

COMMUNITY VIEWS

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



October/November 2017

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

Yellowbird's Famous Annual Pumpkin Patch PARTY

JOIN US FOR A FUN FILLED FAMILY NIGHT!



FRIDAY OCTOBER 27TH
5:30 PM - 8:30 PM
YELLOWBIRD COMMUNITY HALL
10710 - 19 Avenue

• Games
• Balloon Artist
• Hot Dogs
• Cupcake Walk
• Crafts

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

*** VOLUNTEERS NEEDED ***

Email if you are able to help with this fun event!
Becca Yochim - social@yellowbirdcl.com



Small cost for food and games. Tickets will be available at the door.

Twin Brooks Barbeque



Twin Brooks Community Garden group



Community Garden

It's been another successful gardening season! We enjoyed the addition of a beautiful gazebo and several new garden beds, including a community bed stocked with herbs and strawberries (watch for more information on this one next spring).

We've had successful tomatoes, carrots, peas, beans, swiss chard, tall sunflowers, potatoes, and so much more!

Remember that these garden plots belong to individual families, and many people are waiting as late as possible to harvest their crop. Please do not pick from these gardens.

For more information or to sign up for next year, contact garden@yellowbirdcl.com



Aidan and Soren West enjoy freshly picked carrots from their mom's plot at Yellowbird Community Garden

Blue Quill

agm
2017



Thursday, October 26

BQCL LOFT

7:00pm

11304-25 Avenue

We are currently seeking a Secretary, Sports, Publicity, Social, Facilities, VP, Programs, and Membership Director.

WE HOPE TO SEE YOU THERE!



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

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.

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.

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.
w. bqcl.org



**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

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.

Ask Charles

I made an offer on my dream home and stopped looking at other properties. My offer was not accepted, and I later learned the house was already conditionally sold at the time I made my offer. Doesn't the seller have to tell me the house is conditionally sold before I make an offer?

No. Sellers do not have to disclose to buyers if their property is conditionally sold to another buyer.

Sellers are in the driver's seat when it comes to disclosing the status of their property's listing, and that includes whether they disclose when it is conditionally sold. If the seller instructs their agent not to disclose to buyers that their property is conditionally sold, the seller's agent must follow those instructions.

Remember that conditionally sold is not the same thing as sold. If the conditional offer falls through, the seller has to begin the process of attracting potential buyers again. But, if they continue to market the home while it is conditionally sold, they increase their chances of having a backup offer from another buyer in the event the first buyers don't waive their conditions.

I understand this was your dream home, you stopped looking at other properties once you made your offer, and it's frustrating to not get the home, but your agent should have advised you of the possibility of the property being conditionally sold. In doing so, they could have also advised you of possible other courses of action.

While a seller isn't required to disclose that their property is conditionally sold, your agent can always ask if it is. In that case, the seller has two options – they can instruct their agent to answer the question – and if doing so, they must answer it honestly and not lie. Or, they can instruct their agent to refuse to answer. If the seller's agent refuses to answer the question, you can probably read between the lines. Choosing not to answer the question can be an answer in itself.

So, what do you do in the event you find a home you want to see, but you're worried about it being conditionally sold?

If you love the home, go see it even if it is conditionally sold. This way, if the first conditional sale falls through, you'll be prepared to make an offer right away. Or, even submit an offer as a backup so that it's considered as soon as the first sale falls through.

"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.



Suicide: Reach out and save lives: understand the signs

Suicide affects people of all genders, ages and ethnicities. Each year more Albertans die by suicide than motor vehicle collisions. As a result, many Albertans have been impacted by losing someone to suicide.

Suicide is a preventable tragedy that starts with recognizing the warning signs and taking them seriously:

- Talking about suicide or a plan
- Giving away personal possessions
- Visiting or calling people to say goodbye
- Making statements about hopelessness, helplessness or worthlessness
- Loss of interest in previously enjoyed activities
- Personality changes, including lack of self care/neglect of self
- Increase in drug and alcohol use or risk taking behaviour
- Becoming cheerful after a period of depression, which may mean the individual has already made the decision to escape their problems through suicide

Suicidal people are in pain and want their pain to end, but do not necessarily want to die.

