

COMMUNITY VIEWS

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



Aug/Sep 2017

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

Listen To The Locals

Local Music Live at Blue Quill Party in the Park 2017!

Join us in celebration of local music and the spirit of the community at Blue Quill Community League on August 26th

Delight in the sounds that Edmonton's local musicians have to offer! Come and enjoy the Beer Gardens, Root Beer Gardens, Face Painting, Fireworks, Barbeque, and so much more!

Stay Informed:

Follow us on social media @BlueQuillCL or Blue Quill Community League on Facebook, and check out our website! www.bqpartyinthepark.ca

See you there!

Volunteers Needed!
August 26, 2017
bqcladmin@bqcl.org

Community League Day

& ALEXANDER RUTHERFORD
PLAYGROUND GRAND OPENING

SATURDAY, SEPTEMBER 16 FROM 3-7 PM
PICNIC IN THE PARK - FOOD TRUCKS - JUMPY CASTLES

PLAYGROUND CEREMONY AT 4 PM - CUPCAKES TO FOLLOW
JOIN US AT THE PARK 1331 RUTHERFORD RD SW

YECL Annual Membership Drive and AGM

FREE BBQ!
Thursday
Sept 7
5:30pm
at Yellowbird Hall



Come and join us at Yellowbird Community League for a free BBQ supper, and renew your community league membership!

We will also be having our Annual General Meeting following the BBQ at 7pm. You are welcome to join us and see what goes on behind the scenes in our community!

Edmonton Municipal Election

Nomination Day:
Monday, September 18, 2017
Election Day:
Monday, October 16, 2017

Voters will elect:

- 1 Mayor
- 1 Councillor for each of the 12 City of Edmonton wards
- 1 Edmonton Catholic School District Trustee for each of the 7 wards
- 1 Edmonton Public School District Trustee for each of the 9 wards

All Candidates Forum

Southwest Area Council is hosting your 2017 Edmonton Civic Election ALL Candidates Forum.

Location:
Southpointe
11520 Ellerslie Rd.

- **WARD 9:**
Sept 13, 7-9 PM
- **WARD 10:**
Sept 14, 7-9 PM

Please come to meet the candidates and hear what their stance is on issues that are important to you!



City Services & General Information

Visit www.edmonton.ca/311 or call 311 for information and access to City of Edmonton programs and services such as:

- Inspections, licenses, permits
- Comments, commendations, bylaw complaints
- Roadway & waste management information
- Program registrations and bookings
- Transit information

311 agents are available 24 hours a day, every day.

CANADA 150



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

BQCL Memberships



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.

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 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.

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.



LET THE MUSIC MOVE YOU

Cardio Kickboxing Bootcamp

Tuesdays 6:45-7:45pm

September 26 - November 28, 2017 (10 sessions)

Try out this heart pounding workout combining mixed martial arts upper body and lower body movements using a bootcamp format and cardio drills to make this the ultimate

total body workout. Beginners welcome. Don't worry! There's no actual fighting involved!

What to Bring: water bottle, towel, yoga mat, running shoes, heart ready to have fun!!



Barre Core Fusion

Tuesdays 8:00-9:00pm

September 26 - November 28, 2017 (10 sessions)

Barre core fusion is a class that fuses together fundamental core exercises from Pilates, yoga, ballet, and muscle endurance training that teaches you how to activate your core and target specific muscle groups. This will help you gain results faster while you experience a low impact, total body workout. Beginners welcome.

What to bring: towel, yoga mat, water and socks/barre shoes.

OPEN HOUSE:

**Tuesday, September 19, 2017
7-8pm**

Prizes and free class demo!

Bring: Yoga mat, shoes, water bottle, and towel
10 sessions for the price of 9 this night ONLY for all preregistrations.

Classes are \$100 for Blue Quill Community League members -

\$118.75 for non-members

For more information, contact:

Lisa van Vliet p. 780.935.3058

e. lisawelco_mesyous@shaw.ca

f. www.facebook.com/movewithlisa

To register, contact:

Girl Guides

Girl Guides of Canada offers challenging, active programming for girls' ages 5 to 17. In the company of friends and women mentors, girls in the community are experiencing the fun, friendship and adventure of the Girl Guides Movement. **You can be a part of it!**

In the Blue Quill Community the following units meet:

Sparks (girls ages 5 & 6) Mondays 5:45-7:00pm

Brownies (girls ages 7 & 8) Mondays 6:15-7:30pm

Guides (girls aged 9,10&11) Mondays 6:15-7:45pm

Pathfinders (girls aged 12,13 &14) Mondays 7-8:30pm

Registration for new members is underway.

www.girlguides.ca

We are also actively recruiting adult volunteers!

