

COMMUNITY VIEWS

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



Dec 2017/Jan 2018

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Skyrattler Community Garden. Coming 2018

DO YOU LOVE EATING ORGANIC, LOCAL VEGETABLES? DO YOU LIKE FRESH AIR AND LIGHT EXERCISE? DO YOU WISH TO MEET MORE PEOPLE IN THE COMMUNITY?

Then maybe you'd like to become more involved with our Community Garden project. The past few years a small group of community members have been quietly trying to generate interest in creating a community garden in Skyrattler.

We have seven residents so far who are eager to keep going forward with the garden. The group recently visited two other community Gardens close by (Yellowbird and Twin Brooks). Both were impressive and got us excited about possibilities! We need your help with envisioning a Skyrattler

Garden to build up our neighborhood park spaces.

We're in the beginning stages of planning for a 2018 Spring garden launch. Before we can proceed much further we need at least 5 -10 more interested individuals to join our planning group. Funding and excellent help are available from Sustainable Food Edmonton, and all we need is for more of the community to come forward with their interest.

Did you know that the Capital region has more than 90 community gardens? Sustainable Foods Edmonton has a goal that all communities will have a garden in the future!

We need your help! No commitment necessary – just show your interest by emailing



SkyrattlerGarden@gmail.com. We plan to have an orientation session this Fall – likely November 2017. We have a funding proposal deadline fast approaching – January

30, 2018. We're hoping to have our application and plans in by that date so we can look forward to a possible start in Spring (May/June) 2018.

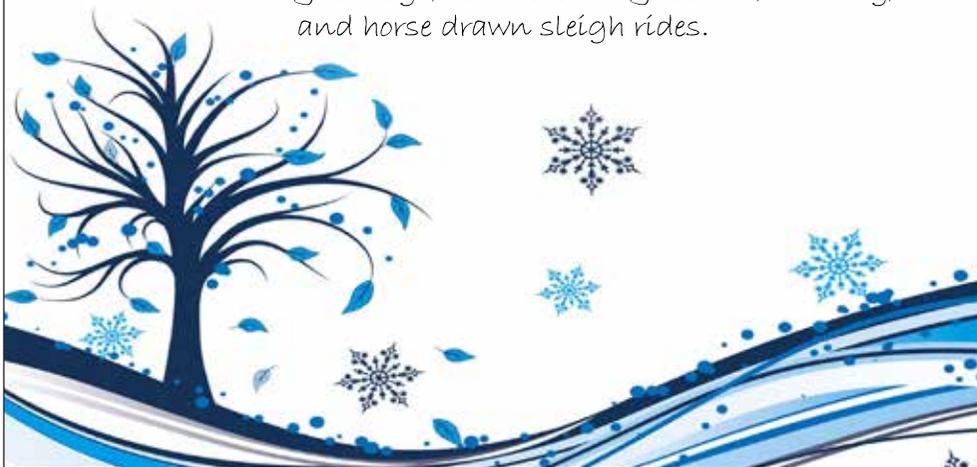
YELLOWBIRD COMMUNITY LEAGUE Free Family Fun Day!

Chili Hotdogs Sleigh rides Skating Hot chocolate Outdoor fun



February 19, 2018 from 12-4pm
Yellowbird Community Hall
10710-19 Avenue

Join your friends and neighbours for food and activities, such as chili & hotdogs, hot chocolate & cookies, skating, and horse drawn sleigh rides.



OPEN TO ALL SOUTHWEST AREA COMMUNITY MEMBERS

FREE FAMILY FUN DAY SPONSORED IN PART BY SOUTHWEST AREA COUNCIL

Please Join **THE TWIN BROOKS**
COMMUNITY LEAGUE For Our Annual

WINTER CARNIVAL

Sleigh rides, snow games, skating, Maple
Sugar Shack, food, hot drinks, prizes & more!

Where: TBCLC & rink

When: February 3, 2018

Time: 1:00-5:00 p.m.





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 Casino
June 6th and 7th, 2018
VOLUNTEERS NEEDED!
Contact

bqcladmin@bqcl.org or 780-438-3366

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 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 ruthes.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.