Asking someone directly if they are suicidal does not put the idea in their head. In fact, talking openly to someone who may be suicidal can provide relief. Being aware of these signs and starting the conversation lets the person know you care and can make a difference so they can get the help they need.

If you or someone you know needs help, please call Health Link at 811.

Three Opportunities to Vote

The Edmonton Election for Mayor, City Councillors and School Board Trustees takes place this October and there are three easy ways to cast your vote!

1) Advance Vote.

2) On Election Day - Monday, October 16, 2017 - Cast your ballot at the voting station designated for your home anytime between 9 a.m. and 8 p.m. A "Where to Vote" card will arrive in your mail in early October with information about your voting station, or use the online Where to Vote tool on the Edmonton Elections website to find your voting station and candidate list. Go online and try it out: www.edmonton.ca/election

3) Special (Mail-in) Ballot- The final way to vote is intended for people who will be out of town on Election Day, who are unable to get to a voting station, or who are election and campaign workers. If you fall into one of these groups, you can request a Special (Mail-in) Ballot. Visit the Edmonton Elections website for more information and to apply: www.edmonton.ca/SpecialBallot

Required Identification- No matter the voting opportunity, you'll need to present a piece of authorized identification that confirms both your name and residential address, like a Driver's Licence. A bank statement, utility bill or personal cheque will also work! A passport, Alberta Health Care card, birth certificate or work/student ID will not be accepted.

Hear From Your Candidates- Edmonton Elections is hosting municipal candidate forums from Sept. 25 to Oct. 11. Drop by the forum or watch online to hear from your Mayoral and City Councillor candidates. For More Information: www.edmonton.ca/election or 780-442- VOTE (8683) or Twitter: @ElectionCensus #yegvote

Understanding Mental Illness

Each year, more than 810,000 individuals in Alberta consult a physician for addiction and mental health services.

Mental health problems are health conditions that impair an individual's thinking, mood, and/or behaviour (or a combination of these). This impairment leads to distress and/or reduced functioning, such as trouble going to work, completing daily activities, and carrying on with usual relationships.

Although there are many types of mental health problems, the most common ones are depression and anxiety. Depression affects about 2 million Canadians 20 years of age and older at some point in their lives. Depression is often seen with other mental health problems and physical illnesses including heart disease, stroke, and physical disabilities. About 2.5 million Canadians 20 years of age and older live with an anxiety disorder. Schizophrenia and bipolar disorder (also known as manic depression) are less common, but can have a huge effect on the quality of life of people living with these illnesses.

With support and treatment, people with mental illnesses can lead full, productive lives. Early intervention and support is vital. Research shows that half of all lifetime cases of mental illness begin by age 14. AHS provides mental health services to all Albertans, including children and youth, adults and seniors, as well as indigenous people, new immigrants and refugees.

Providing support to a family member or friend with a mental illness can be rewarding as well as stressful. It's important to also take care of yourself. For more information about how to take care of a loved one with a mental illness, please contact the 24/7 Mental Health Helpline at: 1-877-303-2642 (toll free within Alberta).

Should a crisis occur, there are a number of crisis services offered throughout the province, these include the following:

- 24/7 mental health helpline and 24/7 addictions helpline
- Crisis/Distress Lines:
 - o Edmonton 780-482-4357 / 780-342-7777 (Mobile Response Team)
 - o Calgary 403-266-1605 / 403-266-HELP (4357)
 - o For other locations: <http://suicideprevention.ca/alberta-crisis-centres/>
 - o Text: Calgary Connect Teen
 - o Online Chat Distress Centre: <http://www.distresscentre.com/>

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.

Breast Cancer Screening

Every October during breast cancer awareness month, women are reminded to get checked for breast cancer. That's because breast cancer is still a problem in Alberta and the most common type of cancer for women. In fact, 1 out of every 8 women will be diagnosed in her lifetime. And each day a woman in Alberta will die from the disease. But breast cancer doesn't have to be a death sentence. If we can catch it early, we can treat it and beat it.