Guiding provides a safe environment that invites girls and young women to challenge themselves, to find their voice, to meet new friends, to have fun, and to make a difference in the world. Check the Girl Guides of Canada Edmonton Area website for further information or contact Robyn and Jen at bettymartin.dc@gmail.com.

PHYSIOTHERAPY
MASSAGE

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- 17 years of dry needling experience
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www.rutherfordphysicaltherapy.ca

Info@rutherfordphysicaltherapy.ca

ACUPUNCTURE
IMS

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- ✔ Alberta's clear sunny skies and cold weather are perfect for solar power
- ✔ The cost of solar power has dropped dramatically. You'll be surprised how affordable it is.
- ✔ A unique investment - pay for it once and it will make free energy for decades to come.
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- ✔ Increase the value of your home Run your home with clean carbon free power.
- ✔ Keep your connection to the power grid - no batteries required.
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Your **home** is
perfect for **Solar**

Home Solar PV Packages

- 1 **Starter.** Expand later
produces ~300kWh/mth
- 2 **Average Alberta Home**
produces ~600kWh/mth
- 3 **Large Family/Big House**
produces ~900kWh/mth
- 4 **Custom**
Designed for you

What's the Process?

- 1 **Consultation:** Give us a call or send us an email to discuss your needs.
- 2 **Preliminary Design:** Send us your last power bill to size a system for your home
- 3 **On-site Assessment:** We'll visit your home to inspect the roof, take measurements and perform a shading analysis
- 4 **Proposal:** We'll send you a detailed proposal with a quote, solar panel layout and energy production report.
- 5 **Acceptance:** If you are happy with the proposal we'll schedule the install 2-4 weeks later. Installation time is only a few days.

Alberta Solar Rebates

- ✔ Take advantage of the Government of Alberta Solar Rebates!
- ✔ Rebate amount: \$0.75/Wup to \$10,000 or 30% of system cost
- ✔ Rebates are paid to you by direct deposit to your bank account
- ✔ We'll guide you through the process and submit the applications on your behalf
- ✔ Rebate payment is 10 businessdays after the completion of final application.
- ✔ Take advantage of the rebate while it lasts!

**Would you like more info
or to chat about Solar?**

(866) 544-3581
info@northlightenergy.com
www.northlightenergy.com





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STUDENTS FOR OUR FOUR YEAR OLD CLASS

www.bluequillplayschool.ca
 email registrar@bluequillplayschool.ca

Ask Charles

My townhouse is listed for sale. There was a showing earlier today, and I found out those “buyers” just viewed my home to see it as a comparable for their own listing. Is that allowed?

The short answer is, no, it shouldn't be.

When you list your property for sale, you expect that showings of your property are to potential buyers. Unless a buyer or the buyer's representative discloses it to you beforehand, any other reason for a showing is dishonest through omission.

Real estate professionals have a requirement to be honest with their clients and with third-parties. That means that a buyer's real estate professional has to be honest with you and your real estate professional.



It is reasonable for you to expect that buyers booking a viewing of your property are doing so with the potential for purchasing the property. If their reason is different, then it is reasonable for you to expect them, and their agent, to be up front about it.

No one wants to have to keep their house in show-home-ready condition, and vacate the premises for a showing unless there is real potential the buyers are interested in buying. This may be particularly true if you have a young family and leaving at the spur of the moment for last-minute showings or showings at bedtime are particularly inconvenient.




There are also things you can do – and discuss with your agent – to lower the likelihood of showings for ulterior purposes. You can ask your agent to not allow viewings from people who don't appear to be serious buyers. For example, this may mean your agent asks buyer's agents to only bring buyers who are pre-approved for a mortgage.

As the seller, you control the process buyers must go through to view your property. If you want to set specific times during which viewings are allowed, you can. If you want to only admit buyers who are pre-approved, you can. Ensure your agent writes those instructions in the listing.

Remember, though, sometimes buyers come when you're least expecting it – and any attempt to reduce showings or limit availability for showings may be detrimental to your listing.

“Ask Charles” is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.



Back to school safety

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

www.albertahealthservices.ca

Edmonton Dance Factory

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info@EdmontonYouthChoir.ca

www.EYCC.ab.ca | 780-994-6539



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504 Blatchford Field
Royal Canadian Air Cadet Squadron

Youth ages 12 -18

FREE!

- Have fun • Make friends
- Camping • Flying • Sports
- Music • Trips
- Summer programs

Wednesday Evenings

6:30 to 9:30 p.m.

Kingsway Hangar

504rcacs.ca



Royal Canadian
Air Cadets

MLA Richard Feehan is firing up the grill.