Beat the winter blues



Many people are more sluggish in winter than in summer, but for those affected with Seasonal Affective Disorder (SAD), the problem goes beyond getting a little gloomy. People who have SAD can experience: depressed mood, lack of motivation, fatigue, and often feel tired throughout the day. These symptoms can lead to excessive time in bed or in front of the TV, neglect of usual pleasurable activities, and reduced social contact.

SAD mood boosters

If you are affected by SAD there are several simple steps you can take every day to brighten up both your body and mind, including:

● Be active. Building activity into your lifestyle not only helps lift negative feelings, it also prevents the weight gain associated with the illness. Being physically active relieves stress, builds energy, and increases both your physical and mental wellbeing and resilience. It is as easy as walking outside for 10-20 minutes each day.

● Soak in the sun. Getting in as much sunshine as possible during the winter months can help. Make sure blinds are open during the day, with a direct path to where you sit or work. Better yet, get outside in the sunshine whenever possible.

● Choose healthy foods. For energy throughout the day, eat three meals, and have healthy snacks between meals if you find yourself hun-

gry. Choose foods from at least three to four food groups at meals and one to two food groups at snacks. For more healthy eating information visit www.healthyeatingstartshere.ca

● Stay hydrated. Carry a water bottle to make sure you drink enough fluid during the day. The amount of fluid you need depends on your age, gender, body size and activity level. Most adults need nine to -12 cups of water per day.

● Cut down on alcohol and caffeine. Caffeinated and alcoholic beverages disrupt your body's internal clock, resulting in a worsening of SAD symptoms. Try cutting down, or even cutting out, daily intake of these drinks that contain caffeine such as coffee, pop or energy drinks.

If you are concerned about your mental health or someone else's, contact: Mental Health Help Line toll-free at 1-877-303-2642 or Health Link at 811.

PHYSIOTHERAPY

We are accepting new patients

Walk-ins welcome

MASSAGE

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www.rutherfordphysiotherapy.ca
Info@rutherfordphysiotherapy.ca

Mon-Fri: 8:30am-6:45pm
Saturday: 8am-12pm
Sunday: Closed

www.twinbrooksphysiotherapy.ca
Info@twinbrooksphysiotherapy.ca

Mon-Fri: 8:00am-7:00pm
Saturday: 8am-12pm
Sunday: Closed

ACUPUNCTURE

IMS



Keep the Merry Drop the Myth



SSUC
Spiritual Seekers
United in Community

SSUCedmonton.com/

Christmas

Southminster-Steinhauer United Church | 780-435-2028 | 10740-19 Ave

LET THE MUSIC MOVE YOU

Cardio Kickboxing Bootcamp

Tuesdays 6:45-7:45pm
January 23 - March 27, 2018 (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
January 23 - March 27, 2018
(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 or barre shoes.



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. lisawelcomesyou@shaw.ca
f. www.facebook.com/movewithLisa

To register, contact:
Blue Quill Community League
p. 780.438.3366
w. bqcl.org

Blue Quill Community League

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:

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- Reduced rental rates at the BQCL hall
- Use of the BQCL tennis courts and basketball 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 in person at the hall, or call (780)438-3366 for more information.

Blue Quill Sports needs help!

BQ is looking for a few people to help run their soccer program, including a new soccer coordinator, equipment manager, field liner, wind up BBQ organizer and jersey manager. The positions are busy during the outdoor soccer season (April - June) and are rewarding as you make friends in the community and watch our young players being active.

Please contact Janice Quinn at sports@bqcl.org for more information.



www.snowvalley.ca

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Feel better



From homemade chicken soup to a hot shower—everyone has their own remedy for a cold or flu. If you get sick this winter, health management nurse Tracy Mullen has seven tried-and-true suggestions to help you feel better.

1. Get lots of sleep. “It’s your body’s way of healing itself,” Mullen says. Shoot for at least six to eight hours a night, and nap if you can.
2. Drink lots of water to prevent dehydration and loosen mucus.
3. Gargle with salt and warm water to relieve pain, Mullen says.
4. When you have a stuffy nose, try a humidifier. “It hydrates and loosens the secretions in your sinus,” Mullen says. Visit Facebook.com.applemag.ca for tips on cleaning your humidifier. You can also use a saline nose mist.
5. Talk to your pharmacist about safe over-the-counter medications for you.
6. Give your body time to heal.
7. Get the free flu shot to prevent future colds and flus.

Protect yourself from the cold

There’s a reason the phrase “Jack Frost nipping at your nose” is so relatable.

