

COMMUNITY VIEWS

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



October 2016

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Blue Quill's 4th Annual Party in the Park

There was lots of family fun at our fourth music festival on September 10, with over 50 musical acts such as Sam Wetyk (in photo) donating their time and talent to fill our stages. Thank you to all our sponsors and to the many volunteers who made this a great event!



5th Annual Yellowbird Local Gift & Craft Fair. Saturday, Nov. 12, 2016

There will be space for 25 plus vendors, we welcome both handmade and direct sales. From 10am – 4pm on **Saturday November 12**, at the YECL Hall located on 107st and 19ave.

To be a vendor please contact Ali at craft.fair@hotmail.com.

Heritage Point Community League Day 10 Year Celebration

Saturday September 17, 2016

We had a terrific two-part event to educate and engage with our community league members and residents. Best Shredding was on site providing free document shredding and we partnered with several important public service groups: AHS - Emergency Medical Services, Edmonton Police Service, Edmonton Fire Rescue Services, City of Edmonton, Edmonton Public Library; as well as service providers - ATCO, Rutherford Veterinary Clinic, Save-On-Foods Ellerslie to offer important information to our guests about community, personal, property, and pet safety.

Our evening movie-in-the-park brought out over 150 guests who enjoyed free popcorn, water, snacks, and cupcakes to commemorate our 10 years as a league. Attendees were entertained with Big City Games and had the opportunity to enjoy the company of their friends and family in the great outdoors.

Thank you to our sponsors: Rutherford Veterinary Clinic, TD Bank - James Mowatt Trail, and Save-on-Foods Ellerslie, for their financial support and participation in our event.

We extend our gratitude to all our safety/public service partners as well as local groups: Southwest Edmonton Seniors Association, Rutherford Community Gardens Committee, and the West Rutherford Home Owners Association for making our shredding event a success.

Finally, special acknowledgement goes out to our volunteers, Board and general, for everything you do to make HPCL the best place in Edmonton to live.

We are proud to serve this community as the central hub for information exchange, outreach and advocacy on civic, recreation, sports, and social issues. Our volunteer Board members are dedicated to delivering programs and leading projects to enrich our neighbourhoods and benefit all residents.

Congratulations to Michelle Claypack-Hay and Margaret Kosson-Stasiak - winners of our HPCL photo contest. Thank you Michelle and Margaret for participating by sharing your photos from our Community League Day event.

We hope you will take full advantage of your 2016-17 HPCL Family memberships - enjoy!

We look forward to the next 10 years and beyond!

Twin Brooks Fall BBQ

Twin Brooks Fall BBQ was held on Saturday September 10, 2016 and it was complemented by our very first Beer Gardens. A special thank you to Shauna Nicholas, Twin Brooks Volunteer Director, and Monika Langer, Twin Brooks Social Director, in addition to the Twin Brooks Board Members that shared in the day! It was exciting to see the community come together.

Monika says, "First off, thank you to everyone for helping out at this year's BBQ. As a team anything is possible! Shauna a big "Thank you to you for all the ground work you did to make this Beer Garden even possible. All the details on top of the paperwork, again a big thank you"

It is important to mention that we had local businesses and retailers contribute to the event, and we appreciate your support and contributions not only to our event but to our community. Special thanks and honorable mentions to:

Save On Foods
Ellerslie - thanks to
Bob and Melissa

Hypnotic Bloom -
thank you Peggy

Sobey's South-
brook - thank you
Darren

Twin Brooks Esso -
thank you Leigh

Spartan Controls -
thanks for the BBQ

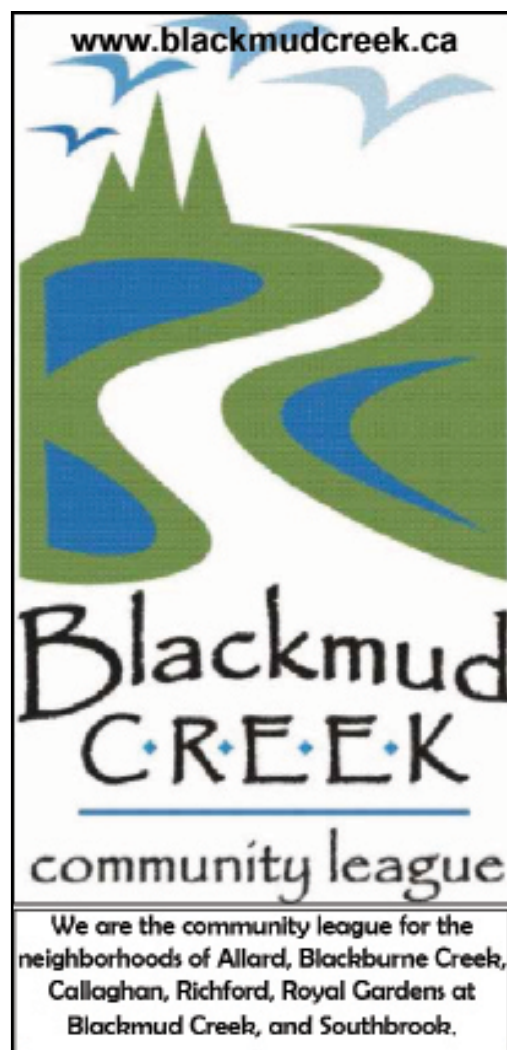
Starbucks Calgary
Trail

Special mention to
Bryan Anderson,
City Council-
lor and Nathan
Ip, School Board
Trustee, it was
great to see you out

at our community event connecting with our community residents, and just listening to what our residents have to say, it is welcomed and appreciated.