September 9th
11:00 AM - 3:00 PM
Ermineskin
Community League
10709 32A Ave NW
Edmonton



Burgers,
Veggie Burgers,
Hotdogs,
Beverages,
Giveaways
& Games



**Richard
Feehan**
MLA, Edmonton-Rutherford

Phone: 780-414-1311

f MLARichardFeehan edmonton.rutherford@assembly.ab.ca
308 Saddleback Road, Edmonton, AB T6J 4R7



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Free Admission to Outdoor Pools

The City of Edmonton is celebrating Canada's 150th anniversary of Confederation by waiving admission fees to all outdoor pools!

The special offer is in effect from July 1 to the end of the 2017 season!

Drop-in swimming will be free during operating hours, and includes both public and lane swimming. Lessons and rentals will still be available for a fee. All four of the City's four outdoor pools are now open - Queen Elizabeth, Fred Broadstock, Mill Creek and Oliver.







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	VACANT
Facilities Director	Eric Carter
Volunteer Director	Christine Radatzke
Fundraising Director	VACANT

Find us at: www.heritagepoint.ca



Join us at Facebook: Heritage Point Community League








Soccer Year End Celebration
Thank you to our event Sponsor



CORE
DENTAL GROUP
and Supporters

11180 Ellerslie Road S.W.

Fall Fitness Class

Register - <https://goo.gl/forms/HtjOeq9dRIJZGQcc2>
Sundays 8:30 - 9:30 AM
MacEwan Park: 300 McEwan RD SW)
\$10 per person (register by Sep 8); Drop in \$12/Class
Bring: Water & Yoga Mat

Community Views Aug/Sep 2017

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

Fundraising, Sports, Facilities 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

Membership 2017-18

Memberships for the 2017-2018 season are available online at www.efcl.org. The cost of an annual membership is \$30. If you purchase online – Paypal fees will apply.

HPCL membership sales by now will be available by mail, or in person at meetings, events, registrations. Contact Oksana at membership@heritagepointCL.ca to purchase in-person.

The preferred form of payment for HPCL membership is a cheque.

Community Swimming & Skating

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.

Skating

Members have access and skating privileges at EVERY community league operated outdoor skating rink in the city, in accordance with that rinks capacity and programming.
You just need to wear the skate tags that come with your HPCL membership when you skate.



THIS WILL BE OUR LAST EDITION
OF COMMUNITY VIEWS

THANK YOU

TO THE CV TEAM FOR YOUR SERVICE

FOR THE LATEST NEWS AND PROGRAM INFORMATION
ABOUT HERITAGE POINT COMMUNITY LEAGUE
VISIT OUR UPDATED WEBSITE AT:
WWW.HERITAGEPOINTCL.CA

Community Views Aug/Sep 2017



A Place You Can Truly Call Home

Over 84 Communities
to choose from



bwalk.com

ELECT **ROB AGOSTINIS**

CITY COUNCIL CANDIDATE
ROB AGOSTINIS
FOR WARD 9
LET'S MAKE IT HAPPEN

WHAT'S IMPORTANT TO WARD 9

COMMUNITY ENGAGEMENT

IMPROVING TRANSPORTATION & TRANSIT

RESPONSIBLE DEVELOPMENT & TAXATION

HEALTHY COMMUNITIES

CARING FOR PEOPLE

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[@ragostinis](https://twitter.com/ragostinis) | [/robagostinis](https://facebook.com/robagostinis)

FOR WARD 9 CITY COUNCIL

VOTE ON MONDAY OCTOBER 16TH, 2017

Welcome to St. Margaret's *a little church with a whole lot of heart.*



Join us on Sunday, September 10th for Back to Church Sunday!

Sunday school registration will be held before the 10:30 am service with a BBQ following the service.

Join our community, make new friends and worship with us every Sunday at 9:00 a.m. or 10:30 a.m. The later service offers separate Sunday School activities for pre-school and school-aged children.

St. Margaret's Anglican Church

12603 Ellerslie Road

780-437-7231

stmargaretsedmonton@gmail.com

We're online at <http://stmargaretsedmonton.blogspot.com>



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: 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 for times and locations.

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

Membership Renewal Time

To all Twin Brooks Residents this is just a reminder that your membership will be expiring as of August 31, 2017. It is now time to renew your membership. You will need a community membership in order to register for the upcoming indoor soccer season. You will also need it for the 2017-2018 outdoor soccer season. Why wait??? Membership has it's privileges....



Did you know that if you have a community membership you can rent the Twin Brooks Community Center at a discounted rate. You can also attend Zumba and High Intensity Interval Training for a special community membership price. You can take advantage of special pricing at all City of Edmonton Recreational Facilities, in addition we have free Saturday swims at the William Lutsky YMCA, and discounted membership rates for community members at the William Lutsky YMCA. This is just to name a few...

Annual memberships are \$50 for the whole family (all members living in the household) Seniors and Singles are \$35. For more information renewals or new membership sales please contact our Membership Director Kelly Casault at memberships@twinbrooks.ca.

