

# COMMUNITY VIEWS

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



April/May 2017

Published by Calder Publications. For advertising please call 780-434-9732 or email [info@communityleagueneews.com](mailto:info@communityleagueneews.com)

## GREAT NEIGHBOUR RACE

YEG 157

10K — 5K — 3K

AFTER-PARTY

ALL AGES | WALK – JOG – RUN  
WILLIAM HAWRELAK PARK



SAT  
APR  
29

REGISTER AT [EFCL.ORG](http://EFCL.ORG) OR [RUNNINGROOM.COM](http://RUNNINGROOM.COM)  
Local league fundraising possible! Stay afterwards, the fun, food, and activities continue after the race.

## From Volunteer Canada

[www.volunteer.ca/nvw2017](http://www.volunteer.ca/nvw2017)

In 2017, volunteering comes in many forms and is as diverse as Canada itself.

Someone who shovels their neighbour's laneway or who brings a lost pet to the animal shelter is helping to build a stronger community.

Sometimes we miss recognizing these people as volunteers, because they do not occupy a formal role within an organization or group.

To celebrate all volunteers and to get you thinking more deeply about volunteering, during NVW Volunteer Canada will release a series of crossword puzzles that reveal the impacts, benefits and diverse ways

Canadians are involved in communities. Some answers may be obvious, while others may cause you to stop and say: "Volunteering, Eh?"

However you recognize volunteering in 2017, one thing remains timeless...and that is volunteer efforts create positive impact in communities across Canada.

## New Housing Coming to the Keheewin School Site

As you may be aware, City Council has decided that a mix of affordable and market multi-family homes will be built on the surplus school building site in Keheewin at 19th Avenue and 105 Street.



"This housing project presents an opportunity for the Keheewin community to provide an affordable place to live for their fellow Edmontonians, including existing Keheewin residents, and to welcome new neighbours into the community," says Maurice Rachwalski, Director of Housing Services at the City.

A volunteer group of neighbourhood residents, known as the Keheewin Advisory Committee (KAC), have teamed up with City staff and Ward Councillor Michael Walters on a pilot process to help identify better ways to not only build housing, but engage the community to ensure viewpoints on the project are heard. The KAC has provided a lot of input into the guidelines the City will be using in the coming weeks to select the company responsible for building, operating and maintaining the new homes.

"While there have been some bumps in the road, both the City and the volunteer KAC are committed to working together to get this project right so it can serve as a shining example of what successful affordable housing can look like in a community," says KAC member Josh Benard.

(Continued on page 10)



## Spring Garage Sale Day

Mark your calendars! Yellowbird's Annual Garage Sale Day will be held:

**Saturday June 3**

9 am - 3 pm

Watch our website for more information.

## NEIGHBORHOOD GARAGE SALE

### Blue Quill Garage Sale

Blue Quill Community League

11304-25 Avenue

**Saturday, May 6th, 2017**

10am to 3pm

Tables are \$30. Call 780-438-3366 or email [bqcladmin@bqcl.org](mailto:bqcladmin@bqcl.org) to reserve!



# 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	VACANT 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	Fahad Mughal 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](http://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](mailto: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.

## 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](mailto: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.





BQCL TENNIS

Adult lessons:  
Tuesday 6:00-7:00  
Thursday 6:00-7:00

Kids lessons:  
Monday: 6:00-7:00  
Wednesday: 6:00-7:00  
Friday: 6:00-7:00

Tots lessons:  
Monday 4:00-5:00  
Saturday 1:00-2:00

Private Lessons:  
\$10/hr Group  
\$15/hr Private



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- Rob  
[rob@robagostinis.ca](mailto:rob@robagostinis.ca)

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Taekwondo

Field Trip

Indoor Soccer

Kumdo

Gym Activities and more

**Southminster - Steinhauer United Church**

Southminster -Steinhauer United Church

**50 YEARS ANNIVERSARY**

**Saturday, April 22**  
4:00 pm Meet & Greet,  
5:30 pm Dinner

**Sunday, April 23**  
10:00 am Spiritual Gathering

Registration is now open for the Saturday event which includes a meet & greet, dinner, program, and dance. All attendees are asked to fill out a registration form and return to the church office. An email has been sent from the church office with the invitation and registration form, or pick up a hard copy from the foyer. Online registration is also available on the church website at [www.smsuc.com/anniversary](http://www.smsuc.com/anniversary).  
\$15 per person; under 12 free.