Together we can make a difference!!!





POSITIONS AVAILABLE OUR BOARD OF DIRECTORS

Blackmud Creek Community League has Positions Available on our Volunteer Board of Directors. Joining the Board is a great way to be directly involved in the shaping of the community!

PROGRAMS DIRECTOR

The Programs Director is responsible for the organization and execution of community events and social programs; including Community League Day and the Family Halloween Party.

NEIGHBOURHOOD WATCH

The Neighbourhood Watch Director is responsible for conducting police checks for volunteers, acting as a liaison between our Community League and the EPS. Also creating community awareness of safety and security in the community.

For more information on these vacant board positons please email blackmudcreek@gmail.com.

CALLAGHAN PARK DEVELOPMENT

The Golf Tournament at Red Tail Landing in August was a great success; thank you to everyone who came out to support us! Stay up to date with upcoming fundraising events and more by following us on Twitter @callaghanPDP

NEW SCHOOL OPENING – ROBERTA MACADAMS

We are pleased to welcome Roberta MacAdams K-6 Public School into our Community! The K-9 School in Allard is under construction and we look forward to it opening in 2017.

CURRENT EXECUTIVE COMMITTEE BLACKMUD CREEK COMMUNITY LEAGUE 2016/17

Position	Name	Phone	Email
President	Garrick Ma	780-989-3356	gtama@hotmail.com
Vice President	Rob Powell	780-705-1423	Rob.david.powell@gmail.com
Secretary	Kim Lucid	780-430-4164	klucid@hotmail
Treasurer	Carlos Bautista	780-493-1545	Carlos.bautista@hotmail.it
Programs	VACANT		
Sports Director	Chad Willsey		Cwill72@telus.net
Membership	Thomas Varghese	780-937-2195	thomangelav@gmail.com
Fundraising	Veronica Dutchak	780-469-0830	vdutchak@shaw.ca
Facilities	Don Gabuna	780-904-9058	Don.gabuna@gmail.com
Civics	VACANT		
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



**Part time contract
position - Soccer Coordinator**

General Information:

We are looking for an enthusiastic and energetic person to take on the role of soccer coordinator who would be proud to make the soccer experience for our families as great as it can be and wants to grow with the program over the years. We administer the U4, U6, U8, U10, U12 and U14 programs and collect registrations for U16 and U18 with the goal of continuously expanding within our community.

Job responsibilities:

- Reports to BCCL Sport Director and works with SWEMSA board rep, SWEMSA administrator and other volunteers to plan, organize and oversee all aspects of the outdoor and indoor (as necessary) soccer seasons
- Officially represents the program to the community and attends meetings of Blackmud Community League as necessary
- Sets BCCL policy with BCCL Sport Director and Treasurer to set yearly budgets.
- Attends SWEMSA Board meetings when SWEMSA Rep is unable.
- Assembles
- Coordinates registration events, volunteer organization, replying to general emails, distributing uniforms and equipment, team photos, team medals, etc.
- Work would be from home office and hours are flexible as long as tasks are done in timely fashion and by any deadlines required.
- Approximate hours required between 2-10 hours weekly, mainly from December to July.

Qualifications:

- Candidate should have previous clerical / administration experience;
- Computer program skills an asset including knowledge of basic excel and word programs;
- Access to internet and a computer is necessary;
- Knowledge of soccer in general would be an asset but not necessary;
- Police check would be required.

Salary:

\$20 an hour, billable monthly. This position is a contract position for one year and may be renewed depending on the success of the candidate and program.

Please email resumes to blackmudcreek@gmail.com by October 15, 2016

Any questions can be directed to the BCCL Sport Director Chad Willsey at cwill72@telus.net



Community Views October 2016

PHYSIOTHERAPY

MASSAGE

**We are accepting new patients
Walk-ins welcome**

**Rutherford Physical Therapy
and Sports Injury Clinic**

ACUPUNCTURE

IMS

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Info@rutherfordphysicaltherapy.ca

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Blue Quill Community League

Serving Blue Quill, Blue Quill Estates, Skyrattler & Sweetgrass

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

BQCL Board Members

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

**Blue Quill AGM
November 17, 2016**

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.

RUTH'S HATHA YOGA AT BLUE QUILL - Hatha yoga class 9-10 Wednesday mornings is suitable for beginners and those more experienced with yoga. Come discover the rhythms of breath and calmness of mind through yoga.

RUTH'S CHAIR YOGA AT BLUE QUILL - Join this gentle yoga class 10:15-11:15 Wednesday mornings. This class is designed for seniors or those with mobility issues. We will use chairs to keep the body aligned while gently stretching.