Zumba Fitness Autumn Classes

TWIN BROOKS COMMUNITY HALL
START in SEPTEMBER.

New schedule:

Saturdays 9-10am

September 9-December 9

Wednesdays 7-8pm (new time!)

September 6- December 6.

COME AND JOIN THE CLASS FOR
FULL BODY WORKOUT!!!

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

PRICE: 14 classes – 140\$. 150\$ - not registered community members. Drop in – 12\$.

All levels welcome

I am Fitness

Fall 2017

**i AM
fitness**

Make the change you deserve today.
Group Fitness For All Levels
Tuesdays & Fridays 9 AM HIIT
Thursdays 7:30 PM HIIT
Thursdays 8:30 PM Stretch & Tone
Register **NOW**
www.iamfitnessyeg.com
780-966-1837

Recharge, Get Inspired at the Alberta Art Gallery

Alberta Art Gallery is allowing free admission for ALL children under the age of 18 years and ALL post secondary students (with student ID) regardless of age. For more information, visit the AGA website: www.youraga.ca.

YMCA of Northern Alberta
Workplace Wellness

A healthy treat for you
Try the Y
Free 2-Week Trial

TWIN BROOKS COMMUNITY LEAGUE
members and their families are warmly invited to experience the YMCA of Northern Alberta:

- Unlimited access to 4 Edmonton locations
- Over 60 Drop-in fitness classes
- Recreational sports and gym time
- Workout Centre, run/walk track, swimming, and more!

Enjoy your visits—Hope you'll join us. Present this coupon along with valid photo ID and proof of community league membership at any YMCA of Northern Alberta location before **DECEMBER 31, 2017**. One coupon per person | Other conditions apply

Building healthy communities

Castle Downs Family YMCA 11510 153 Ave (780) 476-9622	Don Wheaton Family YMCA 10211 102 Ave (780) 452-9622	Jamie Platz Family YMCA 7121 178 St (780) 481-9622	William Lutsky Family YMCA 1975 111 St (780) 439-9622
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northernalberta.ymca.ca

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COME CELEBRATE CANADA'S 150 WITH US SAT. SEPT. 9TH - FEATURING:

Orbis Inflatables & Bouncy Castles with obstacle course
Concession & Food Trucks
Beer Gardens 1230pm-1200am
DJ in the Beer Gardens 700pm-1200am
Face Painters & Balloon Twisters
Photo Booth & Rig Truck
Fireworks 945pm & Movies in the centre for kids 600pm-1200am
Local displays & dancing/fitness demos
Canada 150 Giveaways
& much much more...

FUN FOR THE WHOLE FAMILY!

Want to volunteer to make this event a success send an email to volunteer@twinbrooks.ca

TWIN BROOKS COMMUNITY LEAGUE'S

FALL FEST

Saturday,
September 9th

1230pm-1200am

BBQ & FUN

1230-530PM

BEER GARDENS

1230PM-1200AM

TWIN BROOKS COMMUNITY LEAGUE CENTRE

11341-12 Ave. NW

www.twinbrooks.ca

HELPING HANDS DAY HOME IN TWIN BROOKS

Newly opened and licensed through a Day Home Agency in Twin Brooks has space for school aged children from September.



