

COMMUNITY VIEWS

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



June/July 2017

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

Information

Session:

Keheewin

Surplus

School Site

Housing

Development

Keheewin residents are urged to attend an upcoming drop-in information session hosted by the City and the Keheewin Advisory Committee (KAC) about the portion of the Keheewin surplus school site at 20th Avenue and 105 Street that has been designated by City Council for a mix of market and affordable medium-density housing.

Date: Thursday, June 22, 2017

Time: 5:00 - 8:00 p.m.

Location: Keheewin School, 1910-105 Street NW

The information session will provide an update on:

- the status of the builder/operator selection, including the selection criteria
- the role of the KAC on the project
- community concerns raised around traffic, parking, and ongoing maintenance and operation of the housing development.
- next steps in the process

It will also provide an opportunity to get engaged, ask questions, and ensure your voice is heard on the project.

For more information on the housing project, please visit yellowbirdcl.com or edmonton.ca/keheewinchoices.

Questions? Call 311 or email buildinhousingchoices@edmonton.ca

The Keheewin Advisory Committee (KAC) and the City of Edmonton

Blue Quill Karate



Students from Blue Quill Shito-Ryu Itosu-Kai Karate competed at the Alberta Provincial Invitational Itosu Kai Karate Tournament last month in Devon.

Few things are as exhilarating as walking across the ring alone to face the unknown. As this was the first competition for a lot of the competitors - nerves were running high. This nervousness was quickly replaced with excitement as they began to settle in and the competition began.

We went down with a small group of 4 competitors and came back with a fantastic 12 medals. This included medals from white belt six-year-olds all the way up to adult black belt.

Students placed in four divisions which included kata [forms], kumite [sparring], kobudo [weapons] and team kata.

While our students won many medals and represented the physical aspects of karate exceptionally well, what stood out the most was their wonderful etiquette and sportsmanship.

We sometimes get caught up in the moment and focus on the prize, while forgetting the most important part of what karate can develop: that being confidence, courtesy and kindness.

Even at the youngest levels, competitors never forgot their sportsmanship and etiquette - even while taking risks and competing. They showed great character and were inspiring to watch - both new and old. Congratulations!

presented by:

South West Early Years
Nathan Ip - Trustee
EDMONTON PUBLIC SCHOOLS
www.nathanip.com

servus credit union
Family Futures Resource Network
SOUTH WEST Area Council
CO-OP
epl.ca

Southwest Family Fun Day

June 10th • 11:30-2pm
Dr. Margaret Ann Amour School
3815 Allan Dr SW

Join us for a **FREE** bbq
bouncy castles, face painting &
fun for the whole family

Twin Brooks Soccer

We are excited that EMSA SW Twin Brooks U12 Sharma won the first special delivery prize from Mondelez. Special thank you to Mondelez for the continued support of soccer in Canada. "I must say that Uttam Sharma is an absolutely treasured coach in our Community, Zone and EMSA. He and his team are very deserving of this prize" <http://www.passthelove.com/winning-teams>





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, in person at the hall, or call (780)438-3366 for more information.

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



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.

Blue Quill's
Party
 In The
Park
 5th Annual Music Festival

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

PHYSIOTHERAPY **MASSAGE**

We are accepting new patients
Walk-ins welcome

Rutherford
Physical Therapy and Sports Injury

• Same day WCB & MVA assessment • No doctors referral required
 • 17 years of dry needling experience • Chronic pain management
 • Motor vehicle accident provider
 • WCB authorized provider • Sports injury management
 • Tension headache management • Vestibular (dizziness & balance) rehab
 • Pre & post-op rehab (ACL reconstruction, rotator cuff repair, ORIF, total hip/knee/shoulder replacements) • Shock wave therapy
 • Direct billing available • Three massage therapists available

780-435-8887
11472-17 Ave. SW T6W 2S5
 www.rutherfordphysicaltherapy.ca
 Info@rutherfordphysicaltherapy.ca

ACUPUNCTURE **IMS**

Bearspaw
 Family Pharmacy
Remedy'sRx
 The Local Drug Store

ALLERGY SEASON IS JUST AROUND THE CORNER

Visit us for advice and products to help you enjoy the warm weather.



1929-105 Street, Edmonton, AB
(780) 485-8195
 Mon-Wed 9:30am - 6:00pm
 Thur-Fri 9:30am - 5:30pm
 Sat 9:30am - 1:30pm Sun Closed

20% OFF one **atoma**® Allergy Product*

*Receive 20% off one regular priced atoma® Allergy product with this coupon. Limit one coupon per customer per transaction. Does not apply to prescription items, insulin products, and products with codeine. Other exceptions may apply; please contact the store for more details. Valid until June 30, 2017.