BOTH CLASSES start August 24th. Blue Quill Members \$80 for 8 week class. Non-members \$95.00 for 8 week class. Seniors Community membership is free. Call Ruth for more information and to pre-registration 780-237-6730 or ruthe.sjoberg@gmail.com Hope to see you there.

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>

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 Community Tennis

We're having a fantastic second season at Blue Quill Tennis! We just completed a do-it-yourself court resurfacing, so come and enjoy our fresh courts! Our goal is to get as many people as possible to join and enjoy this fabulous sport! You'll find all ages in our tennis community, so no one is too young or old to get started!

Our lessons are reasonably priced at \$5/hour/person for groups and \$10/hour for privates. The Blue Quill membership is \$25/individual, \$35/family, and free for seniors. With the membership, you get access to lesson rates listed above, the combination to the tennis courts, and participation in our weeknight leagues and social tournaments. Our three coaches, Bryce Nelson, David Laschuk, and Bianca Bitting, are certified with Tennis Canada, and are experienced competitive players.

If you are interested in joining, you may contact the Blue Quill League Administrator, Kathryn, at 780-438-3366 or bqcladmin@bqcl.org. You may also contact the Head Coach/Tennis Director, Bryce Nelson, at brycebraun@gmail.com

Our courts are open this year until snowfall, and will re-open for lessons and play in late-April 2017, or once the snow melts!

We look forward to seeing you on court!

Blue Quill Board Positions Available

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

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

Positions needing to be filled are:

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

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

Electronics Recycling Event

Blue Quill Community League and the City of Edmonton will be hosting an E-Waste collection event on October 27th from 4:00pm to 8:00pm in the Blue Quill Community League Parking Lot at 11304-25 Avenue NW.

Please bring in any of your old electronics that you would like to recycle and dispose of safely.

2016 Fall Session:

Zumba: Tuesday PM 6:45 – 7:45pm September 27th to November 29th, 2016 (10 sessions).

Lose yourself in the music and find yourself in shape as you get your groove on to Zumba Latin rhythms: Salsa, Flamenco, 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 8-9:00pm September 27th to November 29th, 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.

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

Walk on Wednesday (WoW)

Looking for a way to get some fresh air, exercise and meet your neighbours? Then WoW is for you. Meeting Wednesdays at 7 pm at Skyrattler Park, you can bring a friend (including a four-legged one) or just come join us. We have poles for Nordic pole-walking you can try out if you'd like (training provided).

We walk for about 45 minutes around the Skyrattler and Blue Quill neighbourhoods. Come enjoy these great evenings with your friends and neighbours and get some good exercise too!



BLUE QUILL COMMUNITY LEAGUE'S

CHRISTMAS CRAFT SALE AND CHILDREN'S PARTY

SATURDAY DECEMBER 10

10 AM TO 3 PM

11304 - 25 AVE 780- 438-3366 www.bqcl.org



WE ARE COLLECTING TOYS FOR

630 CHED'S SANTA'S ANONYMOUS

ENJOY SHOPPING FOR CHRISTMAS GIFTS WHILE THE KIDS ARE BUSY WITH CRAFTS, COOKIE DECORATING, AND GAMES. BRING YOUR CAMERA, SINCE SANTA WILL BE VISITING FROM 11 AM UNTIL 2 PM. WE HAVE A GREAT VARIETY OF VENDORS SURE TO HAVE THE PERFECT PRESENTS FOR CHRISTMAS!

Skyrattler Corner

Interested in a Community Garden?

Several Skyrattler neighbours have been looking into creating a community garden in Skyrattler. Community Gardens have become quite popular in recent years, and new gardens in neighbouring communities have long waiting lists. We have a small group looking into establishing one here, but we need a few dedicated people to help with the planning. If you're interested, please send an email to skyrattler2012@gmail.com and Joy or Kate will get back to you.

Walk on Wednesday is back!

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

If you wish you can be introduced to Urban Pole Walking, a Norwegian style of walking requiring the use of poles, which offers great physical advantages over regular walking. Basic training and poles will be provided every Wednesday for those who are interested. What a great way to get good exercise and enjoy the outdoors in your own community! Come out and get fit!

Skyrattler Mini-library

The Skyrattler little library continues to be popular, with many local residents seen stopping to take a look at the current offerings. The available titles are always changing, so be sure to check it out next time you walk by the park. If you've finished a good book and want to give it a new life, feel free to add it to the collection.



Our Playground is showing its age

The Skyrattler playground was built about 30 years ago, and many parts of it will soon need to be replaced. There are grants available but we need someone - or a few interested people - to apply and coordinate the effort. If you're interested in taking this on, please send a message to skyrattler2012@gmail.com.

Trampolines: bounce, bounce, ouch!

With summer over, sales on backyard toys may have you considering a trampoline for your home. Though you may think of trampolines as a means of getting your kids outdoors and exercising, they aren't without potentially significant risks.

In 2015, Albertan children visited emergency departments (EDs) more than 1,620 times for injuries they got using trampolines. On average, that's more than four kids, every day, who ended up in Alberta's EDs, due to trampoline use.