10740-19 Ave 780-435-2028





## Winter Belly Dance

Blue Quill Community League  
(11304-25 Avenue)

**February 2 - April 13\***

(10 Thursday classes, \*no class Mar 30)

**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.

## BLUE QUILL SHITO-RYU ITOSU-KAI

# KARATE

and SELF-DEFENCE



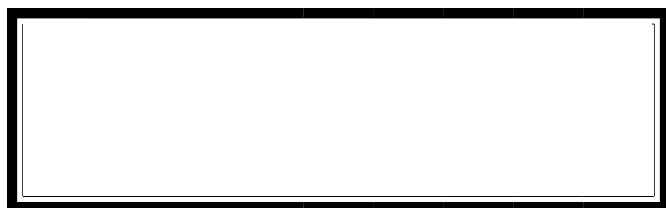
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- 12-class semester is only \$100 for members of the Blue Quill Community League, (*non member rate available*)
- Winter Semester runs January 18 - March 29
- A great class for beginners, adults, kids and families!

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

### JOIN KARATE!

Join with us,  
learn something new,  
have fun!

**AlbertaKarate.com**

# LET THE MUSIC MOVE YOU

## Barre Body Sculpt

Tuesdays 8:00-9:00pm

February 7th - March 28th, 2017

(8 sessions)



Bender Barre is a "Barre None" approach to the popular Barre classes infusing ballet, yoga, pilates, and strength conditioning to give you a very effective and safe workout good for all levels of fitness. This is the perfect fitness class to end your day and leave you feeling lengthened and conditioned.

(Please bring a yoga mat and/or a towel – All levels welcome)

**Classes are \$80 for Blue Quill Community League members -  
\$95 for non-members**

### For more information, contact:

Lisa van Vliet p. 780.935.3058  
e. lisawelcomesyou@shaw.ca  
w. lisavanvliet.zumba.com  
f. www.facebook.com/movewithLisa

### To register, contact:

Blue Quill Community League  
p. 780.438.3366  
w. bqcl.org

## YOGA

**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 January 11. 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](mailto:ruthe.sjoberg@gmail.com) Hope to see you there.



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## Paying attention to fatigue

Many of us feel fatigued at one time or another, but fatigue can sometimes mean more is happening with your body.

Fatigue can often be the result of overwork, poor sleep, worry, boredom, or a lack of exercise. People who have anxiety or depression may also experience fatigue. It can also be a symptom caused by illness, medication, or medical treatment such as chemotherapy.

Fatigue brought on by over work or illnesses such as colds or flus often resolves itself on its own without having to see a doctor. However, if you are experiencing fatigue that lasts longer than two weeks, it may be a symptom of a more serious health problem and a trip to the doctor may be required:

- **Anemia** – a decrease in the amount of hemoglobin (oxygen-carrying substance) found in the red blood cells
- **Heart problems**, including coronary artery disease or heart failure, that limit the supply of oxygen-rich blood to the heart or the rest of the body
- **Metabolic disorders**, including diabetes
- **Thyroid issues** – both hypothyroidism (low thyroid level) and hyperthyroidism (high thyroid level) can cause fatigue
- **Kidney or liver disease**

Check your symptoms to help determine if and when your fatigue may require a visit to your doctor. Learn more about fatigue on MyHealthAlberta.



