00-4:00) at Terwillegar Community Recreation Centre
- Tuesday & Thursday mornings (9:30-12:00) at Yellowbird East Community Centre

Look for other seniors programming in the SouthWest

There are other great seniors programs in several smaller seniors centres in the south-west and in some community leagues. Many of them have been around even longer than SWESA and have a great group of people to meet. SWESA's website has a list-ing of other seniors programs in the southwest. If there are others that should be listed, please let SWESA know.

SKIS & TEES

Charity Golf Tournament



Friday, May 27

9-Hole Best Ball Format

3:30pm Shotgun Start

Hole Activities, Silent Auction & Steak Dinner at Jägare Ridge **\$99** plus grat.

All proceeds and donations will go towards Snow Valley's Community Initiatives Program. Register your team TODAY at snowvalley.ca!



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Email events@snowvalley.ca or call 780-494-3991



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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



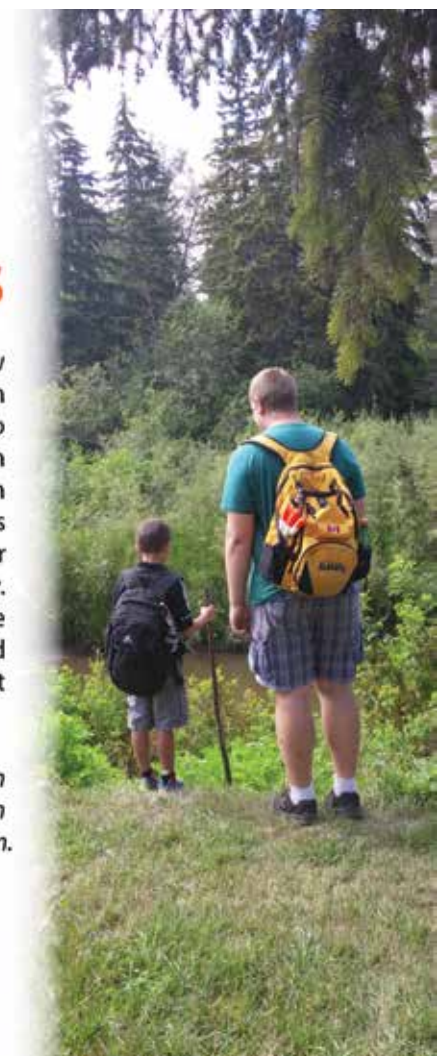
SUMMER CAMPS

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





Hong Park Tae Kwon Do Summer Camp

9159 25 Avenue, Edmonton, AB T6N 0A5
780-433-6567

Our Summer Camp is for Ages 7 +

July 4 - 7

August 8 - 12

July 11 - 15

August 15 - 19

July 18 - 22

July 25 - 29

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Space is limited, so sign up early

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Registrations must be done in person.



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- Karen Cazemier, Owner

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TWIN BROOKS Community League

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

Twin Brooks Board

President: Mike Lanteigne
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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

Age Friendly Edmonton – S I F Update

Inter-generational, Inter-organizational,
Inter-community...

The Twin Brooks Seniors group, led by Ida Richards and her team of dedicated volunteers are thrilled to share that the events are growing in interest as well as attendance. The energy is positive, the vibe is strong and there is a lot of sharing and creativity going on, bringing joy to not only the seniors but also the younger participants. The number of grandchildren joining their grandparents at these events are growing in numbers and so great to see. Ida and her group are extremely pleased with the inter-generational mix. The events will continue to be held at the Twin Brooks Community League on a monthly basis and the themes will change to reflect the interests of the group, but that continues to work to bring the community and generations together.

Donation Request Letter

“Grand Opening Celebration”, Saturday April 30th 2016

Dear Community Supporter:

On behalf of the Twin Brooks Community League, I would like to request a donation from your business for our upcoming “Grand Opening Celebration” held at the Twin Brooks Community League Center 1120 113 Street NW Edmonton, Alberta T6J 7J4 from 4:30-9:00pm.

We need your help to be able to make this a successful community event. Twin Brooks is a neighbourhood that is located between the Blackmud and Whitemud Creek Ravines and directly north of the Anthony Henday ring road. It has approximately 6600 residents and we are celebrating the “Grand Opening” of a much needed community resource that is important for building strong communities and engagement. Our goal is to be able to subsidize this event for our residents so that they can just come out and enjoy the festivities.

In exchange for your donation, you will receive community exposure and advertising, including:

- Specific mention of your company and brief message at the event and on our website (TWINBROOKS.CA), and in print in our community views submission
 - Special invitation to our event and recognition during the ceremony
- Should you wish, we would welcome a monetary contribution to off set the costs of funding the event, cheques can be made out to Twin Brooks Community League.