And unfortunately, we're not just talking a wee scratch or two:

- Almost 20 per cent of these kids had dislocated ankles or feet, 18 per cent had fractures in their legs, 21 per cent had fractures in their shoulders, elbow or arms, and 140 sustained injuries to the head or neck.
- In fact, from April to September 2015 alone, every second day, an Albertan child was injured so severely on a trampoline as to require admission to a hospital. That's a lot of ouch for the bounce.

If you're thinking that safety nets, most often sold with trampolines to prevent people from falling off, will reduce this risk, consider this: fewer than 30 per cent of trampoline injuries are caused by falling off the tramp. Simply, the risk of the trampoline is the use of the trampoline at all.

Alberta Health Services wants you and your kids to stay safe. Keep the trampolines out of your backyard, and keep your family out of the hospital.

6 Connect with your community at www.communityleagueneews.com



Fall Belly Dance Classes

Blue Quill Community League
(11304-25 Avenue)

October 6 - December 8
(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 % shimmy and variations of the figure eights. Introduction to finger cymbals (zills) and additional uses of the veil.

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FREE TRIAL CLASS

WEDNESDAY SEPT 13TH, 7PM

BLUE QUILL COMMUNITY HALL

- 12-class semester is only \$100 for members of the Blue Quill Community League, (*non member rate available*)
- Fall Semester runs September 21—December 14
- A great class for beginners, adults, kids and families!

We welcome beginners and returning students,
Adults, Children and Families

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learn something new,
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President	Rhiannon Hoyle
Past President	None
Vice President	Tina Blake
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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 League Membership Has Its Benefits!

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

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

HOW THE PROGRAM WORKS

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

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

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

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

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

*Applies to new purchases only.

Thank you to all membership volunteers - HPCL Board and members who did a great and wonderful job at the Indoor Soccer registration/membership drive events and Community League celebration event and membership sale.

EDMONTON

Year Round Green Shack Program

FREE Community Drop-In Recreation Program

Children ages 6 – 12 can experience a variety of activities, crafts, cooking and more!
Families are welcome!

Chappelle Urban Village Park 1137 Chappelle Boulevard SW

October 15, 2016 to November 10, 2016
Tuesday & Thursday
3:30pm-6:00pm

Saturdays
1:00pm – 5:00pm

Please Note:

- All activities are outside; please ensure that you come dressed for the weather.
- Children under the age of 6 must be supervised by a parent or guardian.

Find all community drop-in programs at edmonton.ca/dropincommunityprograms or call 311.

HPCL Halloween Party

Due to the lack of volunteer's availability, there will NOT be any HPCL Halloween party this year. If there is some interest in the community members and would like to coordinate and organize, please contact Rhiannon at president@heritagepoint.ca

HPCL Fundraising Casino Volunteers Needed

Sunday Nov. 6 and Monday Nov. 7
Palace Casino, West Edmonton Mall

Funds raised will go towards community-based projects and programs.

Free meal provided. No experience necessary.
All shifts are shorter than 7 hours.

Earn rewards points for discounts towards HPCL membership fees. Volunteer 5 hours in the Count Room and receive 66 % off your membership fee.

Contact Anika at fundraising@heritagepoint.ca for more information or to volunteer

Arm your child against HPV now; protect from cancer in the future

As your kids head back to school, they're sure to bring lots of papers home, for your signature. If your child is in Grade 5, one set of these papers will be immunization consent forms, including consent for your child to receive the Human Papillomavirus (HPV) vaccine.

The HPV vaccine - one of Alberta's routine childhood immunizations- is recommended for all boys and girls in Grade 5, so as to safely and effectively protect them against developing human papillomavirus infection in the future.

Human papillomavirus is very common, and will affect more than seven out of 10 people in their lifetime. As the cause of almost 100 per cent of cervical cancer cases, 90 per cent of anal cancer cases, 50 per cent of penile cancer cases, and 35 per cent of oral cavity cancer cases, the consequences of HPV can be very serious.

We understand that decisions about immunizing your children can be complex. This is why Alberta Health Services has developed the HPV Decision Aid Tool: to help you, as a parent, understand how the HPV Vaccine can support your child's future wellness, and decide whether you feel it is right for your child, today.

To learn more, and access the tool, visit www.albertapreventscancer.ca/hpv.

For more information on all routine childhood immunizations, including HPV, visit www.immunizealberta.ca

Fall Deals



11190 Ellerslie Rd.
Edmonton
780-432-7767

* This advertised promotion is valid only at the Ellerslie Rd. Edmonton location. Promotion expires November 30, 2016. Cannot be combined with any other offers. One coupon per customer.

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or D Q Sandwiches

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*as certified by the Canadian Physiotherapy Association



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SKI & SNOWBOARD SWAP

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SALE SUNDAY, OCTOBER, 16
 9:00 AM TO 3:00 PM
DROP OFF SATURDAY OCTOBER, 15

YOUR ONE-STOP-SHOP TO PURCHASE ALL YOUR SKI & SNOWBOARD EQUIPMENT FOR THE 16/17 SEASON.