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\*denotes monthly summer service, cut only

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### 2017 HERITAGE POINT CL BOARD

President	Rhiannon Hoyle
Past President	None
Vice President	Tina Blake
Secretary	Anika Louie
Treasurer	VACANT
Program/Social Director	Aaron Chute
Membership Director	Oksana Stetsa
Civics Director	VACANT
Communications Director	Ramesh Raj Sharma
Sports Director	Adam Cripps
Facilities Director	Eric Carter
Volunteer Director	Christine Radatzke
Fundraising Director	VACANT

Find us at: [www.heritagepoint.ca](http://www.heritagepoint.ca)

Join us at Facebook: Heritage Point Community League

P.O. BOX 22510  
Southbrook Post Office  
Edmonton, AB  
T6W 0C3

## HPCL Loves Volunteers

Do you want to do something that is satisfying and of great service to your community? Do you want to have a direct say and support important community development issues?

How about making new friends in a fun, educational and inclusive group?

Then become a Heritage Point Board volunteer!

### Available Board Positions: -

Treasurer, Fundraising and Civics Directors

### General Requirements:-

- Committed, organised, team oriented and self-driven
- Willing to act as Champion for your Community
- Excellent communication skills, creativity and inclusiveness in dealing with others.
- Minimum time commitment approx 5 hrs per week
- Attend monthly meeting and training sessions as required (no monthly meeting July/Aug)
- Help prepare, attend, and support various events/projects throughout the year

### Benefits:-

- We provide general support/training
- You get to enjoy free food at our monthly meetings
- Share your skills but learn new ones too
- Make some new friends and gain new experiences
- Learn how communities are developed
- Be a part of our Volunteer Appreciation event
- Free HPCL membership
- Feel proud of making a difference for all in our Community

To find out more: - Contact Rhiannon Hoyle at [president@heritagepointCL.ca](mailto:president@heritagepointCL.ca)

## Membership Update

A Big Thank You to all the community members who volunteered at the soccer registrations and membership sale for HPCL events.

### Indoor Swimming

HPCL Community League members are offered two free indoor swimming timeslots! Be sure to bring your current membership card with you and arrive early, as the pools can fill up. Only household members should attend please.

- Saturdays from 3-5pm at William Lutzky YMCA

- Sundays from 5-7pm at Terwillegar Recreation Centre.

Reminder- You will need to present your HPCL membership card to gain access to the facilities.

Join Us!

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

Every year in Alberta, more than 1600 children under the age of 10, visit emergency departments as a result of accidental poisoning. Most of these events involve the unintended ingestion of medications.

Alberta's Poison and Drug Information Service (PADIS) receives over 13,000 calls per year concerning accidental exposure to poisons by children in this age group. Many, if not most, accidental medication poisonings could be prevented by following a few simple steps to make your home safer for your children and small visitors.

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

Community Views April/May 2017

ELECT  
**Tim  
CARTMELL**  
for Councillor | Ward 9



*Campaign  
Kickoff*

**SATURDAY,  
APRIL 8TH  
2:00 - 4:00 PM** | **BROOKVIEW  
HALL  
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Come and meet Tim Cartmell,  
your Ward 9 City Councillor Candidate

For more  
information, see  
[www.timcartmell.ca](http://www.timcartmell.ca)

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## Grand Opening of Our Newly Renovated Store

**NEW Look  
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Experience**



**Saturday,  
April 15, 2017  
11am-3pm**

10939 23 Ave (Next To Shoppers Drug)

- **Charity BBQ 11 am-3 pm:** With Special Guests Barbequing With All Proceeds Donated to the Mental Rescue Society
- **Ribbon Cutting 11:30 am:** Matt Jeneroux (Member of Parliament for Edmonton Riverbend)
- **Balloon Artist for the Kids 12 pm-2 pm**
- Edmonton Fire Department Rig Appearance
- Free M&M Apple Pie with \$35 Store Purchase

**Free Samples**





Franchise owner, Aileen Holdis and staff would be delighted to serve you and show you the new store.

**Door Prizes**

## Happy Earth Day


Pick up FREE wildflower seeds at my office

**Pick up times:**  
**April 18-21**  
**9:00AM-4:00PM**  
**308 Saddleback Road**



**Can't make these times? Call me, we'll make it work.**

**MLA Richard Feehan  
Edmonton-Rutherford**



308 Saddleback Road  
Edmonton AB T6J 4R7  
780.414.1311  
[EdmontonRutherford@assembly.ab.ca](mailto:EdmontonRutherford@assembly.ab.ca)

**EHBA** Asociación Hispánica Bilingüe de Edmonton

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## Mind Body Connection

Your mind and body are powerful allies. How you think can affect how you feel, and how you feel can affect your thinking.