Thank you in advance for considering our request and for supporting the Twin Brooks Community League. We look forward to seeing you at the event.

Sincerely,

Mike Lanteigne, President
president@twinbrooks.ca

Red Cross BABYSITTING COURSE

Sponsored by Twin Brooks Community League
Held at The Hall at 11341-12 Ave NW, Edmonton

Saturday May 7, 2016
9:00am–5:00pm

Do you want to babysit ? Do you stay home alone?

If you are aged 11 or older you can get great job training ,learning good babysitting skills, safety in the home, lots of First Aid and much more, in this fun, hands-on, one-day course.

For: GIRLS AND BOYS, AGES 11 AND UP (or 11 by end of May)
Cost: \$66.67 + G.S.T = \$70.00
Bring: LUNCH, PENCIL, LARGE FLOPPY DOLL or teddy/bunny (must lay flat), WATER BOTTLE, your address

INCLUDED: Babysitters Manual & Mini First-Aid Kit

RED CROSS CERTIFICATE CARD ISSUED ON SUCCESSFUL COMPLETION

To REGISTER or for more information:
contactprograms@twinbrooks.ca

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

Twin Brooks Spring Nature Walks

Twin Brooks Community League is offering a series of three nature walks in May through its Nature Stewardship Program. The 1.5 to 2-hour walks will be held on May 7 & 14 from 9:30 – 11:30 a.m. and May 19 from 6:30 – 8:00 p.m. Walks will visit prime locations to view resident and migrating birds, wildflowers and other signs of nature in spring. Families with children are especially encouraged to participate. For further information, and to pre-register, contact Harry and Teresa Stelfox by email at nature@twinbrooks.ca or by telephone at 780-435- 2182 by May 5. The only cost of participation is to have a current membership in your local community league. Further details on meeting locations and preparations for the walks will be provided once you are registered.

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EDMONTON

Neighbourhood Summer Daycamps

In Twin Brooks

MISSION CONTROL
3, 2, 1 Blast Off! This is a camp for young space adventurers. Design your own space craft and play some out of this world games. Learn about our universe and ask all your questions on a field trip to the Telus World of Science.

Date: July 11-15
Time: 9am -4 pm
Ages: 6-10yrs
Cost: \$144
Location: Twin Brooks Community Hall
Course Code: 559814

RUMBLE IN THE JUNGLE
Would you like to go on a safari through your neighborhood jungle? Learn about different animals in the jungle through songs and games. Create your own binoculars and see what you can find. Get ready to go hunting for adventure in this action packed camp for preschoolers.

Date: Aug 8-12
Time: 1:30-4 pm
Ages: 3-5
Cost: \$80
Location: Twin Brooks Community Hall
Course Code: 559694

Registration opens **March 16, 2016.**
 Register early to avoid disappointment!
 Browse all camps at edmonton.ca/davcamps

To Register

- Call 311
- Online at eReg.edmonton.ca
- In person at any City of Edmonton Recreation & Leisure Centre





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Teen Driver Safety

Driving is a risky experience for all of us but it is most risky for teenagers in their first year of unsupervised driving. Car crashes are the leading cause of death among teens in Alberta. Not all risk is bad; risk is a necessary part of healthy teen development.

It is important that teens take Smart Risks when driving. For more information on the smart risk approach visit:
www.albertahealthservices.ca/4938.asp

Encourage your teen to look first. This means being prepared to drive, every time, by checking road conditions and mapping routes before they get into their car. It is also important to check tires, adjust seats and your teen to buckle up, no matter how short the drive. It is the law.

Teens can get trained by taking a driver's education course from an unbiased expert who has years of experience teaching new drivers. Enforce with your teen that it is the law to drive sober. Set a rule against drinking and driving.

Aside from encouraging your teen to take smart risks when driving, there are many things you can do to help keep your teen safe:

- 1) Set a good example behind the wheel by modeling the smart risk behaviours above. Always wear your seatbelt, never speed and be respectful of other drivers and pedestrians on the road.
- 2) In addition to driver's education, teach your teen how to drive under your supervision in low risk conditions before moving up to more risky situations.
- 3) Stay informed about Alberta's Graduated Driver Licensing (GDL) laws and start a conversation with your teen about it.
- 4) Using the Parent/Teen Driving Agreement with your teen can help you with all of these things. This agreement will help you start and keep an open, honest dialogue with your teen about their driving behaviour. It will also help you work together to set boundaries and build trust.

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*as certified by the Canadian Physiotherapy Association

Seniors Fitness : A growing field

Sorry to say it but after the age of 60 there is a steady decline in your physical health. That's not news. But there is a huge volume of research that confirms that your fitness does not have to decline as quickly as you think as you age. Those seniors who remain active can maintain their joint and muscle health much longer than they would otherwise. In fact the field of fitness for aging seniors is a booming one.