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Get immunized, before influenza arrives

It happens every year: influenza arrives in Alberta. The good news is, influenza vaccine gets here first. All Albertans are encouraged to take advantage and get immunized before influenza arrives.

Caused by a virus that attacks the respiratory system, influenza can be a serious illness and is easily spread from person to person. Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization this fall, even healthy Albertans are without protection against this illness.

Each year, influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community. When you get immunized, your immune system is prompted to respond and produce antibodies that will arm you against the influenza viruses if – and more likely, when – you are exposed to them again, throughout the season.

Without immunization, your body will not have the opportunity to build its immunity – or armour – against influenza, before being exposed.

Alberta's annual influenza immunization program begins Oct. 20, offering influenza vaccine, free of charge, to all Albertans six months of age and older. Be it through dozens of drop-in Alberta Health Services' influenza immunization clinics or through your local pharmacist or physician, this season, get protected, not infected.

For more info, including local clinic schedules, visit www.albertahealthservices.ca/influenza, or call Health Link Alberta at 1-866-408-5465.

55+ condo for sale: \$270,000

MLS # E4026654
 #418 9820 165 Street

SELLER OFFERING 12 MONTHS FREE CONDO FEES!
 Amazing deal!
 \$40,000 less than city assessed!
 2 bedrooms, 2 full baths, in the Vanier complex, top floor south facing, heat pump comfort living year round, adult independent, 1031 sq ft, hardwood, granite, much more!
 The seller is offering a 1-50 chance draw to win \$5,000.

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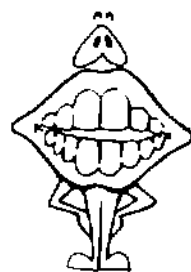


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HPCL – Thank You

Heritage Point Community League is fortunate to have great businesses in our community who support our residents and events hosted by our League. We would like to feature a local business that was one of our sponsors for Community League Day on Saturday September 17.

Rutherford Veterinary Clinic

Rutherford Veterinary Clinic strives to provide complete care for their patients including same day appointments, early drop off and late pick up, emergency services, nutritional consult, spay and neuter, micro-chipping, annual vaccines and wellness exams, fleas and ticks prevention, deworming, soft tissue surgeries, digital radiology, in-house laboratory, dental cleaning and orthopedic surgery.

They have a veterinarian and personnel on duty 6 days a week who are trained and equipped to handle most of the urgent care your pet has. Their team is committed to educating our clients in how to keep your pets healthy year round.

Rutherford Veterinary Clinic is run by Dr. Hany Naguib, who is licensed, experienced Edmonton veterinarian. The clinic stays on top of the latest advances in veterinarian technology and above all, remembers that all animals and pets need to be treated with loving care in every check-up, procedure, or surgery.

11464 17 Ave SW
780-761-0350

Monday to Friday 8 am-8 pm
Saturday 10 am-5 pm

www.rutherfordvetclinic.com
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Join the Air Cadets



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Wednesday Evenings
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Kingsway Hangar
504rcacs.ca



Spearmint Dental's Annual Halloween Candy Buy Back



Tuesday, November 1st 8am -8pm
11440 17 Ave SW, Edmonton
780 438 0045 www.spearmintdental.com



Tooth decay is the most chronic disease of childhood. Bring your excess candy to our office and receive \$1 for every 1 pound of candy, a cool fishing L.E.D toothbrush and treats.

Your school will receive a minimum of \$1,000 and you will enter to win one of six Best Buy \$250 gift cards



TWIN BROOKS Community League

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

Twin Brooks Board

President: Mike Lanteigne
Vice President: Vacant
Secretary: Gonzalo Zambrano-Narvaez
Treasurer: Annie Dei
Membership: Kelly Cassault
Facilities: Jim LeBlanc
Sports: David Murray
Sports Assistant: Vacant
Programs Director: Alex Kandathil
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

Annual General Meeting Announcement

This year Twin Brooks Annual General Meeting is scheduled to be held on

Monday, October 3, 2016 @ 7:00 pm
Twin Brooks Community League Center
Please join us and be a part of the decisions made in our community, your say and your voice matters.

Update from the Twin Brooks Garden Group ...

The Twin Brooks gardeners have been enjoying a very successful growing season this year. With corn stalks and sunflowers reaching heights of 8 feet. Our garden looks very lush and plentiful. We are busy harvesting our produce and would like to remind visitors that the food grown in the garden is not free. If you have not paid for a plot, then you may not pick the food grown in the garden. If you are interested in having your own plot, please contact us at garden@twinbrooks.ca.

The TBGG joined in on the fun and festivities during the Twin Brooks BBQ held on Saturday, September 10th. A draw was held to win a basket of free vegetables and out of 45 participants, the lucky winner was Cynthia Woroschuk of Twin Brooks. Congratulations!!

Our Fall Harvest Potluck was held on Sunday, September 18, 2016. It was a windy meal, but the dishes were enjoyed by all who attended! A special thank you to Bobbie Schmidt for organizing the event and treating us to her homemade perogies!