SKY Tae Kwon Do
 Out of School Program

Spring Break & PD Day Camps

SUMMER CAMP
 (July & August)

Taekwondo
Field Trip
Indoor Soccer
Kumdo
Gym Activities and more

Kindergarten to Grade 6 <Transportation is Provided>
BEFORE & AFTER SCHOOL PROGRAM **780.439.4391**
 2503 Ellwood Dr. SW(Sejong Multicultural Centre) Edmonton / skytaekwondo.ca

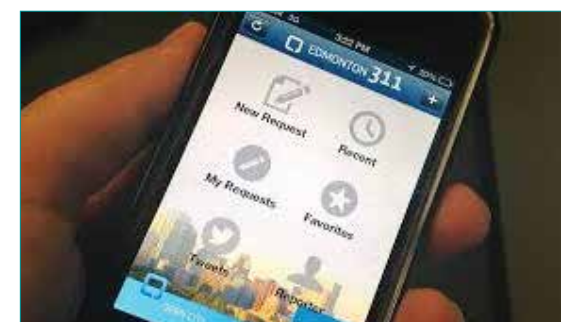
Edmonton 311 App

The City of Edmonton has provided an app for smartphones.

With the 311 app Edmonton residents are able to report: potholes, damaged sidewalks, damaged trees, litter and graffiti.

This user-friendly app lets you upload photos of the structure or property you are concerned with, as well as add an exact location with its GPS map.

An officer will investigate your complaint within 4 business days.



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 begins June 2, 2017.
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. Girl Guides of Canada-Guides du Canada (GGC) strives to ensure that girls and women from all walks of life, identities, and lived experiences feel a sense of belonging and can fully participate.

Girl Guides is an organization with more than 100 years of history and a strong, growing future. Join Us!

Check the Girl Guides of Canada Edmonton Area website for further information or contact Robyn and Jen at bettymartin.dc@gmail.com.



BLUE QUILL PLAYSCHOOL

PLAY BASED PROGRAM WITH
MUSIC AND YOGA FOR
THREE AND FOUR YEAR OLDS

WE ARE ACCEPTING STUDENTS FOR OUR
THREE YEAR OLD CLASS, AND WAIT LISTING
STUDENTS FOR OUR FOUR YEAR OLD CLASS

www.bluequillplayschool.ca
email registrar@bluequillplayschool.ca

Search

 setting up a tent



First-time discoveries and cool adventures begin with Scouts. After all, it’s the perfect place for kids to be kids – and have a lot of fun along the way.

Real Scouts. Real Experiences. To join, visit scouts.ca

Find a group in your area
1-888-SCOUTS-NOW
scouts.ca/findagroup



It starts with Scouts.

Hospice, one of many options for end-of-life care

In Alberta, there are many options to get palliative and end of life care—your home, a hospital, a continuing care centre, or a hospice.

Hospices are places made to feel like home while giving specialized end of life care, 24/7. The care teams focus on comfort and quality of life, and can help patients and their family cope with feelings about serious illness.

In a hospice, palliative care is provided by health professionals, volunteers, and spiritual counsellors. Services include:

- managing pain
- helping with daily living activities (personal care)
- emotional, psychological and spiritual support.

Before accessing palliative care or a hospice, a health care team discusses with patients on what’s important to them and where they would like to be at the time of their illness where they may either have: a life expectancy of less than 3 months; signed a form saying they do not want to be resuscitated or a need to be in a bed or chair most of the time.

A patient’s choice may change as an illness changes, and individuals can get palliative and end of life care at any time.

There’s also a new program that’s helping to bring emergency care to people who get palliative and end of life care in their homes. The EMS Assess, Treat, Refer program has Emergency Medical Services, home care clinicians, doctors, and families working together to help people stay in their homes if that’s what they wish.

Contact Health Link at 811 for more information on hospices or programs that provide end of life care in your area, or for eligibility.

CELEBRATE SENIORS WEEK WITH A FREE

SENIOR'S PANCAKE BREAKFAST

TUESDAY, JUNE 6 9-11 AM

at

BLUE QUILL COMMUNITY HALL

11304-25 AVE

PANCAKES, SAUSAGES, JUICE AND COFFEE SPONSORED BY
SOUTHWEST EDMONTON SENIORS ASSOCIATION (SWESA),
SOUTHWEST AREA COUNCIL (SWAC),
AND YOUR SOUTHWEST COMMUNITY LEAGUES



FOR ADDITIONAL INFO, CONTACT
CAROL - CAROLBIGAM@GMAIL.COM
PHONE 780-434-7558

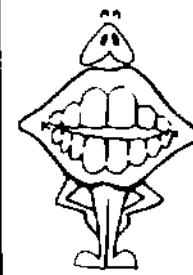
City of Edmonton Development Permit Compliance

The City of Edmonton does not do routine checks to ensure that new developments follow regulations.