When the temperature drops, skin and the tissue underneath—most commonly on the hands, feet, nose and face—can freeze or get frostbitten. From tingling hands to frozen feet, frostbite becomes more severe the longer you’re outside and the colder it is; if you think frostbite is severe, seek immediate help.

The best way to protect yourself from the elements is to dress for the weather. Remember these four layers before heading outside.

1. Inner layer: choose socks, long johns and long sleeves made of merino wool or synthetic fabrics to wick moisture away from the skin.
2. Middle layer: choose sweaters and pants made of fleece or synthetic insulation to trap warm air against your body.
3. Outer layer: add a jacket with material that cuts or blocks wind and repels rain and snow.
4. Final layer: wear boots, hats and gloves that can wick away moisture and insulate, and add a balaclava or scarf to cover your face.



Merry
Christmas



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Christmas Coffee House

Sunday, December 17th
6:30 PM

Christmas Eve

Candlelight Service
Sunday, December 24th
7:00 PM

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email registrar@bluequillplayschool.ca



Blue Quill Vendor Fair and Kids
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December 9, 2017
10am to 3pm

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Managing holiday grief and stress

Holidays are a joyful time, offering a chance to reconnect with friends and family. But for many it can also cause loneliness and be a painful time of year. You may worry about family matters, or it may be a painful reminder of past times.

During the holidays try focusing on some simple steps that can help reduce stress, depression and grief that are commonly felt during this time of year.

Here are some ideas that may help you:

- Do something for yourself. Often times we are so busy taking care of others we forget to focus on ourselves. Take time for yourself this season by doing something you enjoy, go for a walk, or try a new hobby such as yoga or meditation.

- Keep a regular sleep, meal, and exercise schedule and limit alcohol. Taking care of yourself will help you deal with stressful situations during the holidays.

- Get organized. Make lists or use an ap-

pointment book to keep track of tasks to do and events to attend.

- Learn to say no. It's okay to say "no" to events that aren't important to you. This will give you more time to say "yes" to events that you do want to attend.

- Know your spending limit. Lack of money is one of the biggest causes of stress during the holiday season. This year, set a budget and don't spend more than you've planned.

- Give something personal. You can show love and caring with any gift that is meaningful and personal. Make a phone call or write a note and share your feelings.

Remember, get help if you need. Holidays can be especially hard if you are already dealing with the death of a loved one or the breakup of a relationship. Talk with a health care professional in your area or call the Mental Health Helpline 1-877-303-2642 or Health Link at 811.

When Christmas Hurts



A service of comfort and healing

Wednesday December 20th, 7:00 p.m.

St. Margaret's Anglican Church

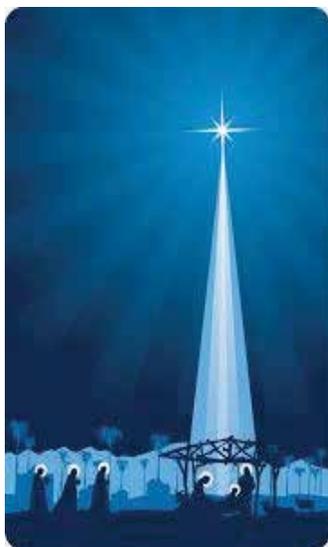
12603 Ellerslie Road

Christmas is not an easy or happy time of year for everyone.

This service is designed for those who find Christmas difficult due to grief, financial stress, marital difficulty, addiction or any other reason.

Everyone is welcome!

Celebrating Christmas St. Margaret's Anglican Church



Everyone Welcome!

CAROL SERVICE

Sunday December 17th 10:30 a.m.
The Scripture readings tell the story of Christmas, starting with the Old Testament prophecies; in between these readings we sing carols – plenty of them!

So, if you like the carols of Christmas, this is the service for you.