Save the date - the Annual General Meeting will be held on Wednesday, November 2nd at 7pm at the Twin Brooks Community League Centre.

Minor Soccer Appreciation Day

To all minor league soccer players, coaches and families on Sunday October 23 at 2pm, FC Edmonton a world renowned soccer club and a member of the North American Soccer League will be playing their last game of the season against Jacksonville Armada and FC Edmonton would like to invite Twin Brooks soccer teams to join them for their Minor Soccer Appreciation Day. Tickets are available and for \$20 you can sit along the sidelines sections 101, 102, 106 and 107.

It is FC's way of saying thank you to all the teams that support soccer in Edmonton from U4 - U18. There will be games, giveaways, discounts on all merchandise for all minor soccer players. All attendees will get to enjoy watching an FC game and at the end of the game all minor league soccer players will be welcomed onto the field to meet the players up close and personal and with a chance to "beat the pro".

Entrepreneurs in Twin Brooks

We have such diversity in our community and many different people who are starting their own businesses. This month we are featuring two businesses.

Meet Nicole Kroll she is a Twin Brooks Resident and a mother of three. She is busy not only with her own family but is looking to help other families that are looking for quality childcare, and peace of mind knowing that their children will be well cared for.

Meet Meagan Baskett, many of you will know her from the Esso in the morning. She is the bright, cheerful, happy, energetic, smiley person, that asks if we would like a car wash with all of our purchases no matter what... She is leaving the Esso at the end of October, yes that is true... She will be embarking on a journey and will be our neighbourhood snow angel, but for a small fee.

If you are interested in featuring your business, old, new, start up, please feel free to contact me at tash.mitrovic23@gmail.com. I look forward to sharing your information in the upcoming issues.

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

Membership Drive

On Sunday October 2 from 12-4pm the Twin Brooks Board of Directors will be going door to door in efforts to meet our neighbours, talk about the community and the benefits of a Community League Membership!

We will have memberships on hand, ready for purchase.

A family membership is 50.00, seniors and singles are 35.00. Annual memberships are valid from September 01, 2016 - August 31, 2017. We look forward to connecting with you face to face.

We are committed to engaging residents and building long lasting community relationships and partnerships. See you this Sunday!!!

Message from Alex Kandathil, Programs Director

We are currently accepting registration for our Zumba and Yoga classes, classes start first week of October.

Zumba, instructor Natasha Bandola, classes commence on Saturday October 01, 2016 - December 31, 2016 from 9:15am-10:15am.

Vinyasa Yoga, instructors Thea Pelletier/Nicole Wood, classes commence on Tuesday October 4, 2016 - December 27, 2016 from 7:30pm-8:30pm.

All programs are \$100.00 for 13 sessions or \$10.00 for drop in only.

We have very passionate instructors, fantastic and affordable classes, in a brand new facility without even leaving the neighbourhood. Check it out.

To register for the classes please fill out attached form or just drop by the community center for the first day of classes.

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

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

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

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

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

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EDMONTON

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TWIN BROOKS COMMUNITY LEAGUE

11341 - 12Ave NW
EDMONTON, AB - T6J 6W8

TBCL SPONSERED PROGRAM REGISTRATION FORM

General Detail	Participant's Name:		
	Date of Birth:	AHC Reg:	
Participant, Parent or legal Guardian's Contact Detail:	Name of Parent/Guardian:		
	Address:		
	Ph No:	Email:	
	Name of 2 nd Parent/Guardian:		
	Address:		
	Ph No:	Email:	
	Medical Concerns/Allergies:		
	Emergency Contact:		Ph:
Program Detail:	Community League:		
	Membership #		
	Program:	Vinyasa Yoga	
	Instructor:	Thea Pelletier/Nicole Wood	
Payment By Cheque Only	Dates:	Start: Tue Oct 4, 2016	End: Tue Dec 27, 2016
	Time:	Start: 7:30 PM	End: 8:30 PM
	Reg. Fee: \$	\$100 –for 13 sessions or \$ 10 for drop in	
	Cheque #:	Please drop off at Community Hall drop box	

Important Notes for Patents & Participants:

If you are registering your child, the instructor and or supervisor should be notified of any information related to your child's severe allergies and or other such health concerns. All fees must be paid at the time of registration. Classes will only commence if there is a minimum required enrollment of 10 for this program. Payments accepted only by cheque, payable to Twin Brooks Community League. Your cheque will not be cashed by TBCL, if the number of registrants falls below the minimum required enrollment. Unused check can be picked by the issuer upon request. TBCL, their instructors and volunteers are not liable for any and all claims of losses, or actions of legal proceedings arising from participants, parents or legal guardians named on this registration document, and where the location of the scheduled activity is within TBCL's boundary limits.

Child Participant Declaration:

I, _____ hereby agree that I will honor this Code of Conduct in relation to my participation in the aforementioned program and other activities of organized by Twin Brooks Community League.