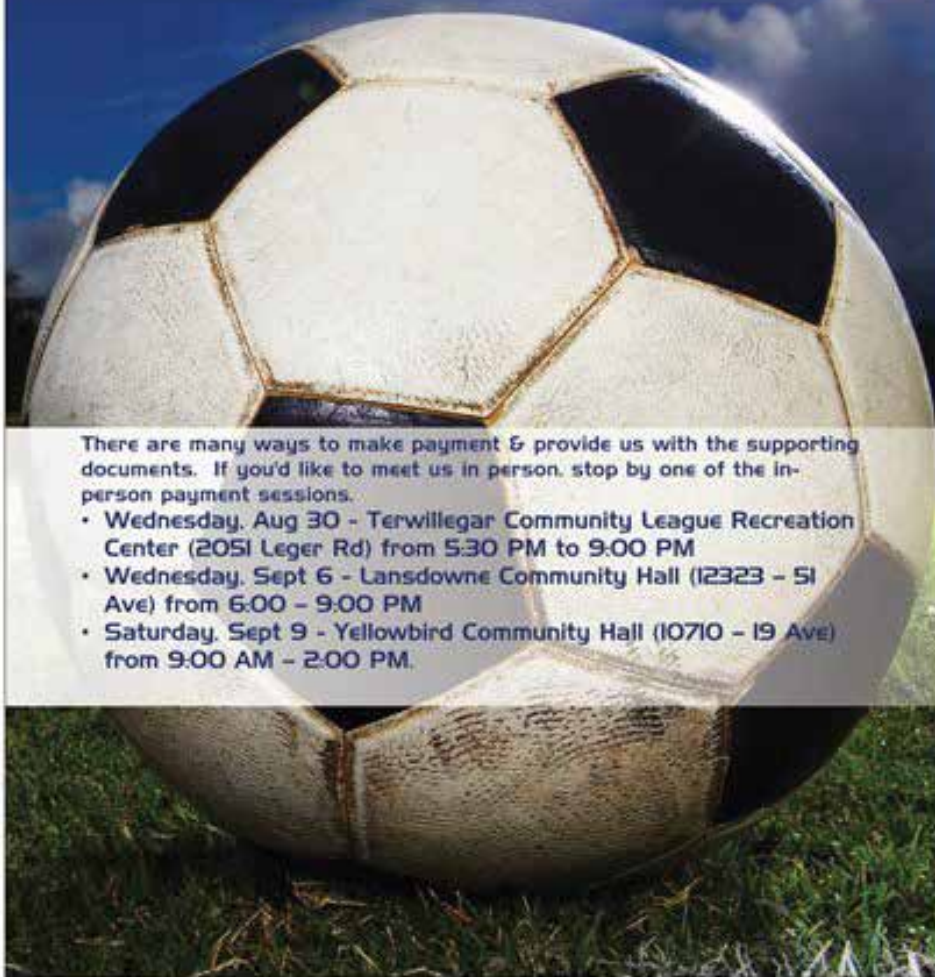
- Before and after school care
- Walking distance to George P. Nicholson school in Twin Brooks
- Developmentally age appropriate activities
- Warm caring atmosphere

Please contact for more information:
helpinghandsdayhome@gmail.com Phone: 780-391-1718

2017/18 Indoor Soccer Registration Is Open!

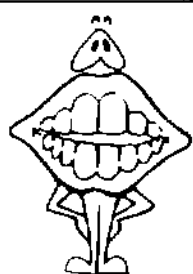
(Deadline for on-time payment is Saturday, September 9 at 2:00 PM)

Visit emsasouthwest.com
for all the details.



There are many ways to make payment & provide us with the supporting documents. If you'd like to meet us in person, stop by one of the in-person payment sessions.

- Wednesday, Aug 30 - Terwillegar Community League Recreation Center (2051 Leger Rd) from 5:30 PM to 9:00 PM
- Wednesday, Sept 6 - Lansdowne Community Hall (12323 - 51 Ave) from 6:00 - 9:00 PM
- Saturday, Sept 9 - Yellowbird Community Hall (10710 - 19 Ave) from 9:00 AM - 2:00 PM.



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Soccer

Another Successful Outdoor Soccer Season. Way to go Twin Brooks soccer players, coaches and volunteers. Thank you for your commitment, dedication and hard work, it was a lot of fun. Looking forward to the 2017-2018 season. With the fall quickly approaching now is the time to be thinking about moving indoors. If your child can't stop talking about soccer and is always kicking the ball around and maybe breaking a few things while at it well.... It maybe time to consider playing indoor. Registration is now open for the 2017-2018 season.



Twin Brooks U5 teams posing for a group photo! We had 4 U5 teams. Way to go!!

Congratulations to the following teams who represented SWEMSA in City Finals July. We had 9 teams in City Finals and they did us proud bringing home **9 medals. 2 Gold , 4 Silver and 3 Bronze.** We had several players from Twin Brooks that played in other communities denoted below in Blue, a great example of building relationships and partnerships in our neighbouring communities.

TIER 4

- U18 Boys: Greenfield (Hicks) – **Bronze** & TRSA (Abbasi) – **Silver**
- U18 Girls: Yellowbird (Hilbrecht) – **Bronze**
- U16 Boys: TRSA (Zenari) – **Gold** & Twin Brooks (Halwa) – **Bronze**
- U16 Girls: TRSA (Kobi) – **Bronze** & Twin Brooks (Beeby) – **Silver**
- U14 Boys: TRSA (**Jaworsky**) – **Gold**, TRSA (Lima) & Twin Brooks (Pacz) – **Silver**
- U14 Girls: TRSA (Mendoza)
- U12 Boys: TRSA (Saison) – **Silver**
- U12 Girls: Duggan (Molstad) & Parkallen (McDonald)
- U10 Boys: Heritage Point (Cantarero-Tapia) & TRSA (Lebreque) – **Bronze**
- U10 Girls: TRSA (Loveday) & TRSA (Sermet) – **Bronze**