An example of this mind-body connection is how your body responds to stress. Constant worry and stress over jobs, finances, or other problems can cause tense muscles, pain, headaches, and stomach problems. It may also lead to high blood pressure or other serious problems.

On the other hand, constant pain or a health problem like heart disease can affect your emotions. You might become depressed, anxious, and stressed, which could affect how well you treat, manage, or cope with your illness. But your mind can have a positive effect on your health, too. Having a positive outlook on life might help you better handle pain or stress and stay healthier than someone who is less hopeful.

How do your thoughts and feelings affect your health? Your brain produces substances that can improve your health. These substances include endorphins, which are natural painkillers, and gamma globulin, which strengthens your immune system. Research shows that what your brain produces depends in part on your thoughts, feelings, and expectations. If you're sick, but you have hope and a positive attitude and you believe that you'll get better, your brain is likely to produce chemicals that will boost your body's healing power. Negative thoughts and emotions can keep your brain from producing some of the chemicals that help your body heal. This doesn't mean you should blame yourself for getting sick or feeling down about a health problem. Some illnesses are beyond your control. However, your thoughts and state of mind are resources you can use to get better. For more information on mind body connection, or tips on reducing stress, visit: My Health Alberta at [www.my-health.alberta.ca](http://www.my-health.alberta.ca)





# TWIN BROOKS Community League

CHECK OUT ALL THE LATEST NEWS  
AND INFO ON OUR COMMUNITY AT  
[TWINBROOKS.CA](http://TWINBROOKS.CA)

## Twin Brooks Board

**President:** Mike Lanteigne  
**Vice President:** Nate Dechoretz  
**Secretary:** Gonzalo Zambrano-Narvaez  
**Treasurer:** Irma Cooper  
**Membership:** Kelly Casault  
**Facilities:** Vacant  
**Sports:** David Murray  
**Sports Assistant:** Vacant  
**Programs:** Alex Kandathil  
**Social:** Monika Langer  
**Communications:** Natasha Mitrovic  
**Communications Assistant:** Deana DeRoche  
**Volunteer:** Shauna Nichols  
**Fundraising Coordinator:** Vacant  
**Casino Volunteer Coordinator:** Jamie Popowich

### MEETINGS:

Meetings held monthly September through June. Contact [volunteer@twinbrooks.ca](mailto:volunteer@twinbrooks.ca) for times and locations.

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

## Programs Update

*Zumba Classes Spring Session coming soon...* Classes to commence in April and run till the end of June. Check out Twin Brooks Facebook Page for more details.

*H.I.I.T* - High Intensity Interval Training New Spring Sessions commencing April 6, 2017 - June 15, 2017, mornings, evenings, all ages, Total Body Blast, Stretch and Tone and High Intensity Interval Training.

### Community Spirit

The Edmonton Federation of Community Leagues wants you to join in the 2nd Annual Great Neighbour Race on Saturday April 29, 2017.

## Save the Date

Saturday September 09, 2017 Twin Brooks Fall Fest - A celebration to remember...

## Sports

*The Twin Brooks Tier 5 U12 Boys indoor soccer team win Gold at Intercities.*

Congratulations to coach Uttam Sharma for a fantastic indoor soccer season! Well done boys!!! Way to go!!!

### Twin Brooks Community Outdoor Soccer Registration U4-U14

"Late Registration" still open if your require more information and details on how to register please contact Dave Murray Twin Brooks Sports Director at [sports@twinbrooks.ca](mailto:sports@twinbrooks.ca).

## Message from the S I F group

With Twin Brooks Community League's continuous supports, the SIF program will continue to provide a variety of activities for not only seniors but also other age groups of residents in Twin Brooks and other southern communities. Activities include:

1. **Each Wednesday & Thursday,**  
.... **Aerobic fitness** 12:00 - 1:15 p.m  
.... **Socializing** 1:15 - 2:00 p.m -

Everyone will be invited to stay, make tea, talk, play Mahjong, cards, board games, Ping-Pong when we raise enough \$\$ to buy a table, enjoy desserts / appetizers, either bought or home-made.