CHRISTMAS EVE (Dec.24)

- Family Holy Communion at 4:00 pm (Program for Children)
- Candlelight Holy Communion at 9:30 pm

CHRISTMAS DAY (Dec. 25)

Holy Communion at 10:00 am

For more information call 780-437-7231

or email stmargaretsedmonton@gmail.com

website: <http://stmargaretsedmonton.blogspot.com>

Address: 12603 Ellerslie Road SW (corner of 127 St & Ellerslie Road)

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Phone: 780-414-1311

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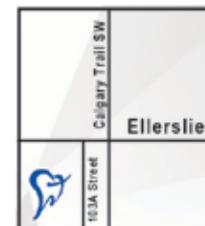
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Fountain Tire Building at
The Village in Blackmud Creek



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

Community League Report

Our October AGM has come and gone and we have 3 new directors that I am happy to announce and welcome to our team, Sandra Fernandez as Assistant Sports Director, Charlene McLean as Volunteer Director and Ruth Mullins as Program Director. I think it is also important to recognize those returning directors who will serve another two year term on the Twin Brooks Board, Dave Murray as Sport Director, Gonzalo Zambrano as Secretary, Monika Langer as Social Director, Shauna Nichols former Volunteer Director, now serving as our new Facilities Director. She has been wearing 3 hats for several months and we are so excited to have her take on this role. Myself, Natasha Mitrovic as Communications Director and lastly, Mike Lanteigne as our President! Our returning directors are Kelly Casault as Membership Director and Irma Cooper as Treasurer. On behalf of our team thank you, to all those residents who took the time to participate in our annual general meeting, we appreciate and value your interest in the community and the proceedings and election process. Thank you for supporting us who are returning, we are committed to serve you and all our Twin Brooks Residents.

With so many new communities being built south of us and older more established neighbourhoods north of us, I think we are in a good place to position ourselves as the best place to live. We have great trails and walking paths, we have great access to major routes, we have

great programs, we have a great Center for gatherings, an outdoor rink that is an Outdoor enthusiast's dream, a school that is an integral part of the community, a soccer program that is one of the best in the city, and a new park development project in the works...and the many people that live, love and laugh with family, friends, neighbours, and visitors. There are so many things to come and we look forward to your participation, interest, questions, and feedback! Congratulations to the new board of 2017/2018.

Lastly I want to take a moment to recognize a Twin Brooks resident and outgoing board member Harry Stelfox who served as a Director at large. Harry led the Twin Brooks Community League's Nature Stewardship Program for the past four years. Harry has organized guided nature walks, the Mother's Day walk sticks out for me. I thought to myself what a unique way to spend Mother's Day, even if you are not a nature enthusiast, after the walk you would be, especially when you see and hear what is special about where we live. Harry has also worked with groups of students in grades 5 and 6 at George P Nicholson about 135 students who planted 300 small trees and shrubs along the 119th Street Boulevard. While Harry will not be serving as a Director he will continue to focus his energy and efforts in the Nature Program and we are very lucky to have his knowledge, passion, and commitment to protect the natural parkland that we



call home. With so many new developments on the horizon I hope that we can continue to enjoy for years to come the natural areas and parkland green spaces that we call home today. Thank you Harry, you are true ambassador!

One last thing jk (just kidding), I said that already :,) for those of you who have reached out to me regarding advertising opportunities, thank you for your queries, I thought that the best answer to your advertising question(s) is to reach out to Hugh Calder of Calder Productions directly at hcalder@telusplanet.net. He is the publisher of the Community Views and he is best equipped to answer, quote and discuss options for your advertising needs! Read on there are many exciting things in this submission of the Community Views for Twin Brooks. A message from our president!!! Have a safe and Happy Holiday Season and see you on the outdoor rink!

Natasha Mitrovic
Communications Director
Twin Brooks Community League

Twin Brooks Outdoor Rink - What's All Involved In Ice Making & Maintenance

Twin Brooks Community League is proud to offer its residents wonderful facilities for their family enjoyment including a full size NHL outdoor skating rink. The Community League volunteers are preparing to start the winter rink operations. Maintaining the rink in the winter mostly involves ice maintenance, and ensuring the surrounding walkway areas around the rink are safe for public use.

The quality of the ice is dependent on the frequency of weekly maintenance performed. All maintenance for the rink is provided by resident and neighbouring community volunteers. Once the ice is established, maintenance to keep the rink in excellent skating condition requires 3 to 4 nights per week of scraping and flooding (3-4 hrs/session) or weekend mornings for those early risers.

In past years, this task has been completed by teams where 1 or 2 volunteers may sweep rink (power sweeper), and then another volunteer or two can come later and flood the surface, thereby breaking up the commitment time. The Community League is well equipped with snow blower, power sweeper, power reel to retract hoses and

other tools, so the task is not as strenuous as it may sound, but is made easier with more hands helping.