TIER 5

- U18 Boys: Twin Brooks (Egan) – **Silver**
- U18 Girls: Yellowbird (Luchko) – **Bronze**
- U16 Girls: Lansdowne (Thirsk) – **Bronze**
- U14 Boys: TRSA (Dhaliwal), TRSA (Filipchuk) & TRSA (MacKay) – **Gold**
- U14 Girls: Duggan (Molstad) – **Gold** & TRSA (Paterson)
- U12 Boys: TRSA (Sermet) & Twin Brooks (Sharma) – **Gold**
- U12 Girls: TRSA (Loveday) – **Silver** & Twin Brooks (Pelech) – **Gold**
- U10 Boys: Blackmud Creek (Willsey)
- U10 Girls: Parkallen (Beschell) – **Silver** & Twin Brooks (Hallam) – **Bronze**

Puppy Alert! Puppy Raisers needed for fostering service dogs in-training

Do you want a cute puppy and only commit for a year? Would you like to learn dog training skills while enhancing the life of an Albertan with a disability? Do you enjoy being involved with a great group of volunteers while helping someone in your community? The call now (780-944-8011) if you are able to provide a safe, stable, and loving home for one of our service dogs in training!

Benefits:

- All food, equipment, and veterinary costs are covered by us! All you provide is bedding, toys, treats, and endless love and fun!
- Holidays planned? No problem! We have loving and dedicated volunteers to care for your puppy while you're away!
- Great memories, and knowing that by fostering one of our dogs, you will be providing someone with independence and their wings of freedom!



Want to help?

Phone 780-944-8011, email kerri@dogswithwings, or attend our upcoming information sessions on Aug.17 at 5:30pm (11343 174 St).

TIER 6

- U18 Boys: Belgravia (Zeschuk) – **Bronze**
- U18 Girls: Twin Brooks (Scott) – **Bronze**
- U16 Girls: TRSA (Stobbe)
- U14 Boys: Parkallen (Beschell) & TRSA (Ortiz)
- U14 Girls: TRSA (Wong)
- U12 Boys: Yellowbird (Harder) – **Gold**
- U12 Girls: TRSA (John) – **Bronze**
- U10 Boys: Heritage Point (Logan)
- U10 Girls: TRSA (John)

TIER 7

- U16 Boys: Greenfield (Bonilla-Cose) – **Silver**
- U14 Boys: Duggan (Kring)
- U12 Boys: Greenfield (Edmundson) – **Gold**
- U12 Girls: TRSA (Leroux) – **Bronze**
- U10 Boys: TRSA (Martinez) – **Bronze**
- U10 Girls: Blue Quill (Prysko) – **Silver** & TRSA (Pan) – **Bronze**

TIER 8

- U16 Boys: TRSA (Michalysyn) – **Gold** & Twin Brooks (Zeiner) – **Silver**
- U16 Girls: Aspen Gardens (Chrumka) – **Bronze**
- U12 Boys: TRSA (Rambaransingh) – **Gold**
- U12 Girls: Blue Quill (Reichers) & TRSA (Fidler) – **Silver**
- U10 Boys: Blackmud Creek (Dutchak) – **Bronze**
- U10 Girls: Greenfield (Fedun)

SW Sting FC Teams

- U9 Boys: Dolanjski (**Silver**) 2 Twin Brooks Residents & Williams (**Bronze**) 1 Twin Brooks Residents
- U10 Girls: Moses (**Bronze**)
- U10 Boys: Dubinsky (**Gold**), Konidas (**Bronze**) & Wibrowski (**Bronze**) 1 Twin Brooks Resident

We are excited that EMSA SW Twin Brooks U12 Sharma won the first special delivery prize from Mondelez

“I must say that Uttam Sharma is a absolutely treasured coach in or Community, Zone and EMSA. He and his team are very deserving of this prize.”
Dave Murray Sport Director, Twin Brooks Community League



Winning coach and team.

4 Surprising Benefits of Volunteering: Feel Healthier and Happier!

1. Volunteering connects you to others, meeting interesting people and making new friends!
2. Volunteering is good for your mind and body, as helping your community and others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel!
3. Volunteering can advance your career, as you learn and develop new skills!
4. Volunteering brings fun and fulfillment to your life; it can provide a renewed sense of achievement and purpose!

Volunteering as a family

Children watch everything you do. By giving back to the community, you show them firsthand how volunteering makes a difference and how good it feels to help other people and animals and enact change.



It's also a valuable way for you to get to know organizations in the community and find resources and activities for your children and family.



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Back to School Health Checklist

It's that time of year again. Store shelves are stacked with back-to-school supplies and racks of summer clothes are being replaced with sweaters and long pants. Getting your child ready for the new school year includes stocking up on notebooks, binders and pencils, but there's more to making the most of the year ahead: taking care of your child's health. As the most important head-start you can give your child, beginning the year with good health is also simple with this back-to-school health check-list:



☐ **Immunization:** Ensure your child's immunizations are up-to-date for his or her age. This is especially important for kids entering kindergarten or elementary school. If your son or daughter is in Grade 5 and/or Grade 9, also watch for immunization consent forms coming home early in the school year. Remember: your signature on these forms is needed for your child to get his or her important grade 5 and/or grade 9 immunizations.