2. **Weekly Dancing & Exercise Night,** 7:00-9:00 pm, Wednesday in April 18, 25, May 2, 9, 23, 30, June 6, 13, 20, 27

3. **Every third Sunday**  
2 pm to 5 pm, SIF monthly activities (seminars, seeds/plants swap etc.)

4. **A story telling/recording** being designed in collaboration with City of Edmonton Library.

### Same location: Community Hall.

Feel free to invite your family and friends to join us.

Our program won't succeed without your participation. Our community won't be strong without everyone's involvement!

## Community Engagement

Twin Brooks Community League hosted a Little Warriors Prevent It! Workshop on February 22, 2017. We invited residents to Take Action and attend this \*NEW\* Canadian child sexual abuse prevention workshop aimed at educating adults to help prevent child sexual abuse. The workshop was well received and well attended by our community. Thank you to those who participated and a very special thanks to Little Warriors facilitator Jessi Jamison and founder, Glori Meldrum.

### About Little Warriors

Little Warriors is a national, charitable organization committed to the awareness, prevention, and treatment of child sexual abuse. In September 2014, Little Warriors opened the Be Brave Ranch — the first facility of its kind to offer a family-oriented treatment program for children have been sexually abused. You can read more about what they do here: <http://littlewarriors.ca/>

### Did you know?

Experts estimate that:

- One in three girls and one in six boys will experience sexual abuse
- 95% of those children know their perpetrator
- 95% of cases go unreported

### About the Prevent It! Workshop

Developed by researchers at the University of Alberta, the Prevent It! Workshop empowers adults to take action by equipping participants with knowledge and skills required to help prevent and respond to child sexual abuse. You can read all about the informative and empowering workshop here: <http://littlewarriors.ca/prevention/workshop/> Watch the two-minute trailer for a sneak peak of what the Prevent It! Workshop is all about: [https://www.youtube.com/watch?v=3hk\\_GIv-wuU&feature=youtu.be](https://www.youtube.com/watch?v=3hk_GIv-wuU&feature=youtu.be)

### Who should take this workshop?

ALL parents, professionals and volunteers that work or interact with children. All participants receive a workbook and certificate of attendance. If you have any questions or require more information about Little Warriors or the Prevent It! Workshop please visit the Little Warriors website at [www.littlewarriors.ca](http://www.littlewarriors.ca) or email [preventit@littlewarriors.ca](mailto:preventit@littlewarriors.ca)



## Twin Brooks Garden Group

The Spring Registration and Social event for the Garden Group is going to be held on Wednesday, April 12th at the Twin Brooks Community League Center. For more information about the event please contact Amy Johnson [aejohnson1307@gmail.com](mailto:aejohnson1307@gmail.com).

## Century Park Market



**Sundays 10 - 3  
June 4 to Sept 24**

[www.centuryparkmarket.com](http://www.centuryparkmarket.com)



TWIN BROOKS COMMUNITY LEAGUE  
11341 - 12Ave NW  
EDMONTON, AB - T6J 6W8



## Group Fitness *iAM* Classes *with* fitness

**Spring Session: April 6 – June 15**

### **EVENING CLASS SCHEDULE**

**\* all fitness levels welcome\***

**Thursdays 7pm – HIIT (45 min)**

*A high intensity full body workout for all fitness levels*

\$115 for the 11 week session, or only

\$105 when showing any community league membership card

**&**

**Thursdays 8pm – Stretch & Tone (45 min)**

*A gentle workout with a focus on stretching and relaxation*

\$115 for the 11 week session, or only

\$105 when showing any community league membership card

Multi class discount - \$10 off on any 2 classes, \$25 off on any 3 classes (daytime or evening classes available), \$14/class cash drop in as space allows