To a great extent, the city relies on leagues and nearby neighbours to report building developments which are not in compliance with regulations in the zoning bylaw and the development permit.

Call 311 with your inquiry if you suspect abnormalities.

Perhaps a building appears abnormally large or too close to the property line, or you are concerned about other problematic irregularities.



HERITAGE
DENTURE CENTRE

MARC WAGENSEIL
Denturist

436-7386

Providing Quality
Denture Care

Now located on the 2nd floor
Heritage Professional Building
#207, 2841 - 109 Street,
Located on the 2nd floor
www.heritagedenture.com

Happy
CANADA DAY

MATT JENEROUX MP
EDMONTON RIVERBEND

SUITE 204 596 RIVERBEND SQUARE
EDMONTON, ALBERTA T6R 2E3
MATTJENEROUX.C1@PARL.GC.CA
WWW.MATTJENEROUX.CA
PH: 780-495-4351 • FX: 780-495-4485



A Place You Can Truly Call Home

Over 84 Communities
to choose from



bwalk.com

Ask Charles

I hired a real estate professional to sell my home. The seller representation agreement (listing agreement) I signed is for four months. It's only been two months, but I want to terminate the agreement, can I?

The short answer is yes, but it can be complicated.

The agreement you signed is a legal contract between you and a real estate brokerage to sell your home. It contains a start date and an end date, as well as provisions for ending the agreement early.

If you and your real estate professional agree in writing to end the agreement before the end date, the agreement immediately ends.

If you change your mind about selling your home and your real estate professional agrees to end the agreement early, you may be responsible for reimbursing your real estate professional for reasonable expenses they incurred while your property was for sale.

Those potential expenses need to be listed on the agreement when you sign it; your real estate professional can't add them after the fact. These expenses may include, but aren't limited to, reimbursement of advertising, measurement, or photography costs.

But, what happens when you want to end your agreement early and your real estate professional doesn't agree?

If you want to end your agreement early because you want to work with a different real estate brokerage, there could be consequences. For example, if you begin working with another real estate brokerage, and your property sells, your first real estate brokerage could make a claim that commissions are payable to them since the brokerage didn't agree to release you from the obligations of your agreement. You could find yourself owing commission to two brokerages.

Think carefully about why you want to end your agreement early. If it's because you genuinely changed your mind about selling, perhaps your employment situation changed, be open and upfront with your real estate professional.

You won't be the first seller who has a change of heart or financial circumstances, but your real estate brokerage is under no requirement to release you from your agreement.

Another possibility is that your real estate professional may agree to a conditional termination of your agreement. Conditional terminations typically require the seller to agree in writing that they won't re-list their property for sale with another real estate brokerage before the end of their original agreement.

If you want to end your agreement early because you and your real estate professional are not working well together or you have concerns about their performance, RECA encourages you to speak to their broker.

"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.





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

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, Sports 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

Community Views June/July 2017



Thank You

TO THESE GENEROUS SPONSORS FOR
DONATING PRIZES TO OUR ANNUAL
VOLUNTEER APPRECIATION EVENT HELD ON
SUNDAY, MAY 28TH



Deep Dish
CHICAGO PIZZA



COBS
FRESH BREAD

Rutherford



Confetti
Sweets



Edmonton

Citizen Services Department



EDMONTON
SYMPHONY
ORCHESTRA
WILLIAM EDDINS
MUSIC DIRECTOR



FROGBOX™
FROM ONE PAD TO ANOTHER



Jubilations



Krysta Forrest
RECREATION FITNESS



Mac's



PAPA JOHN'S®
Blackburn Location



PET
STOP



shear
styling studio



SIMPLY SUPPER

HPCL  VOLUNTEERS

SOCCER YEAR END CELEBRATION



Hosted by **HERITAGE**
point
COMMUNITY LEAGUE

**June 25, 2017
11 am to 3 pm
Monsignor Fee
Otterson Park**

- BBQ
- Bouncy castles
- Soccer game
- Family activities
- Special appearance by Superheroes
- Much more...

Sponsored by

CORE
DENTAL GROUP

Community partners



ATCO Gas

Changes to Century Park's Park & Ride

Dear valued Park & Ride customer,

Planned utility work is underway at Century Park. The south entrance/exit to the Park & Ride lot off 111 St. and about 24 Ave. will be closed so the private landowner can complete construction as quickly and safely as possible.