☐ **Vision screening:** Have your child's vision tested before he or she starts kindergarten (ideally by age three) and again every year, until 18 years of age. It's estimated that up to 80 per cent of learning is visual, so keeping your kid's eyes healthy goes a long way in encouraging their full learning potential. Eye exams for children up to 18 years of age are free of charge, covered by Alberta Health.

☐ **Hearing/speech screening:** If you suspect your child may have a hearing or speech problem, ask your family doctor for a referral to an audiologist and/or speech specialist. Left untreated, these problems could interfere with your child's learning.

☐ **Dental checkup:** Regular dental checkups start early! If your child hasn't had his or her teeth examined prior to starting school, now is a good time to start. Remember: good oral health is essential to good overall health. Regular checkups and cleanings help detect dental problems early, and ensure your child's teeth stay healthy for life.

☐ **Health conditions:** Ensure the school has up-to-date information about any health conditions, allergies or physical impairments your child may have. Also inform the school about any medications your child takes.

☐ **Backpack basics:** Your child's backpack should fit properly and shouldn't be too heavy for him or her to carry, which means it should weigh no more than 10 to 15 per cent of your child's body weight. The backpack should have broad shoulder straps and a waist strap that keeps the bag firmly on the spine. Watch for warning signs that the bag may be too heavy, including sore shoulders or changes in posture.

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WHY 30 AT JUNIOR HIGH SCHOOLS?

As of September 5, 2017, school zones are in effect around **elementary** and **junior high schools** throughout Edmonton. Motorists are required to slow down to 30 km/h between 8 a.m. and 4:30 p.m. (08:00 – 16:30) on school days where school zone signs are posted.

WHY IS IT IMPORTANT TO SLOW DOWN?

The lower speed limit protects our most vulnerable road users: our **children**.



MAXIMUM

30

08:00 - 16:30
SCHOOL DAYS



Edmonton

edmonton.ca/visionzero

VISION ZERO EDMONTON: zero traffic fatalities and serious injuries

COMMUNITY LEAGUE WELLNESS PROGRAM



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 form the Community League Wellness Program. Current Community League members receive 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 this program.

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. Choose from the following Community League Wellness Products:

- **Annual Pass** – Community League members receive a 20% discount on Adult, Family, Child, Youth and Senior Annual Passes.
- **Continuous Monthly Pass*** – Community League members enjoy a 20% discount off the Continuous Monthly Membership Program using our convenient Per-Authorized Debit Program.
- **Multi Admission Pass** – Community League members receive a 15% 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.

*Members will be asked to verify their eligibility for the discounted membership on an annual basis. Failure to do so may result in a suspension of the discounted membership rate until valid documentation is presented.

WHY CHOOSE THE CITY OF EDMONTON?

Attractive admission discounts, convenient locations across the City, flexible payment plans, and professional staff combined with our world class facilities, equipment and programs are why many Edmonton employers choose the City of Edmonton as their fitness provider.

FACILITIES AND AMENITIES

Swimming pools, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash and tennis courts, indoor running tracks, gymnasiums, cafeterias and pro-shops. Hours of operation from 5:30 am to midnight (hours vary according to facility). For more information please call 311 (if outside of Edmonton 780-442-5311).

■ ACT Aquatic and Recreation Centre 2909 - 113 Avenue	■ Mill Woods Recreation Centre 7207 - 28 Avenue
■ Bonnie Doon Leisure Centre 8648 - 81 Street	■ Commonwealth Community Recreation Centre 1100 Stadium Road
■ Central Lions Seniors Centre 11113 - 113 Street	■ O'Leary Fitness and Leisure Centre 8804 - 132 Avenue
■ Confederation Leisure Centre 11204 - 43 Avenue	■ Outdoor Pools (open during summer months)
■ Clareview Community Recreation Centre 3804 - 139 Avenue	■ Peter Hemingway Fitness and Leisure Centre 13808 - 111 Avenue
■ Eastglen Leisure Centre 11410 - 68 Street	■ St. Francis Xavier Sports Centre 9240 - 163 Street
■ Grand Trunk Fitness and Leisure Centre 13025 - 112 Street	■ Terwillegar Community Recreation Centre 2051 Leger Road
■ Hardisty Fitness and Leisure Centre 10535 - 65 Street	■ The Meadows Community Recreation Centre 2704 - 17 Street
■ Jasper Place Fitness and Leisure Centre 9200 - 163 Street	■ Scona Pool 10450 - 72 Avenue
■ Kinsmen Sport Centre 9100 Waltherdale Hill	
■ Londonderry Fitness and Leisure Centre 14528 - 66 Street	


MORE INFORMATION AT 780-944-7572 OR CORPSALES@EDMONTON.CA



On October 16, 2017, elect

Tim CARTMELL

for Councillor | Ward 9



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For more information, see www.timcartmell.ca

Risks of dehydration

Dehydration can occur in anyone of any age, but it is most dangerous for babies, small children, and older adults.