Getting the initial ice ready at the beginning of the season, takes up to 30 hours. The team of volunteers usually coordinate to flood 6 nights in a row (weather permitting) and involves prepping the surface- (snow removal if needed) & as many thin layered floods per night as possible to eventually build the ice thickness up to 1.5 to 2 inches (4 to 6cm). This task is much easier with more people on shifts of 2 hours or so. That way the team can keep the flooding going all evening as one end of the rink freezes while you flood other areas. With enough volunteers, each individual may only have to come by 1 or 2 nights of that week. That operation usually starts in late

November or first week of December.

We have experienced ice maker volunteers in our community (since 2012) and they are more than willing to show new volunteers the art of rink maintenance and the science of ice making. No previous experience needed. On a daily basis, after skating is done for the evening, the entire ice surface should be shoveled/power swept.

Skates create snow and the snow needs to be thrown over the boards. Pushing it to the side of the boards just degrades the ice surface and creates more work. This task takes about 1 hour and is a perfect task for someone wanting some exercise (besides shoveling the driveway).

Several opportunities for volunteering exist. Snow removal after snow fall can be accomplished any time of day with use of a snow blower and power sweeper but is necessary before rink can be re-opened. If your schedule permits, once trained, daytime rink maintenance is always possible also. The goal for the volunteer rink maintenance crew is to provide the community with quality skating surface for winter enjoyment of the outdoors.

Ice making & maintenance is a time consuming operation made easier with many volunteers. Weather plays an important role in the success of our rink & Mother Nature always seems uncooperative. Daily dustings of snow render the ice unusable until cleared. Those are annoying...

Both the rink and community center are solely run by volunteers. So residents please be patient when making requests. Sev-

eral times in past years, the rink has been closed due to overworked volunteers and not enough new help. Rink maintenance can be quite enjoyable. Kind of like taking a walk in winter wonderland, except you are walking behind a snow blower, or a water hose. Lots of comradery at the rink as our volunteers are a great bunch of people. We have several Parent/Teenager teams helping as well. Teenagers are a good proportion of the users of the rink, so it is great when they come out to help maintain it.

The Twin Brooks Community League is looking for volunteers to help with ice maintenance. It is not fair to expect a few volunteers to provide outdoor rink skating for the large community we live in. When we do not get enough help, unfortunately our ice rink will be locked for periods of time, which is a shame to see on nice winter sunny days.

If you are interested in volunteering (no experience is necessary) please contact our Facilities Director at facilities@twinbrooks.ca

Thanks in advance from the Twin Brooks Community League

FREE FOR ALL AGES AND ABILITIES

JANUARY 27TH, 2018, 11:30AM - 3:30PM
ERMINESKIN COMMUNITY HALL, 10709 - 32 A AVENUE



AND CHILLI COOKOFF!

TRY CROSS-COUNTRY SKIS AND SNOWSHOES

EXPLORE SKILOCAL TRAILS

BROUGHT TO YOU BY:



The Holiday Season & A New Year:

Our Twin Brooks Community League Board of Directors will continue to work hard as we turn our calendars over to 2018.

The Playground Development Committee, Seniors Initiative Fund Program, and our Community League Soccer Program will make major strides in the New Year.

On behalf of our board, I want to wish you a very Merry Christmas, or if you are celebrating another holiday, may you experience love, peace, and prosperity, sharing time with friends and family this season.

All the very Best in 2018!

Sincerely,

Mike Lanteigne
President



New TBCL Board of Director Members: Welcome!

In October, we held our Annual General Meeting at the Twin Brooks Community Centre.

The meeting was well attended, and new board members joined our team.

I want to welcome the following community members elected to our board:

Sandra Fernandez - Assistant Sports Director

Charlene McLean - Volunteer Director
Ruth Mullins - Program Director

Thank you ladies for stepping forward to donate your time to our fabulous community!



Stay tuned for season opening information

TWIN BROOKS' SENIORS INNOVATION FUND GROUP INVITES RESIDENTS OF ALL AGES & CULTURES TO

*****A TASTE OF THE CARIBBEAN*****



SUNDAY, DECEMBER 10, 2017 2PM - 5PM

FOOD FROM 2:30PM - 4:00PM

TWIN BROOKS COMMUNITY HALL

ENJOY AN AFTERNOON OF FRIENDSHIP & FOOD PURCHASE A PLATE & SAMPLE SOME SELECTIONS...