Utility work closes south entrance

To access the Park & Ride lot, taxi drop-off, and “Kiss & Ride” areas, we appreciate your cooperation in using the north entrance/exit (approximately 27 Ave. and 111 St.) while this work is being completed over the summer.

Parking for people with disabilities

Until June, only the designated parking area for people with disabilities will remain accessible by a shared single lane from the south entrance. After June, the south access will close and the area will be accessible only from the north access.

Motorists can continue to use the south entrance to access the Century Park retail and services south of the transit centre.

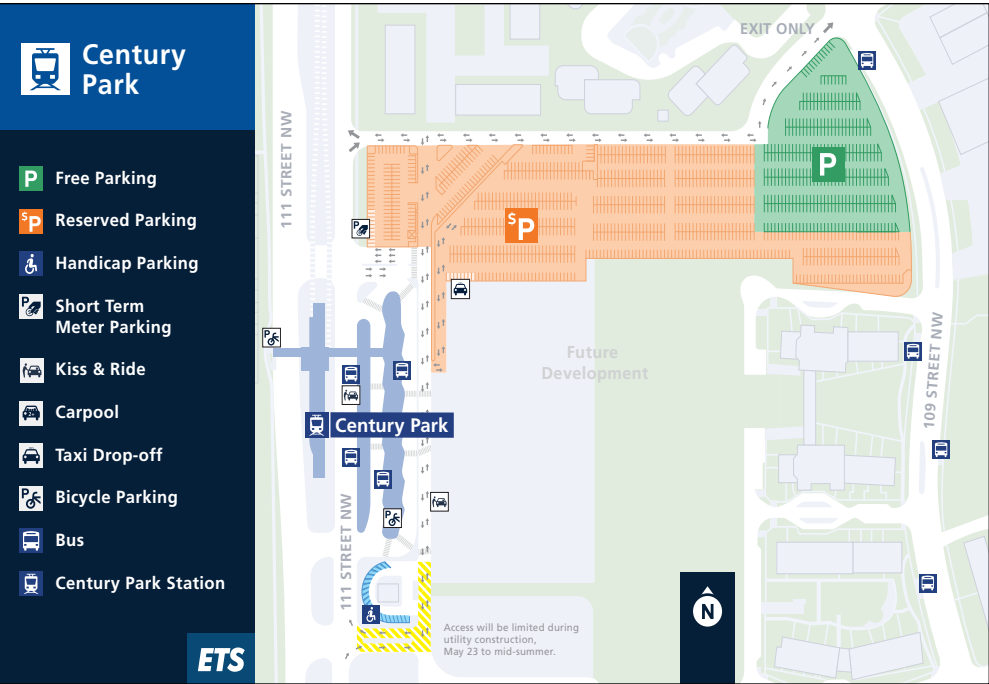
Reserved Park & Ride stalls moving


Starting Thursday, June 15 , most reserved parking will relocate to a new location, north-east of the existing lot.

Make sure to leave extra travel time to adjust to the changes. As a safety reminder, watch out for each other and drive with caution. On-site signage will be available to assist customers. Work has been scheduled to start when parking demand is at its lowest: during summer vacation and post-secondary breaks.

For more information, visit takeETS.com/projects.


Thank you,
Edmonton Transit System





WHAT'S IMPORTANT TO WARD 9

- IMPROVING TRANSPORTATION & TRANSIT
- RESPONSIBLE DEVELOPMENT & TAXATION
- COMMUNITY ENGAGEMENT
- HEALTHY COMMUNITIES
- CARING FOR PEOPLE



CITY COUNCIL CANDIDATE

ROB AGOSTINIS

FOR WARD 9

LET'S MAKE IT HAPPEN

robagostinis.ca

HPCL Membership Update

Memberships for the 2017-2018 season is available online at www.efcl.org, from May 15, 2017.

HPCL also started membership sale from May 15, 2017, so HPCL and EFCL membership campaign started the same day. HPCL membership sales by now will be available by mail, or in person at meetings, events, registrations.

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

Community Swimming and 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.

South Edmonton's only

CSA PHYSIOTHERAPY
csaphysio.ca Specialists*



Come see why we stand out from the crowd.
It doesn't matter what condition you are in, if you need rehab, you need us.

come here. feel better.

10947 - 23 Ave
Next to Shoppers Drug Mart
780-988-5803

10393 - 51 Ave
Behind Calgary Tr McDonald's
780-989-9789

*as certified by the Canadian Physiotherapy Association



Edmonton

PUBLIC ENGAGEMENT

SHARE YOUR VOICE SHAPE OUR CITY

Join us to learn how the City of Edmonton will gather community input to build a better city.