- I shall at all times respect the instructor, supervisor, director and other persons in charge of the activity and abide by the rules and reasonable requests set by these persons.
- I shall at all times respect all equipment and the facility used in the course of the activity.
- I shall practice good citizenship at all times which shall include acceptable behavior, respect and courtesy shown towards others.
- I understand that failure to abide by the above provision of this Code of Conduct could lead to warnings and, if necessary, suspension from or permanent removal from the program.

Participant Signature: _____

Parent Signature for child under the age of 16: _____

Date: _____

*Please note: There will be no cancellation or refund after the commencement of classes.

TWIN BROOKS COMMUNITY LEAGUE

11341 - 12Ave NW
EDMONTON, AB - T6J 6W8

TBCL SPONSERED PROGRAM REGISTRATION FORM

General Detail	Participant's Name:		
	Date of Birth:	AHC Reg:	
Participant, Parent or legal Guardian's Contact Detail:	Name of Parent/Guardian:		
	Address:		
	Ph No:	Email:	
	Name of 2 nd Parent/Guardian:		
	Address:		
	Ph No:	Email:	
	Medical Concerns/Allergies:		
	Emergency Contact:		Ph:
Program Detail:	Community League:		
	Membership #		
	Program:	Zumba	
	Instructor:	Natasha Bandola	
Payment By Cheque Only	Dates:	Start: Sat Oct 1, 2016	End: Sat Dec 31, 2016
	Time:	Start: 9:15 AM	End: 10:15 AM
	Reg. Fee: \$	\$100 –for 13 sessions or \$ 10 for drop in	
	Cheque #:	Please drop off at Community Hall drop box	

Important Notes for Patents & Participants:

If you are registering your child, the instructor and or supervisor should be notified of any information related to your child's severe allergies and or other such health concerns. All fees must be paid at the time of registration. Classes will only commence if there is a minimum required enrollment of 10 for this program. Payments accepted only by cheque, payable to Twin Brooks Community League. Your cheque will not be cashed by TBCL, if the number of registrants falls below the minimum required enrollment. Unused check can be picked by the issuer upon request. TBCL, their instructors and volunteers are not liable for any and all claims of losses, or actions of legal proceedings arising from participants, parents or legal guardians named on this registration document, and where the location of the scheduled activity is within TBCL's boundary limits.

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- I understand that failure to abide by the above provision of this Code of Conduct could lead to warnings and, if necessary, suspension from or permanent removal from the program.

Participant Signature: _____

Parent Signature for child under the age of 16: _____

Date: _____

*Please note: There will be no cancellation or refund after the commencement of classes.



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.

YECL Board Contacts

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

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

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

Parents and Tots Playgroup

We are excited for another fun year of Playgroup. This cooperative-run morning happens on:

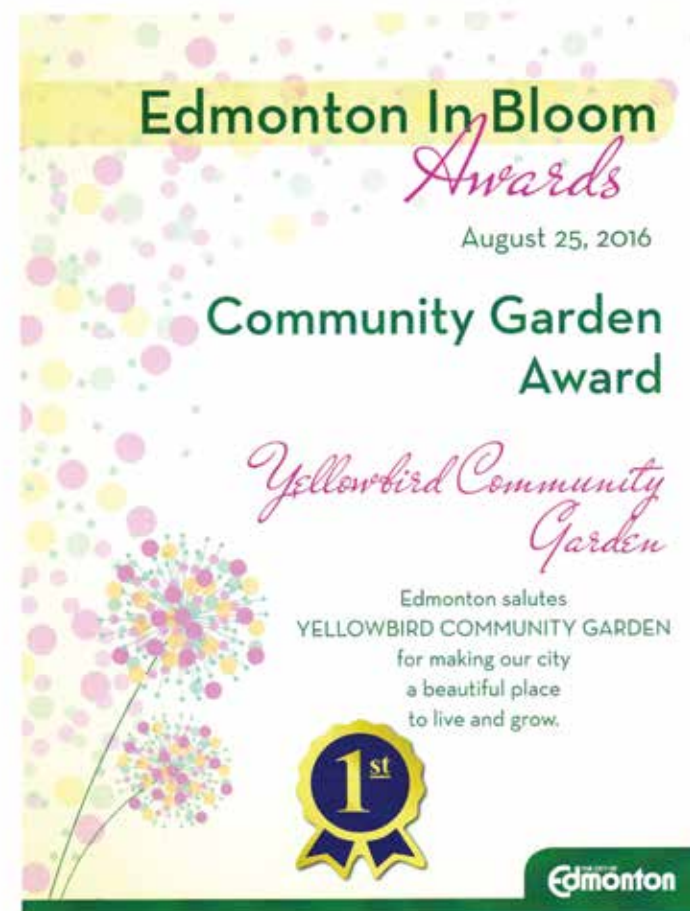
Tuesdays, 8:45am-11:00am

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

We are also looking for those individuals interested in helping with the operating of playgroup in the Fall to keep this great program operating. Those interested in finding out more about volunteering their time in this rewarding program please contact Barbara Petrunia at barbara.petrunia@gmail.com.

Yellowbird Community Garden

Yellowbird Community Garden had a terrific growing season, and to top it all off we won 1st place in the Communities in Bloom across Edmonton! Congratulations gardeners, for an amazing accomplishment!