Screening mammograms are a way to do just that. Using special x-rays of the breast that check for signs, they can help find breast cancer 2-3 years before it can be felt by a woman or her doctor. Mammograms are the best test we have for breast cancer, and the only test that has been shown to lower the chance of dying by 30%. Thanks in part to screening mammograms, most women (almost 90%) are now surviving breast cancer.

Should you get a mammogram? Women 50 to 74 should plan to have a mammogram once every 2 years, and can self-refer. Women in their 40's can speak to their doctor, and get a referral for their first screening mammogram.

Screening mammograms are available at many clinics in Alberta. To find the closest screening mammography centre near you, call Health Link at 811 or Screening Programs at 1-866-727-3926.

Screen Test is a service that brings free screening mammograms to rural communities with two mobile clinics. To find out when the next clinic is in your area, call 1-800-667-0604 (toll free).

What else can you do to prevent breast cancer? You can talk to your doctor about your family history of breast cancer and know your risk. Know how your breasts normally look and feel, and get them checked if you find anything unusual. And of course a healthy lifestyle is important. Limiting alcohol, smoking and drinking can also help lower your risk.

Prevention is the best protection. A screening mammogram can save your life. To find out more about breast cancer screening in Alberta, visit www.screeningforlife.ca.

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Back to School Lunches

Healthy school lunches and snacks give children and youth energy and the nutrition they need for proper growth and development. Without healthy food, children may feel tired, have difficulty concentrating and may not have the energy they need to learn and play at school.

Here are some tips to make healthy school lunches to fuel your child throughout their day.

1. Involve your kids. Let them help plan and prepare their lunches.
 - Set aside time to make lunches a team effort. Making lunch can be fun and allow time to spend together. This can be a part of your family's routine; once the kids are home from school, or right after supper.
2. Bored with sandwiches? Switch it up. Use the same filling, but change the grain product. You can have more than a week's variety!
 - Try using whole grain wraps, pitas, small bagels, English muffins, flat-bread, naan bread or buns. Having some of these choices in the freezer can make it easy to switch up and help with reducing food waste.
 - Use hummus, tzatziki (cucumber yogurt spread), guacamole, or salsa as a sandwich spread to add flavour and variety.
3. Are sandwiches not an option? Try these instead:
 - Chili or stew (in insulated container) with grated cheese
 - Whole grain crackers, cheese, and carrot sticks and snap peas with hummus.
 - Oatmeal with fruit and nuts
 - Salad with meat or beans and grated cheese.
 - Fruit salad with cottage cheese and whole grain roll.
4. Make vegetables and fruit easy to eat. Prepare enough vegetables and fruit for a few days or the week instead of doing this every day. Some kids enjoy dips with their vegetables or fruit.
5. Include at least three of the food groups from Canada's Food Guide Aim to include a food choice from at least three of the four food groups from Eating Well with Canada's Food Guide for a balanced and healthy meal. Keep servings sizes appropriate for your child's age/appetite.

Edmonton Municipal Election October 16, 2017

Who can vote?

Do I have to be on the voter's list to vote? I have not been enumerated yet. Can I vote?

There is no voter's list in Edmonton for City Council and School Board Trustee elections. Voters must provide authorized identification at the voting station, such as an Alberta driver's license or an Alberta Identification Card. In addition, all voters are required to sign a statement (Form 8 - Voting Register) when they attend the voting station to confirm they meet the qualifications required to vote. To be eligible to vote, you must:

- present authorized identification
- be at least 18 years of age
- be a Canadian citizen
- be a resident of a ward within the city of Edmonton on Election Day (October 16, 2017)
- have resided in Alberta for the six consecutive months immediately preceding the election (April 10, 2017)
- not have already voted in the current election

All voters must sign the voting register stating that they meet these qualifications and provide satisfactory authorized identification before they will be given a ballot.