FIND OUT MORE BY GOING TO:
www.edmonton.ca/publicengagement

PUBLIC INFORMATION SESSIONS (DROP-IN FORMAT):

JUNE 3, 2017 from 1:00 to 4:00 p.m.
Terwillegar Community Recreation Centre
Multi-Purpose Room 4
2051 Leger Road

JUNE 6, 2017 from 5:00 to 8:00 p.m.
Castle Downs Family YMCA
11510 - 153 Avenue

JUNE 10, 2017 from 9:00 a.m. to 3:00 p.m.
City Market Downtown on 104th
(Farmers' Market)
Jasper Avenue and 104 Street (plaza)

 OPEN CITY



Century Park Market

10 am - 3 pm • June 4 - Sept 24
• Local vendors • Local produce

2423 111 St (South of Century Park LRT)

www.centuryparkmarket.com
Facebook: Century Park Market

OPEN SUNDAYS

CITY PEST CONTROL INC

Solution of your pest problems

**MOUSE IN BUILDING / HOUSE
ANTS / BEES / WASPS IN YARD
ANY INSECT BUGGING YOU
CALL CITY PEST CONTROL**

780-707-1686

E-MAIL: citypestinc@hotmail.com
WEBSITE: www.citypestinc.com





City of Edmonton Programs

A great tool for finding programs with the City of Edmonton is a Build Your Custom Program Guide with City of Edmonton programs, check it out here:
<http://www.myrecguide.ca/guide/program-guide.php>

Don't want to commit to 8-12 weeks of a program? Why not find out more about Community Drop-In Programs check out:
http://www.edmonton.ca/activities_parks_recreation/drop-in-community-programs.aspx

There are also many summer camps available through the City of Edmonton including camps at various recreation centres, the zoo, arts centre, museums, Fort Edmonton, river valley, Muttart Conservatory and more!

Please see the City of Edmonton Summer Day Camp Guide for information.

http://www.edmonton.ca/activities_parks_recreation/documents/PDF/SummerDaycampsGuide.pdf



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

Twin Brooks Community League Celebrates Canada 150

September 09, 2017

1pm-11pm
Twin Brooks Community League Center

Annual Fall BBQ and Beer Gardens

Food, Music, Entertainment, Refreshments,
Games, Fireworks



Message From The President

A Tribute to Ward 9 City Councillor Bryan Anderson:

This year, Councillor Bryan Anderson announced he would not run in the 2017 civic election.

Bryan has served residents of Southwest Edmonton in Ward 5 (under the former civic boundaries), and in Ward 9 -- a culmination of 19 years of tenacious service.

Over the past 32 years I have know Bryan, as an educator, politician, and friend.

He has approached others with humility, empathy, and fairness, always working on behalf of others for the best outcome possible.

Having worked with Bryan through issues with respect to the Twin Brooks Community League and the public education system, I witnessed how Bryan always put the needs of our communities, children, and families first.

Not only did Bryan articulate the position of the majority at City Hall, he demonstrated that he was a good listener.

He listened to his constituents, and always did his best to broadcast the voice of the collective to his peers, and to council.

Bryan is a consummate City Councillor, and good friend whom is not retiring, but "consciously un-campaigning" in the next civic election!

All the very best in the path ahead my friend -- "Onward & Upward!"

*Mike Lanteigne, G.G.XII., C.R.C.
President
Twin Brooks Community League
Edmonton, AB*

*Chairman
Esther Starkman School Council
o/u The Alberta School Council's Association*



Message from Sprouts Children's Nutrition Program

Sprouts is a popular children's nutrition program at the Southwest Edmonton Farmers' Market (SWEFM). Designed to introduce children to basic nutritional concepts, it encourages families to cook and eat together, helps children develop an understanding of what it means to eat seasonally and introduces them to unfamiliar fruits and vegetables.

A farmers' market is a tremendous environment for learning, where children can talk to farmers about where their food comes from and how it's grown and interact with nutrition volunteers who are passionate about their food and fascinated with the science behind it, all in a safe community environment.

Thanks to the generous financial sponsorship of community-minded businesses and community leagues, it is a FREE program, open to all children, ages four to twelve.

To participate, your child needs to check in at the Sprouts table at the information tent each week and pick up a wooden Sprouts token and a recipe. Each token is worth \$2 toward the purchase of fruits, vegetables and food plants.



Weekly recipes have Nutrition Tips, Sprouting Chef's Tips that explain very basic cooking concepts to children who are just starting out their adventures in the kitchen, and Creative Cook's Tips that teach children to swap ingredients, experiment with some of the weird and wonderful fruits and veggies found at a farmers' market, or step up the complexity of a recipe. In this way, the recipes make nutritional learning fun and accessible to all children, no matter what their interest or ability level.