Three of the key factors you need to consider after the age of 60 are strength, mobility and balance. Balance declines due to deterioration of your nervous system and reflexes. That deterioration can be slowed (and even reversed) through specific balance exercises. If you cannot stand on one foot for 30 seconds without stumbling, you definitely need some balance work.

Mobility also declines as our hips and knees and ankles become stiffer. As your mobility reduces, your risk of stumbling and falling increases. After the age of 60, a fall is a serious event, often leading to hospitalization. In fact, 40% of nursing home admissions are a direct result of a fall. Maintaining your ability to step over things, to stumble but still catch yourself, and generally to move with agility is essential as you age. When was the last time you did any agility drills with your feet? (Remember your high school days doing tire drills on the football field? It doesn't have to be like that, but there are lots of other things you can do well into your 80s)

Strength declines with age through the process of sarcopenia. That's like osteopenia, but for muscles. Everyone experiences it, but it occurs faster and to a greater degree in people who don't exercise their muscles. Your muscles will not stay strong as you age simply by lifting groceries and grandkids. You need to do some resistance training. The key muscle groups are your arms and shoulders, your back, and your thighs. You don't have to be a gym member to get this done. A set of home exercises with light weights or resistance bands works just fine. You can even work on your strength while sitting in a chair, if you know what to do.

You can get further advice on maintaining your fitness as you age in a number of ways. Alberta Health Services offers community-based classes for seniors. Check their website for details. Local seniors groups such as the Millwoods Seniors Association offer a host of classes that include fitness as well as recreational activities (www.mwsac.ca). City-run fitness facilities and the YMCA are another option. For those who wish to work out at home, you can seek advice from a physiotherapist to learn what you should be doing, or from a fitness professional such as a kinesiologist. A few sessions with either of these professionals can be incredibly helpful in getting you going on your own.

Don't delay. Stop the decline and turn back time.

Jeffrey Begg, PT
Clinical Specialist (MSK)
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Get loud about mental health

Mental Health Week,
May 2-8, 2016

Each year, more than 500,000 Albertans visit a doctor about their mental health. Taking care of your health means taking care of your mind too.

Engaging in physical activity, eating healthy foods, practicing gratitude and having fun are all small steps that can improve your mental health and help to reduce stress.

During Mental Health Week, May 2-8, Alberta Health Services wants to remind you to take care of yourself and share how you are making a difference in your own mental wellbeing. Get loud about the positive steps you are taking and encourage others to do the same.

Try these simple steps and challenge your family, friends, co-workers and yourself to better health and wellness.

Start now and take AHS's Mental Health Week Ways to Wellness Challenge from May 2-8 visit: <http://www.albertahealthservices.ca/amh/Page13618.aspx> and tell us what you do each day for your mental health.

Follow us and tell us what you are doing for your mental health and well-being:

- Twitter: AHS_behealthy, https://twitter.com/ahs_behealthy #AHSMHW16

For more information or help contact Mental Health Help Line toll-free at 1-877-303-2642, 24 hours a day 7 days a week.



YECL Board Contacts

President: Michael Karpow president@yellowbirdcl.com
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 Vice President, Operations: Julie West editor@yellowbirdcl.com
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Find us on Facebook: <http://www.facebook.com/YellowbirdCL>

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Friday, Saturday, Sunday

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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.

Parents and Tots Playgroup

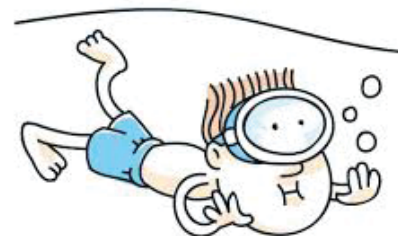
Join us for a drop-in playgroup at Yellowbird Community Hall, for moms/dads or caregivers and their little ones 0-6 years old.

\$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

Want to make a difference in your community?

Join our progressive and fun team! New members are always welcome. Next meeting Tuesday April 12, 7pm at Yellowbird Hall.

Yellowbird Community Garden

The community garden group is actively preparing for spring construction! This month we began surveying 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.

Next meeting April 25, 7pm, at Yellowbird Hall.

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

Stay tuned for more information as the date approaches.

Building Choices in Keheewin

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



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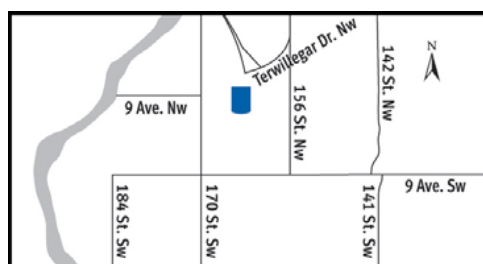
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Saturday: 9:30 - 3:00
Sunday: Closed
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