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Community Views October/November 2017



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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 Highlights

It's hard to believe that September is over and fall is now in full swing. There are so many things to celebrate especially when it comes to our community, our neighbours, our friends, our families and all the great things that we have done together since last year. It starts with a dedicated group of volunteers, the Twin Brooks Community League and all the Board of Directors who work tirelessly behind the scenes to make this happen. I want to take a moment to acknowledge their efforts and their commitment to make Twin Brooks a great place to live. Thank you Mike, Gonzalo, Irma, Shauna, Kelly, Nate Dave, Monika, and Alex.

As I reflect on the past year it takes me back to Fall Fest 2016. It was complimented by fireworks and our very first beer garden! We promised that 2017 was going to be bigger and better and it was. We combined our annual Fall BBQ with Canada's 150 Birthday celebration and it was awesome to share that day with family, friends, and neighbours. A special thank you to Shauna Nicholas, Twin Brooks Volunteer Director, and Monika Langer, Twin Brooks Social Director, in addition to the Twin Brooks Board Members that shared in the day!

The president's (Mike Lanteigne) reflections on the day,

"It was exciting to see the community come together. Thank you to our fabulous Board of Directors and volunteers who made our Fall Fest & Canada 150 Celebration a smashing success!

I have received many compliments and words of thanks from our community residents applauding the epic event.

It amazes me, as your dedication and commitment to our community makes this event better every year!

*Thank you for all that you do!
Sincerely,
-Mike*

Thanks for that note. It is important to share. We appreciate all that you do to help us make it happen! :)

In 2016 the Twin Brooks Garden group celebrated a very successfully growing season with corn stalks and sunflowers reaching heights of 8 feet. It was pretty special to see the garden looking so lush and plentiful.

That's just the way to end the growing season, abundant with visions of what next summer would bring, plenty of warm weather and sunshine even the Farmers Almanac couldn't forecast what was going to be for our garden group in 2017! Reap what you sow right? Yup that's exactly what happened. The Twin Brooks Garden group were invited to the Bloom Awards Ceremony where they were presented with a Community Garden Award presented by Sustainable food Edmonton! What an honour. Well done Gardeners can't wait to see the fruits of your labour next summer. I'm sure the planning is already underway!

When I think of Twin Brooks I can't help but think of community soccer. Soccer is an integral part of our community. I know we talk about our beautiful new Community League Center but soccer is at the heart of our beautiful community. It brings so many people together, coaches, players, volunteers, parents, grandparents, friends, neighbours and firemen! Yes the year end party is always something to look forward too! 2017 was no different. It was even better than last year! 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, a great example of building relationships and partnerships in our neighbouring communities.

Speaking of the Community League Center it's a busy place and it has been for the past year. The center has been buzzing with private rentals for birthdays, weddings, team meetings, fundraisers, and the list goes on. It's not just a hockey area although it is very well used by our community and surrounding communities. It was buzzing this summer with activity with the Green Shack Program in full swing during the summer months and ball hockey games and practices, and Zumba classes. Yes outdoor Zumba... It is intoxicating and energizing and you can't help but shake a little booty when you hear the beats coming from the outdoor rink. Natasha Bondola is not only the Zumba instructor but the creative director, it was her idea to take her classes outside! I was thinking a Community Zumbathon might be fun and community spirit building.... That's not the only class that made a hit this past year... A new program was introduced HIIT High Intensity Interval Training, instructor Christy Van Vliet introduced her program back in November 2017 and it has been a HIIT every since. Christy has introduced a few more classes which I'm sure will be a HIIT too. The best

is you can bring your kids to the class. No child care required. No more excuses!

Did you know that last year we introduced Free Introductory Art Classes, Free Crochet Classes, Babysitting Course, First Aid Course, Little Crafters, Yoga, and we asked for your input and feedback so that we can bring you programs at your fingertips.