Sprouts has your back as you try to raise your children in nutritionally mindful ways! It provides opportunities for your children to learn to cook and to talk to other adults about their food and the choices they are making. In short, it reinforces the lessons that you are trying to impart to help them live healthy lives.

Our hope is that Sprouts goes a long way toward making cooking at home a fun adventure filled with great tasting food, exploration, experimentation, and fun-filled learning.

SWEFM runs every Wednesday from 4:00-7:30 PM in the parking lot of the Terwillegar Community Recreation Centre (May 17th-October 4th).



NOW OPEN



green bottle
depot Windermere

NOW OPEN



NOW OPEN



3489 ALLAN DRIVE SW

Voilà Interiors

Certified Interior Design

voila27@live.ca
780.901.0608

- Space Planning
- Renovations
- Drapery & Blinds
- Furniture & Accessory Selection
- Home Staging & Organization for Re-Sale
- Show Homes

*Book a
consultation!*

Mortgage solutions that work for you.

Financing life can be filled with big decisions. At ATB, we'll work together to sort out the details and get you into the home of your dreams. Call Tracy today to find out the right mortgage options for you.



Tracy Lawrence
Mortgage Specialist
(780)289-2202
tlawrence@atb.com



SAVING | BORROWING | INVESTING | KNOW-HOW

ATB Financial

GARAGE SALE



DONATE | VOLUNTEER | ATTEND



SUNDAY | JUNE 18 | 11AM-5PM

Twin Brooks Community Hall 11341 – 12 Ave.

(west of George P. Nicholson School)

Please support the **Twin Brooks Seniors Program** in purchasing a community Ping Pong table for the hall

Unsold items will be donated to **Inclusion Alberta**, an Edmonton registered charity

DONATE: household / garage items, personal accessories, books, toys, sports equipment

VOLUNTEER: pick up / store items, set up / clean up, cashiers, greeters

ATTEND: Share this news, bring a fellow shopper & come prepared to buy yourself a treasure

Tables are available for Artists, Crafters and Community Residents

Call Ida 780 989 5431; irichardsco@hotmail.com

Text Gongchen 587 982 2503; gongchen.li@gmail.com

Cookie Monster Day Home in Allard

Gentle, Loving, Experienced, Affordable

Ann - 780-297-6841

Hours 7:00-5:45 (full time & part time)

Before & aftercare to Dr. Lila Fahlman School



- Warm caring atmosphere
- 1 hour yoga exercise in the morning to relax mind & strengthen body.
- Nutrition meals, variety of toys & learning materials
- Creative activities & educational games
- Organized field trips
- First aid & CPR trained
- Video monitoring available for extra security
- Limited openings now available

Email: cookiemonsterdayhome@gmail.Com

RUN WALK RIDE FOR VISION ZERO

JOIN US THIS FATHER'S DAY FOR THE RUN WALK RIDE FOR VISION ZERO!

When: Sunday June 18, 2017

What: 5k run/walk, 10k run and 10k cycle

Who: This event is for all ages and abilities. You can walk, run, or bike. Dogs on leash and strollers welcome! There will be giveaways, free juice, snacks, and a hot dog lunch following the race.

Registration: Visit edmonton.ca/runwalkride

VISION ZERO: zero traffic fatalities and major injuries

Race Start Time: 10am

Where: Concordia University of Edmonton, 7128 Ada Blvd



Edmonton

ATVs: Be as Safe as Possible

As snow-blowers and shovels are tucked away for another season, Albertans are venturing outdoors to enjoy the spring weather. Alberta Health Services (AHS) is reminding all Albertans, and particularly parents of children less than 16 years of age, to make ATV safety a priority.

There are significant risks associated with the use of ATVs. Children less than 16 years of age have not yet developed to the point of having the strength, skills or judgment needed to operate an ATV, and this includes ATVs marketed as 'child-sized'.

Parents of children less than 16 years of age are advised to ensure they do not drive or ride in an ATV.

Albertans 16 years of age and older are urged to take the following precautions to ensure their ATV excursions are as safe as possible:

• Get Trained

Before you hit the trails, get formal hands-on training from a recognized/trained ATV instructor. Don't be shy about refreshing your training seasonally.

• Wear the Gear

A helmet can save your life: from 2002 – 2013, 41 per cent of ATV-rider deaths in Alberta were due to head injuries. In 77 per cent of these head injury deaths, the ATV riders were not wearing a helmet. In addition to a helmet, always wear a jacket, long pants, goggles, boots and gloves.

• Look First

Be sure you're aware of the weather forecast, fire outlook/potential, and any hazards (geographical, animal or human) that the trail(s) you're on could pose.