**Visit iamfitnessyeg.com or text  
Christy at 780-966-1837 for more info!**

TWIN BROOKS COMMUNITY LEAGUE  
11341 - 12Ave NW  
EDMONTON, AB - T6J 6W8



## Group Fitness *iAM* Classes *with* fitness

**Spring Session: April 4 – June 16**

### **DAYTIME CLASS SCHEDULE**

**\* children welcome \* all fitness levels \***

**Tuesdays 9am – Total Body Blast (60 min)**

\$130 for the 11 week session, or only

\$120 when showing any community league membership card

**Tuesdays 10am – Stretch Express (30 min)**

\$90 for the 11 week session, or only

\$80 when showing any community league membership card

**Fridays 9am – HIIT (45 min)**

\$115 for the 11 week session, or only

\$105 when showing any community league membership card

Multi class discount - \$10 off on any 2 classes, \$25 off on any 3 classes (daytime or evening classes available), \$14/class cash drop in also available as space allows

**Visit iamfitnessyeg.com or text  
Christy at 780-966-1837 for more info!**



# ZUMBA FITNESS IS HERE!

All Levels Welcome

**ZUMBA FITNESS 2017 SPRING CLASSES AT TWIN BROOKS COMMUNITY HALL START  
APRIL 1 AND RUN TILL JUNE 24 ON SATURDAYS 9-10 AM. ADDRESS: 11341 12 AVE  
NW. EDMONTON. T6J 6W8**

Come and join the class to get the following benefits of it:

- Crazy amount of calories burning
- Improved coordination
- Full body workout
- Improved heart health
- Mood boosting

*Text Natalia @ 780-394-5686 for more details and registration.*

*PRICE: 12 classes - 120\$. 130\$ - not registered community members. Drop in - 14\$.  
First class FREE to come and try!!!*

Important New Initiative from Twin Brooks Community Board:

*Get 25% off referral credit towards next session for every registration and up  
to entire free next session with maximum 4 referrals!!!!*

## Edmonton Leisure Access Program

*free admission to city of Edmonton Recreation facilities and attractions*

### **What is the Leisure Access Program?**

The program gives low income adults, seniors, youth and children from Edmonton free use of City of Edmonton recreation facilities and attractions including: 9 swimming pools, fitness centres, Edmonton Valley Zoo, and Fort Edmonton Park.

And it provides discounts on registered programs (day camps, art classes, swimming lessons, etc.) for one year.

### **Who can get a card?**

You may qualify if you meet the following:

- if you are currently on an approved government program (AISH, income support, health benefits, etc.)
- have low income
- are a recently landed immigrant or refugee

### **How can I get a card?**

You will have to apply for the program by submitting an application form and required documents.

### **How can I get an application form?**

- at any City of Edmonton leisure sports & fitness facility
- [www.edmonton.ca/lap](http://www.edmonton.ca/lap)
- 780-496-4918
- 14th floor, 10004 – 104 Avenue, Monday-Friday, 8:30am-4:30pm

# We are ATB Investor Services investment professionals.

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We are honest, straightforward and transparent with clients.

We communicate in ways all investors can understand.

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We are accountable when something goes wrong.

We expect our firm to do what is right for our clients.

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## 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](mailto:office@yellowbirdcl.com) for more information.**

## YECL Board Contacts

President: Michael Karpow	<a href="mailto:president@yellowbirdcl.com">president@yellowbirdcl.com</a>
Vice President, Executive: Anne Hudson	<a href="mailto:vicepresident@yellowbirdcl.com">vicepresident@yellowbirdcl.com</a>
Vice President, Operations: Julie West	<a href="mailto:editor@yellowbirdcl.com">editor@yellowbirdcl.com</a>
Memberships: Erin Rothwell	<a href="mailto:memberships@yellowbirdcl.com">memberships@yellowbirdcl.com</a>

For full board listing, see our website: [yellowbirdcl.com](http://yellowbirdcl.com)

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

## Free Swim

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 Board!

Have you ever wondered who plans our amazing events? Or who makes sure we have ice to skate on every winter? Or who runs the Facebook page?