**Jerk Chicken with Rice & Peas * Pepperpot Beef Stew * Corn Cou Cou
Pork Skewers with Pineapple & Peppers * Jamaican Toto**

...PERFECTLY PREPARED BY

cater AT NAIT

SOCIALIZE & SIP ON CARIBBEAN MAUBY & SORREL

SIF Dance Group Performance Music

SAMPLE PLATE TICKETS AVAILABLE AT THE HALL ON

MONDAY NOV. 27*TUESDAY DEC. 5***7:00PM - 8:30PM ONLY \$4 CASH**

Due to hall capacity a limited number of tickets are available. Don't delay! For more information visit www.twinbrooks.ca

Call-Ida 780 989 5431 or Text-Gongchen 587 982 2503

Soccer

With the indoor soccer season in full swing it feels a little weird talking about outdoor but it is not that far away! Outdoor Soccer Registration Opens February 1, 2018, online!

Twin Brooks Community Registrations dates are still in the process of being determined. Please visit us on Facebook or Twinbrooks.ca for more details as the information becomes available. Any questions you can reach out to David Murray at sports@twinbrooks.ca



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.



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 happen on the second Tuesday of each month, 7pm, at Yellowbird Hall. Next meeting is Tuesday Oct 10 at 7pm at Yellowbird Hall.

YECL Board Contacts

President: Heather Pearson	president@yellowbirdcl.com
Vice President, Executive: Julie West	vicepresident@yellowbirdcl.com
Vice President, Operations: Shawn Hudson	buildings@yellowbirdcl.com
Memberships: Cheryl Fix	memberships@yellowbirdcl.com

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

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

Family Day

Mark your calendars - Yellowbird's famous annual Family Fun Day is coming up!

Monday February 19

12pm - 4pm

Free hot dogs, chili, cookies and hot chocolate, horse-drawn sleigh rides, skating, and more!



Emergency
Medical
Services

Sledding Safety



Emergency Medical Services (EMS) would like to remind parents and children about some sledding safety tips, as the winter season continues. Sledding injuries may result from collisions with stationary objects, such as trees & rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged, or missing parts, before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

Hazards

- Avoid hills that are too steep, or too icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose scarves or clothing containing drawstrings which can present a choking hazard if they become caught, or snagged.

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks, out of the cold, to warm up;
- Ensure frostbite hasn't affected any exposed skin;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite;
- If frost bite has occurred, treat it by first removing the individual out of the cold environment; Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm, *not hot*, water, until re-warmed.

www.albertahealthservices.ca

Parents and Tots Playgroup

This fun cooperative-run morning happens on: Tuesdays, 9:00am-11:00am at Yellowbird Hall

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. This is a co-operative run playgroup with all attending pitching in for a fun and smooth operating program.

We are also looking for an interested individual to share the responsibilities of some of the administrative opportunities. Those



interested in finding out more about volunteering their time in this rewarding program please contact Barbara Petrunia at barbara.petrunia@gmail.com.

Hope to see you there!

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.

COLOURING CONTEST

HEY KIDS!

Colour this picture and you could win a prize!

NAME _____

AGE _____

PHONE # _____

Drop off at the office at Yellowbird Community Hall, or Keheewin School office.