• Buckle Up

Be sure that you're fastened in properly, and that all gear and equipment (including your ATV restraints) are in proper working condition before you hit the trails.

• Drive Sober

Don't drink or do drugs before or while operating an ATV. 55 per cent of those who died in ATV crashes between 2002 and 2013 tested positive for alcohol.

• Seek Help

Before you head out on the trail, let others know where you're going and when they should expect you back. Take a cell phone or working radio with you, as well as a first aid kit. Never hesitate to call for help if you're stuck, have damaged your ATV, or are injured.

Community Views June/July 2017

Date	Program	Location	IRP –Individual Responsible Person(s)	Notes
2017				
May – August 31 7:30- 9:00 p.m	Dance & Recreational Movement (all dance genres including ZUMBA	TBCL Community Hall 11341 -12 Ave	Ailing Jiang- Phone; Maggie Wang 780-216-7006; Gongchen Li 587-982-2503	Drop in ----a donation of a Toonie per week Is welcome.
May- July 20 Monday –Saturday 9:00 – 10 :00 a.m.	Tai- Chi	Twin Brooks District & Nature Park 119 St/ Twin Brooks Way North West area	Xiuying Chen	Drop in ---a donation of a Toonie per week Is welcome.
May – August 31 Wednesdays or Thursdays Noon- 2:00 p.m	Conversational English & Mandarin	TBCL Community Hall	Thelma Reid Phone 780-437-1486	Details of time & Dates being Hammered out- A teaching assistant needed.
MARCH 9- OCTOBER 31	Canada150 Storytelling – Personal, Family & Community Experiences	@ SIF events	Ida Richards Camilla Fita	For more info – Camilla Fita 587-587-983-6279 Ida 780-989-5431

EVENTS

SUNDAY JUNE 18 11:00 A.M- 5:00 P.M	TWIN BROOKS COMMUNITY FUNDRAISER GARAGE SALE	COMMUNITY HALL INSIDE HALL & OUTDOORS on park area	Donate items, Attend, VOLUNTEER – see flyer	Contact- Ida 780-989-5431 Gongchen Text 587-982-2503
---	--	--	---	---

Garage Sale flyer available for volunteers to post in strategic locations with public bulletin boards e.g., grocery stores.



*Your
Solution to Sunken
& Uneven Concrete!*

***"We Lift and Level Sunken Concrete
Driveways, Sidewalks & Garage Pads"***

Call for a Free Estimates 780 218 7511

www.meritconcrete.ca

**the
Gutter
Doctor**

GUTTER INSTALL / REPAIR / CLEAN
FASCIA & SOFFIT
DOWNSPOUTS & FLASHING
SIDING REPAIRS

780-709-6825

info@gutterdoctor.ca



15,000
HAPPY
CUSTOMERS!



**Paws & Claws
Pet Sitting**

**Alternative to
Boarding**

Are you looking for an alternative to placing your pet in a boarding kennel or relying on family or friends to care for them? Paws & Claws Pet sitting could be that alternative that you are looking for.



Our services:

Cat and dog sitting,
basic dog trainer,
dog walking, house &
security checks, pet taxi,
land care (only with pet
sitting)

P: 780-690-0794

Em: pawsclaw@telus.net

Website: www.pawsclawpetsitting.com

Make a Difference in Your Mental Wellbeing

Alberta Health Services wants to remind you resources are available to help your emotional and mental health. AHS is hoping to inspire you to learn more about how you can increase your positive emotional and mental health including ways to help you de-stress through on-line resources such as:

- Ways to Wellness, an online mental health challenge, provides seven different tips and ideas to encourage you to engage in physical activity, eat healthy foods, practice gratitude and have fun as some small steps to improve your mental health and help to reduce stress. Learn more about the simple steps you can take through the video: Ways to Wellness (YouTube).
- Help in Tough Times, has resources and services available to help you or someone you know who may be struggling. It has information, resources, tools and important contact information to help you, including self-help tips to ease some of the stress you may be feeling.

AHS wants Albertans to remember, if you are struggling, whether it's day to day stresses, a loss of a loved one, home or job, or family crisis, you are not alone. There are supports in place to help you cope. Help can come in many forms and for some of us we may need more support than others.

For more information on addiction and or mental health services near you, call Health Link at 811 or visit: <http://www.ahs.ca/amh/amh.aspx>.

Community Views June/July 2017

Consider Us First For All Your Insurance Needs!

Serving Edmonton For Over 25 Years

MERIT
Insurance Services Ltd.