A friendly reminder that the plots in place right now are individual plots, which means that our garden members (or Keheewin kindergarten) are planting and growing flowers and food for their own use. Many plants and vegetables are harvested best late in the season - sometimes after heavy frost - so please do not pick from or disturb these plots. I assure you that our gardeners have not forgotten about the vegetables growing there! Future spaces are in the works for everyone to enjoy, and will be marked.

Questions? Contact garden@yellowbirdcl.com.

Free Community Swim for Members

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

Yellowbird Yoga

7:00pm - 8:15pm

Class designed for beginners through more advanced. Investment for 6 week session is \$75.00. Contact Ruth at 780-237-6730 for info and to register.

Zumba

Zumba will not be resuming this fall, due to scheduling changes. We hope however to offer it again in the future. Thanks to Jen for offering this fun program and thanks to all our members who have enjoyed it!

SouthWest Edmonton Seniors Association (SWESA) Explores Housing Options for Seniors

Housing can become a major discussion point for the 55+ generation. Decisions can be very emotional, as there are a lot of memories tied to the places that we live in. It is also difficult to consider leaving the communities and friends that we have known for several years. We are nervous about making new friends again and finding services (doctors, dentists, etc) that we will be happy with.

For those who have just watched their children head to college, questions arise about the size of home that is needed now, as well as the possibility of reducing the number of possessions. Retirement may initiate travel opportunities or several new and exciting activities that keep home owners busy and away from home. You may run into the situation where you still wish to stay in your home, but have tired of keeping up a home, and are looking for assistance with maintenance. Medical changes may also make it important to look for other options for housing.

These life adaptations may start discussions about the most suitable housing choices for the future. Being prepared ahead of time makes it easier to make the move when the timing is right.

SWESA is offering two programs to support the exploration of those important housing choices of the future.

Housing Options With Home Instead Senior Care

Having a home that you are comfortable and secure in can ensure a happy and fulfilling environment as you age. The key is to match your housing with your lifestyle, health, and financial needs. Whether your search for housing options is prompted by a medical condition or just the need to downsize, finding the right place to live can be difficult and stressful. However, the earlier you assess your current needs and how those needs may evolve over time, the more choices and control you'll have. By learning about your options, you can make the right decision.

When: Wednesday, November 9 from 1:00 pm – 3:00 pm

Location: Yellowbird East Community Centre

Cost: Member \$2; Non-member \$5 Registration is requested: 587-987-3200

Moving Forward-Downsizing Tips for Seniors, Boomers and the Sandwich Generation

Discover solutions to downsizing and moving that face multi-generational families of today. Hot topics: Staging to sell, to renovate or not, estate planning, decluttering, organizing and financial planning for retirement. Presenter: Rennaye Miller, Realty Executives Polaris.

When: Wednesday, November 16 from 1:30 pm – 3:00 pm

Location: Yellowbird East Community Centre

Cost: Member \$2; Non-member \$5 Registration is requested. 587-987-3200

For other SWESA course offerings, check out our Fall Program Guide at www.swedmontonseniors.ca.

Here is another interesting course offering coming in November:

Air Quality Health Index With Health Canada

The Air Quality Health Index or "AQHI" is a scale designed to help you understand what the air quality around you means to your health. It is a health protection tool that is designed to help you make decisions to protect your health by limiting short-term exposure to air pollution and adjusting your activity levels during increased levels of air pollution. Come join Opel Vuzi, regional air quality and health specialist with Health Canada, to discover more about the impacts of air pollution on human health and ways to reduce exposure.

When: Wednesday, November 2 from 12:00 pm – 2:00 pm

Location: Yellowbird East Community Centre

Cost: Member \$2; Non-member \$5 Registration is requested.



Yellowbird's Famous Annual

PUMPKIN PATCH PARTY

FRIDAY OCTOBER 28TH

At Yellowbird Community Center

5:30pm - 8:00pm

JOIN US FOR A FUN FILLED FAMILY NIGHT!

Games/Fish Pond/Hot Dogs

Cupcake Walk/Crafts

Small cost for food and games.

Tickets will be available at the door.

**COME DRESSED IN YOUR HALLOWEEN COSTUME
FOR A CHANCE TO WIN PRIZES**

***** VOLUNTEERS NEEDED *****

Email if you are able to help with this fun event!

Anne Hudson - annehudson@shaw.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.



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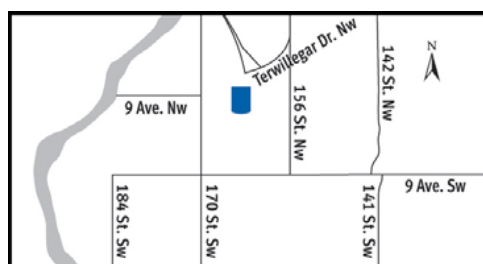
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Drop by or call to make an appointment today.

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6206 Currents Drive NW
Edmonton AB T6W 0L8
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Friday: 9:00 - 5:00
Saturday: 9:30 - 3:00
Sunday: Closed
Bank Holidays: Closed

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