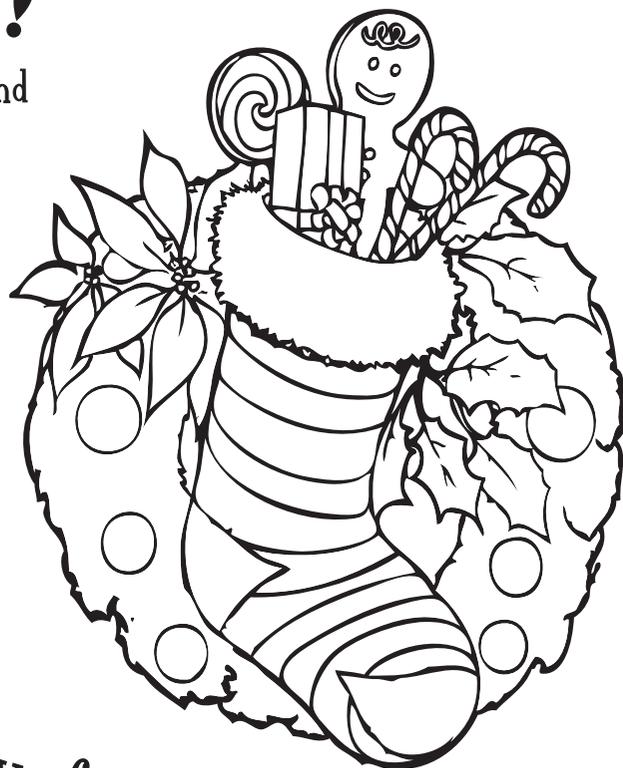
DEADLINE: Dec 22

Winners will be announced in January.



*Open to Yellowbird residents

* Need another copy of the picture? Download one off our website! yellowbirdel.com



Colouring Contest

We are having our annual Christmas colouring contest again! This has been a hit in past years. If you are able to include the picture as big as possible we'd appreciate it! Thanks so much!!

Holiday eating tips

During the holiday season, keeping healthy habits up during festive gatherings may need a plan of action. Here are some helpful tips you may want to try.

At home:

- Since you will likely be busier than usu-

al, have convenient healthy food available.

- Buy washed, cut up vegetables and fruit to make it easier to add them to meals or snacks.

- Keeping higher calorie food out of sight may make you less likely to be reminded to eat it. If there are leftovers from a meal, send them home with guests in decorative holiday containers or package up for future meals.

ASK CHARLES

I just bought a house, and on possession day, I noticed the movable island from the kitchen, which I loved when I viewed the property, was gone. Was the seller allowed to take it with them?

The short answer is yes, the seller was allowed to take the movable island with them. A movable island is an example of an unattached good, which are movable items that are not included in the sale of a property unless agreed to, in writing, by the parties.

Unattached goods include items such as wall art, area rugs, non-built-in appliances such as microwaves, and even curtains. Unless otherwise agreed to, sellers can take movable items from the property before the

buyer takes possession.

The opposite of unattached goods are attached goods. Attached goods are items that you cannot remove from a property without causing damage to the property. For example, chandeliers, built-in appliances such as dishwashers, and curtain rods and brackets are attached goods. Unless otherwise agreed to, sellers are expected to leave attached goods behind.

However, the good news for buyers is, if there is something you like in a property you are considering buying, but it's an unattached good, all is not lost. If you want a particular unattached good included in your purchase of the property, list it as an inclusion in your offer to purchase. Now, it's subject to negotiation between you and the seller.

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Yellowbird Yoga

Thursdays 7:00pm - 8:15pm. Class designed for beginners through more advanced. Commitment is only \$75.00 for 6 classes. Contact Ruth at 780-237-6730 or ruthesjoberg@gmail.com for info and to register.

- If you bake for the holidays ahead of time, freeze until serving.

At parties and gatherings:

- Bring a healthier option – grilled shrimp, chicken satay, cut up raw vegetables or a fruit tray.
- Make a plan for each party like focusing on enjoying time with others, choosing smaller portions or sharing desserts.
- Socialize away from the food table.

- Choose lower calorie drinks like virgin Caesars, sugar-free pop or sparkling water.

- Use a smaller plate.
- Fill half your plate with vegetables and fruit.
- Focus on the enjoyment of eating food when eating and eat slowly.

For more healthy eating tips and delicious recipes visit: <http://www.albertahealthservices.ca/nutrition/page12598.aspx>

The seller may agree, or they may remove it from the list of inclusions in a counter offer. It is up to the buyer and seller, with the help of their real estate representatives, to negotiate the transaction, and that includes what items are included or not.

When it doubt, write it out. This is the best way to ensure you know what is included when you're purchasing a property. For larger more expensive items, you may wish to include the make, model, and serial number. This may eliminate a seller's urge to switch nice appliances, for example, with less expensive, used items.

Now, what do you do in the event the seller was supposed to leave something behind, but didn't? If you don't find out until after possession, you need to call your lawyer as

it is now a legal issue between you and the seller. Your real estate professional can attempt to discuss the matter with the seller's representative, but if things aren't fixed to your satisfaction, your only recourse is to speak to your lawyer.

"Ask Charles" is a 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.

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