This is a good segway to talk about the Membership privileges. All our programs are offered at a discounted rate if you are a member. Yes membership has its privileges and you don't have to be an AMEX cardholder to get a great deal. Lol just a community membership will do! Our Board of Directors went door knocking back in October of 2016 to talk about the benefits of a Community Membership! It was an attempt to spread the word that Community Memberships are not only great value but the perks are even better. We even sold a few, ok it was a renewal... I was out there that day and I really enjoyed the conversations. So funny though because I felt a bit awkward when I started my walk-about but when I was done I felt energized by the connections, the dialogue, and a new found energy to really do something to make our residents find meaning and value in holding a family membership. We know we can count on the soccer families but it's more than just that. It's for the many residents. I have come to realize that membership not only has its privileges but it brings people together. We listened and we advocated on your behalf and not only were we able to get group rates at the YMCA and a two week free trial pass which is still valid until December 31, 2017, Yes there is still time to take advantage of this offer. Yes and a 20% discount at all City of Edmonton Recreation Facilities. That's on top of all the other perks. Just visit our website www.twinbrooks.ca for all the membership offers and details.

Communities are built on the activity and life of its residents which brings me to the SIF group. I've heard so many people ask what is SIF? Who are they? What does SIF stand for? What do they do? That was so 2016, in 2017 the SIF group an abbreviation of the Seniors Innovation Fund a grant used to support a community seniors program, SIF was no longer a mystery, but a known group of active seniors. The group was started by Ida Richards a long time community resident and former Twin Brooks Community League President. Ida is a spicy, well spoken, passionate and active member of our community. When you want an open, honest and straightforward opinion you can count on Ida to deliver
(Continued next page)



exactly that. Ida has done a great job bringing many generations and cultures together through dance, breaking bread, Garden to Table Talk with guest speakers, Tai Chi, Chinese Square Dancing, Origami, Spring Seed and Swap, Community Garage Sale, just to name a few. She is surrounded by a group of committed and dedicated volunteers that are all ages. This continues to warm her heart, makes her smile and keeps her motivated bringing people of all ages, generations, and backgrounds together. An inspiration to many. Way to go Ida!

The Community League is a not for profit organization and the facilities alone cost a lot of money to operate annually. Yes that must come from somewhere which is why we sell memberships, why we operate Casinos and organize community fundraisers, run programs, so that we can keep running the center for your personal use and enjoyment. As a board we are always looking at ways of generating income, nobody likes being in the red at the end of the month. We held our biggest Fundraiser back in April 2017, it was our Casino and thanks to Jamie Popowich our Casino Coordinator, it was a huge success. Two days of chip running, money counting, napping while waiting to be called, and friendship building. My favorite is the all you can eat perk... A well stocked waiting room and lunch and or supper. Jamie along with many volunteers helped the Twin Brooks Community League raise money for future programs, building maintenance and a New Park Re Development. Surprised by that? We have to raise money for our community if we want to see things for our kids, our families to enjoy today, tomorrow and for years to come.

A year in highlight for the Twin Brooks Community League and the time has come again for our AGM. We have a few key positions open and up for re-election so if I've peaked your interest and you want to learn more about the openings, or how you can contribute, please join us at our Annual General Meeting on October 02 where we will close out 2017, and lay the foundation for a year of continued growth in 2018. Be the change you want to see!!!! Together we will continue to build a strong, safe and thriving community. "Small acts, when multiplied by millions of people can transform the world" (Howard Zinn)

Together we can make it happen!
Warm Regards,

Natasha Mitrovic
Communications Director



Teen Driver Safety

Driving is a risky experience for all of us but it is most risky for teenagers in their first year of unsupervised driving. Car crashes are the leading cause of death among teens in Alberta. Not all risk is bad; risk is a necessary part of healthy teen development. It is important that teens take Smart Risks when driving. For more information on the smart risk approach visit: <http://www.albertahealthservices.ca/injprev/Page4880.aspx>



Encourage your teen to look first. This means being prepared to drive, every time, by checking road conditions and mapping routes before they get into their car. It is also important to check tires, adjust seats and rear-view mirrors before driving. Remind your teen to buckle up, no matter how short the drive. It is the law. Teens can get trained by taking a driver's education course from an unbiased expert who has years of experience teaching new drivers. Enforce with your teen that it is the law to drive sober. Set a rule against drinking and driving.