Dehydration occurs when your body loses too much fluid. This can happen when you stop drinking water or lose large amounts of fluid through diarrhea, vomiting, sweating, or exercise. Not drinking enough fluids can cause muscle cramps. You may feel faint. Usually your body can reabsorb fluid from your blood and other body tissues. But by the time you become severely dehydrated, you no longer have enough fluid in your body to get blood to your organs, and you may go into shock, which is a life-threatening condition.

Dehydration in babies and small children

Babies and small children have an increased chance of becoming dehydrated because:

- A greater portion of their bodies is made of water.
- Children have a high metabolic rate, so their bodies use more water.
- A child's kidneys do not conserve water as well as an adult's kidneys.
- A child's natural defence system that helps fight infection (immune system) is not fully developed, which increases the chance of getting an illness that causes vomiting and diarrhea.
- Children often will not drink or eat when they are not feeling well.
- They depend on their caregivers to provide them with food and fluids.



Dehydration in older adults

Older adults have an increased chance of becoming dehydrated because they may:

- Not drink because they do not feel as thirsty as younger people.
 - Have kidneys that do not work well.
 - Choose not to drink because of the inability to control their bladders (incontinence).
 - Have physical problems or a disease which makes it:
 - Hard to drink or hold a glass.
 - Painful to get up from a chair.
 - Painful or exhausting to go to the bathroom.
 - Hard to talk or communicate to someone about their symptoms.
 - Take medicines that increase urine output.
 - Not have enough money to adequately feed themselves.
- Watch babies, small children, and older adults closely for the early symptoms of dehydration anytime they have illnesses that cause high fever, vomiting, or diarrhea. These are the early symptoms of dehydration:

- The mouth and eyes may be drier than usual.
- The person may pass less urine than usual.
- The person may feel cranky, tired, or dizzy.

Check your symptoms to decide if and when you should see a doctor.



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>

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! Next meeting is our AGM, on Thursday Sept 7 at 7pm at Yellowbird Hall.

Neighbourhood Watch

Thursday September 7, 2017 5:30 to 7pm
Yellowbird Community Hall

Come out and meet your Edmonton

Neighbourhood Watch representative at the free hot dog barbecue and membership drive.

People helping people to prevent crime



Thank You Casino Volunteers!

Barbara V., Valerie S., Merv W., Rebecca Y., Helen W., Linda H., Heather P., Shawn H., Anne H., Shirley A., Manal M., Melissa N., Marina B., Julie W., Samia M., Bob M., Sarah O., Jamson C., Lan T., Tenisha L., Allan B., Trevor W., Michael K., Jacob H., Melanie O., Arturo D., Susan T., Melanie N., Ken N., Nazar L., Jessie R., Graeson K., Janet L., Devon R., Erin Y., Logan Y., Carol G., Richard B., Joan F., Rick M., Monique C.

Thank you for your contribution to our Casino Fundraising Event May 3rd & May 4th. Thank you so much for generously giving of your time. Your commitment and participation as a volunteer made our casino fundraising event a great success.

*Sincerely,
Cheryl K.
Casino Director, Yellowbird East Community League*

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.

Pop-Up Play

Pop-Up Play is an exciting opportunity for kids to join in games, sports, crafts, music, drama and special events! Look out for the colourful Pop Up Play flags flying in Bears Paw this summer.

Ages: 6 - 12 years (children under 6 must be supervised by a parent or guardian)
Cost: Free!

Mondays and Wednesdays until Aug 24
16 Avenue & 105 Street
10:30am - 1:30pm

Parents/Tots Playgroup Resumes Sept 12

This fun cooperative-run morning happens on:

Tuesdays, 9:00am-11:00am

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.



Green Shack

Ages: 6-12 years (children under 6 must be supervised by a parent or guardian)
Cost: Free!

Join in games, sports, crafts, music, drama, and special events. You'll find a list of upcoming activities and special events posted on the side of the Green Shack each week.

Happening until Aug 24
Keheewin Park
Mon-Fri
2:30pm - 6pm



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**Thanks
for the
memories!**

It's been a honour
to be your **Ward 9
City Councillor!**

BRYAN ANDERSON
780.496.8130 • bryan.anderson@edmonton.ca

CANADA 150