Homeowners Insurance • Condominium Insurance
Renters Insurance • Rental Property Insurance
Office Packages
Automobile Insurance

780-434-8763

SUITE 109, 2841 - 109 ST.,
EDMONTON

FAX: 780-434-4346

**ASK ABOUT OUR
AUTO & HOMEOWNERS DISCOUNTS**



Your Insurance Broker
Understands

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

On October 16, 2017, elect

Tim CARTMELL

for Councillor | Ward 9

**Engaged.
Informed.
Respected.**



For more information, see
www.timcartmell.ca



SPRING CLEANING? GARAGE SALE LEFTOVERS?

Donate your unsold clothing and household items to Inclusion Alberta at the South Edmonton Value Village. Or skip the hassle of hosting a sale all together! We're proud to keep over 650 million pounds of items out of landfills each year. So when you donate to local nonprofits at Value Village, you're giving goods a second chance and helping your community and the planet thrive.

We accept donations on behalf of:

Inclusion Alberta
Formerly Alberta Association for Community Living (AACL)

Drop off donations at your local Value Village Community Donation Centre:

S. Edmonton Value Village
10127 - 34th Ave NW
(780) 414-5859
Mon. - Sat. 9am - 9pm, Sun. 10am - 7pm



From broccoli to strawberries – growing nutritious food in your backyard or neighbourhood

It's surprising how many types of produce are grown in Alberta. We all know that vegetables and fruit are good for us; but have you thought to try to grow some yourself? Diets rich in vegetables and fruit have been associated with obesity and chronic disease prevention and improved overall health. Here are just a few examples of nutrient-packed vegetables and fruit that can be grown in your own backyard.

- **Strawberries:** These delicious bright red berries beat out other berries when it comes to vitamin C needed for immunity, healthy skin and gums.
- **Broccoli:** A type of cruciferous vegetable, this green vegetable can protect against certain cancers. They also are an excellent source of Vitamin C.

- **Spinach:** Leafy green with a mild taste that can be used in smoothies, omelettes or salad. Spinach has fibre and is a good source of vitamin A, C and K and folate. They also have plant chemicals like beta carotene, lutein and zeaxanthin which are important for eye health.
- **Carrots:** One medium-sized carrot supplies enough Vitamin A for an entire day. Carrots provide fibre and potassium and are a good source of vitamin C.
- **Tomatoes:** Red and round, tomatoes have many nutrients like potassium folate and vitamin B6. They also have an anti-oxidant called lycopene which is high in cooked tomatoes and has been linked to reduced risk of prostate cancer.

Do these health benefits inspire you to get growing?

You can start your own backyard or balcony garden and it's not too late to sign up for a community garden.

For information on how to start or join one, visit albertahealthservices.ca and search Community Gardens Handbook.





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!

Meetings are 2nd Tuesday of each month at 7pm (excluding July and August). See you there!

Community Garden

Our garden has had some improvements! Have you seen the brickwork and gazebo? Gorgeous!! We are busy planting and enjoying the weather. Come by and take a look!



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.

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.

July 4 - Aug 24

Keheewin Park

Mon-Fri: 2:30pm - 6pm

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

16 Avenue & 105 Street

10:30am - 1:30pm

New Neighbourhood Watch Signs Coming

New Neighborhood Watch signs will be coming soon. The City of Edmonton has agreed to partner with Neighborhood Watch and manufacture the signs, and Edmonton Neighborhood Watch will facilitate the program with partnership from EPS. We will be working together throughout the fall to develop the new Neighborhood Sign program.



Parents/Tots Playgroup

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

Please note that playgroup operates on the school calendar year and will break for July and August.

We will resume playgroup Sept 12, 2017.

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.



HOST A MEET YOUR STREET POTLUCK PARTY

Community starts with you!



"It's fun, it's easy, and we made some really great friends."

"I feel much safer knowing who my neighbors are."

In an effort to build the strength of our community, the YECL is offering up to a \$50 reimbursement to anyone who hosts a community block party. See website for the details. www.yellowbirdcl.com

We are ATB Investor Services investment professionals.

We place our clients' interests first.

We are honest, straightforward and transparent with clients.

We communicate in ways all investors can understand.

We ensure client fees are fair.

We are accountable when something goes wrong.

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

We call out unethical behaviour.

We are determined to lead our industry through an unwavering commitment to our clients.

This is our pledge to you.

Call us today for a complimentary, no obligation review of your investments.

587-873-0343

Trevor Pahl and Hugh Cameron
Senior Financial Advisors
ATB Securities Inc.

ATB Financial
Edmonton - Southbrook
111 Street and Ellerslie Road

ATB *Investor Services®*

ATB Securities Inc. (ATBSI) (Member, Investment Industry Regulatory Organization of Canada; Member, Canadian Investor Protection Fund) is a wholly owned subsidiary of ATB Financial and is a licensed user of the trademark ATB Investor Services.