Join our board of fun-loving directors and meet the people who work to keep our neighbourhood vibrant!

Meetings are held on the second Tuesday of each month at 7 pm.

See you there!

## Bike Safety

A bike safety course will be running at Yellowbird in May. Watch our website for more details!

## Community Garden

The Yellowbird Community Garden will be starting to prepare for spring soon! Are you interested in joining us this year? Let us know! [garden@yellowbirdcl.com](mailto:garden@yellowbirdcl.com)



## Upcoming Casino Date

We have our date for our next casino!

**Wednesday May 3**

**and**

**Thursday May 4**

at Casino Edmonton (7055 Argyll Road)

A great deal of the benefits, activities, and events our community enjoys are possible only because of this casino and the volunteers who assist with it. Please mark your calendars and join us in a volunteer shift working at the casino!

No experience necessary. Training provided for all positions. Meals and snacks provided free during your shift. Volunteer workers needed for all positions:

Bankers, Cashiers, Chip Runners, Count Room Staff, Alternate General Managers  
Contact [casino@yellowbirdcl.com](mailto:casino@yellowbirdcl.com) for more information or to sign up.

## (Housing - Continued from Front Page)

Keheewin residents are urged to attend the City's next community meeting, which will take place before the end of June. The meeting will offer critical opportunity for residents to learn more about where things are at with the selection of the builder, and get engaged and ensure their voice is heard on the project.

Find out more details about the project at [yellowbirdcl.com](http://yellowbirdcl.com).

*The Keheewin Advisory Committee & City of Edmonton*

## Yellowbird Yoga

7:00 pm - 8:15 pm

Class designed for beginners through more advanced. Investment for 6-week session is \$75.00.

Contact Ruth at 780-237-6730 for information and to register.

## Parents and Tots Playgroup

This fun 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 Moms, Dads, or Caregivers. 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 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](mailto:barbara.petrunia@gmail.com).

## Outdoor Soccer

Questions about registration? Find out at [yellowbirdcl.com/soccer](http://yellowbirdcl.com/soccer)

## Soccer Volunteers needed

We are still looking for volunteers to help out with a variety of small tasks before and during the soccer season (April-June). Your contribution counts towards your volunteer requirement, and also helps keep Yellowbird Community soccer thriving for our kids!

Contact [soccer@yellowbirdcl.com](mailto:soccer@yellowbirdcl.com) for more information.



**COME JOIN US!**  
**JUNE 10, 2017 12PM-6PM**

- WELCOME BACK BBQ
- FAMILY FUN ACTIVITIES
- OPEN HOUSE
- ALUMNI ATHLETIC EVENTS
- SCHOOL TOURS & DISPLAYS

**R S V P**  
**AINLAY.CA/50**



- STAFF MEET AND GREET
- BAND PERFORMANCES
- STUDENT ACTIVITIES EVENTS
- A WALK THROUGH THE DECADES
- DRAMA PERFORMANCES



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### FREE

Engraved Pet Tag



Pet Planet Heritage Square

2126 109<sup>th</sup> Street | Tel: 780.439.9565



Valid only at Pet Planet Heritage Square until June 15<sup>th</sup>, 2017. Cannot be combined with any other offer, promotion or deal. Photocopied coupons will not be accepted. Non-transferable. No cash value. Some restrictions may apply.

### FREE

Nail Trim



Pet Planet Heritage Square

2126 109<sup>th</sup> Street | Tel: 780.439.9565



Valid only at Pet Planet Heritage Square until June 15<sup>th</sup>, 2017. When the groomer is in the store. Cannot be combined with any other offer, promotion or deal. Photocopied coupons will not be accepted. Non-transferable. No cash value.

### \$10 OFF

your purchase of \$10 or more



Pet Planet Heritage Square

2126 109<sup>th</sup> Street | Tel: 780.439.9565



Valid only at Pet Planet Heritage Square until June 15<sup>th</sup>, 2017. Cannot be combined with any other offer, promotion or deal. Photocopied coupons will not be accepted. Non-transferable. No cash value. Some restrictions may apply. \$10 prior to applicable taxes.