Aside from encouraging your teen to take smart risks when driving, there are many things you can do to help keep your teen safe:

- 1) Set a good example behind the wheel by modeling the smart risk behaviours above. Always wear your seatbelt, never speed and be respectful of other drivers and pedestrians on the road.
- 2) In addition to driver's education, teach your teen how to drive under your supervision in low risk conditions before moving up to more risky situations.
- 3) Stay informed about Alberta's Graduated Driver Licensing (GDL) laws and speak with your teen about it.
- 4) Using the Parent/Teen Driving Agreement with your teen can help you with all of these things. This agreement will help you start and keep an open, honest dialogue with your teen about their driving behaviour. It will also help you work together to set boundaries and build trust.



Seniors Innovation Fund

(SIF) Program

GOAL: Seniors maintain good physical and mental health, through active interactions with seniors and young generations from different cultures.

WHERE: Twin Brooks Community Hall

ACTIVITIES:

- MONDAY, 7-8.30 pm, at Twin Brooks Community Hall

English as Second Language

- TUESDAY, 7:30-9 pm

Dance and Recreational Movement.

- THUR 12-4 pm

Tai-Chi, Aerobic Fitness, Social Hour, Toonie Talks in collaboration w/SWESA to start in October

- Dec. 10 th, SUNDAY 2-5 p.m.

Caribbean Cuisine celebrating "Bridging Cultures through Breaking Bread" food event. Tickets will be issued for 100 guests at a cost of \$3.00 each.

- February 11, Sunday

Black history Month and Chinese Lunar Year – BC and BB food event

- April 8, Sunday

All Things Garden -- Share and Swap -- Seeds, plants, accessories

- June 10, Sunday

De Clutter -- Annual Garage Sale

Volunteers for following positions urgently needed:

1) Publicity and Communications; 2) Fund -raising.

WHO: All ages

CONTACT: Ida Richards Email: irichardsco@hotmail.com Tel: 780-989- 5431

- WeChat: 31521736

Community League Wellness Program

The Edmonton Federation of Community Leagues and the City of Edmonton are pleased to offer the Community Wellness Program exclusively for community league members.

The Community League Wellness Program offers community league members opportunity to purchase an annual pass or multiple admission pass packages to City of Edmonton sports and recreation facilities at a substantial savings.

Annual Pass – Community League Members receive a 10% discount on Adult, Family, Child and Youth/Senior Annual Passes (applies to new purchases only).

Continuous Monthly Pass – Community League Members enjoy a 10% discount using a convenient Pre-Authorized Debit Program.

Multi Admission Pass – Community League Members receive a 10% on the City's already discounted multi-admission pass (10+ visits)



Facilities and amenities include swimming pools, wave pool, dive tanks, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton, tennis and basketball courts, indoor running tracks, gymnasiums and pro shops. For more information, please call 311 or visit www.edmonton.ca/wellness



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>

President's Report

Annual General Meeting

We have had a very energetic year in our community. We have continued our services to the community members including: yoga classes, exercise classes, and a play group mornings for 3 month olds to 3 yr olds. We also offered a skating rink season, youth Halloween party, free membership BBQ, Scout Canada programs, Girl Guides of Canada programs, and free family swim access to the William Lutzky YMCA. The Yellowbird Community has continued to offer a fun-filled Family Day, and premium youth sport program in soccer. Congratulations to all the volunteers in these activities! Well Done!

This year the community facilitated youth workers for the popular Green Shack, and Skateboard Park in conjunction with the City of Edmonton. Also, under the direction of the Yellowbird CL Garden committee, a beautiful garden gazebo and two solid patio's were added to the Yellowbird garden. This year also included another very successful Casino fundraiser. A huge thank you to all the volunteers and community members who volunteered and completed these tasks.

We are pleased to continue our close relationship with Swesa, South West Edmonton Seniors association sharing our space in the hall and we look forward to a long productive relationship with Swesa. The Yellowbird Community also enjoys a productive working relationship with our MLA for the

Rutherford riding, the Rt. Hon. Richard Feehan, our City Councilor, Michael Walters and our CRC; Tyler Pollock with the City of Edmonton (Community Resource Coordinator)

As we close out the fiscal year with our Annual General Meeting, the Yellowbird Community League is vibrant and more accessible to more members. We are in a strong financial position with money in the bank.

Looking forward, the Community has a continued commitment to the Keheewin advisory Committee regarding the proposed development on the east side of Keheewin school. Our Board members are involved and keen on participating in this proposal.

All of these successful activities, events and relationships are due in a large part to the dedication and intelligent governance of the men and women represented on this community board. We also enjoy 100's of volunteers from the local Churches, Swesa, youth groups and family members. who come together to make all these activities possible. These volunteers and Board members represent one of the greatest of human values:

"the act of charity by providing a service to a cause greater than yourself for the good of others."

I commend you on your commitment to this board and the community.

Thank you for an outstanding year!

*Sincerely,
Michael Karpow
President*

Parents/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 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.

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 ruth.sjoberg@gmail.com for info and to register.





Emergency
Medical
Services



Yielding to Emergency Vehicles

Time is the enemy in an emergency. For everyone's safety, it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road:

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use *any* available road space to maneuver. This could include the shoulders, turning lanes, in order to pass other traffic.

When operating a vehicle:

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way;
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated;
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00;
- Always leave plenty of space between your vehicle and an emergency vehicle, should it be required to stop suddenly.

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Influenza Season



A C H O O

It happens every fall: influenza arrives in Alberta, and takes a serious toll on our communities.

Influenza is a real threat. It's also preventable.

Influenza immunization will be made available, starting October 23, free of charge, to all Albertans six months of age and older.

It's the single most effective means of reducing your risk of influenza, particularly when you receive it as early in the season as possible. By getting immunized early, you will give your body the opportunity to respond to immunization, and produce antibodies that will arm you against the influenza viruses you'll be exposed to again throughout the season.

Each year, influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community. Though vaccine effectiveness may vary, know this: last season, influenza vaccine cut Albertan's risk of influenza by about 40%. Without immunization, Albertans were completely at risk. And we do mean all Albertans.

Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization, even healthy Albertans are at risk of severe illness and even death.

64 Albertans died with influenza last season, and more than 1,600 Albertans were hospitalized.

Let's do better this year.

Prevention is your protection. Get immunized this season. For more information on the influenza program, including local clinic locations and schedules, visit ahs.ca/influenza or call Health Link at 811.

Healthy Halloween

Halloween is a time that children get excited about dressing up as their favourite character and stocking up on candy. Read on for tips to make your Halloween festivities healthier for your family and others.

For your family:

- Work out a plan with your children and discuss how to enjoy their candy and to decide what they can do with the extra. Use your best judgment based on their personality and eating habits.
- Limit the amount of candy your children collect by limiting the number of houses they visit, or the amount of time they spend Trick-or-Treating.
- Always keep safety in mind. Keep only items that are unopened and in their original wrapping.
- Trade candy for non-food items like bouncy balls, pencils or tattoos.
- Know how much candy was collected and store it out of sight. Having candy visible makes it more likely that you or your children will eat it.
- Use Halloween candy for craft projects.

For others:

- Hand out stickers, temporary tattoos, bubbles or Halloween themed pencils.
- Offer healthier food options like small bags of flavoured rice cakes or pretzels, boxes of lower sugar cereal, pre-packaged cheese sticks, higher fibre granola bars, or bottles of water.
- Avoid bringing leftover candy to school.

You and your family can enjoy a healthy Halloween! Continue healthy eating and active living habits during the Halloween season. For more ideas on healthy eating please visit: healthyeatingstartshere.ca.



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