

COMMUNITY VIEWS

Serving the community leagues of
Twin Brooks & Yellowbird



August/September 2018

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Twin Brooks Soccer

A great big thanks to all the players, coaches, referees, volunteers, parents, grandparents, siblings everyone involved in a successful outdoor soccer season. The wind up party was sure a hit! We are excited to announce that we have won the \$5000 main prize from the Christie Pass the Love Contest.

“With the \$5000 we won, we have purchased a ball machine. It is portable and suitable for use outdoors. All teams will be able to use it and will be used this summer/ fall for mini camps we will hold.” Dave Murray TBCL Sports Director



Join the Yellowbird 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.

Yellowbird FREE BBQ and AGM

Mark your calendars! Our annual BBQ and AGM is coming up:

Tuesday Sept 11

5:30pm Membership renewal and FREE BBQ

7:00pm AGM

All are welcome to come and enjoy free food, renew your community league membership, and attend the Annual General Meeting.



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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

New Swim Location

Twin Brooks is happy to announce, that starting September 1st, Community League swims will be taking place at the Terwillegar Recreation Center on Saturdays from 5:00 pm to 7:00 pm! Come early to guarantee your spot to swim!

Please note: This is a shared facility with members of the recreation center and community leagues having access to the aquatics area. Only half of the total occupancy is reserved for community league swim patrons. Once the allotted capacity of community league patrons has been reached, no more community league patrons will be allowed in regardless if it is your designated swim time.

Benefits of a community league membership...

- Free swimming for TBCL members at the Terwillegar Recreation Center every Saturday from 5:00 pm - 7:00 pm.

• Use of the tennis courts at Yellowbird Community League

• Skating at our outdoor rink behind GPN School

• Free Fall Community BBQ (Early Sept) & Free Winter Carnival (Jan/Feb)

• Youth Programs

• Sports Programs

• Summer Playground Program

• Garden Group

• 55+ Group

• Discount on Community League Wellness Program

Twin Brooks Community League Memberships

Family: \$50.00

Singles/Seniors/Single Parent Families: \$35.00

If you have further questions regarding

memberships, feel free to contact: membership@twinbrooks.ca

Twin Brooks Playground/Park Development Committee (PPDC) Meeting

Join us at George P. Nicholson School Library on Monday, September 10th at 6:00 pm for a meeting about the future park and playground amenities.

Lunchroom Supervisors Needed!!!

George P. Nicholson School is looking for Lunchroom Supervisors for the 2018/19 school year. Hours of work are 11:10 am to 12:20 pm on weekdays. If you are interested in joining our team, please contact the Lunchroom Coordinator at kelly.casault@epsb.ca or pick up an application in the school office (starting the last week of August).

Evening Plant Walk

TIME: 7:00 PM

DATE: AUGUST 17TH, 2018

Join the EFCL on an Community, Evening Plant Walk taking place on August 17th.

There are very limited spots so be sure to get your tickets! The location will be announced closer to the date but It will be in the River Valley. We will be joined by plant expert, Tracy Sharuga! Tracy is a Holistic Health Practitioner, and a Phytotherapist (Medical Herbalist) devoted to helping people with wellness goals and healing physically, mentally, and spiritually with the use of plant medicine and the therapeutic value of the consultation <https://www.eventbrite.ca/e/evening-plant-walk-tickets-48463183687?aff=erelexpmlt>



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Event is from 9am-11am but if you enter by 10:30am, you get an all day wrist band and can stay until 6pm.

This is a family friendly event.

Please contact Connie for tickets before they sell out!

780-919-5638

The Twin Brooks Community League Annual Fall Fest & Beer Garden

**Saturday September 8
1:00pm- midnight**

**Twin Brooks Community League Centre
11341 - 12 Ave NW**

**Fun for the whole family. Stay tuned for more
information**

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Community Corner

It's that time of year again, back to school. Time to start thinking about lunches, the dreaded school supply shopping daze and the start of the early to bed routine. I don't know about you but the lazy days of summer is my favourite time of year, loose schedules, spontaneous activities, relaxed routines, the gift of time and flexibility. My favourite part of back to school is the opportunity to start anew. I love the little smiley faces of the kinders, full of wonder and excitement. The excitement of the kids when they see their friends who they haven't seen all summer and the excitement of the kids when they learn their best friend is in their class. That being said there are those babes that are scared. That are not excited about the return to school. The newness is too much and the unknown is not as easily navigated. Some

babes are full of fear as they leave their warm comfy happy homes. The life lessons start so young.

With that in mind I want you to take a moment to reflect on an incident that happened recently in our community. The family of the young person is reluctant to take action however, it was brought to my attention and I thought we just need to start the conversation. Our community is so diverse, one of the things I love the most about Twin Brooks. Sometimes without knowing it we might say and do something to someone without thinking, not aware of the impact it might have on that person. Which is why it is so important that we are mindful of our words and our actions. There was an unfortunate incident that involved a 13 year old ESL volunteer. She was verbally attacked by two young men.

The incident left her shaking and afraid.

I want to express my concern for the young volunteer and her family but also for the two boys responsible for making her feel awkward, threatened and vulnerable. What would your mother say if she knew? It is not okay!!! The reality is we have all experienced some form of unwanted, unwelcome words, comments, gestures and actions. I think there is a lot that we can all learn from this and come together as a community. We must take action and not live in fear. We must stand together to ensure this type of behaviour does not continue to perpetuate in our homes and our communities. We have a responsibility to ourselves, our children, our families. Let's start with how we behave towards ourselves and then each other.

With the 2018/2019 school year starting it's a time for new beginnings, new friends, new teachers, new memories, new goals, just to name a few of the many successes that the new school year will bring. I'd like to challenge all the parents this school year to say hello to someone they don't know, someone they may have seen but never met. Hello... It goes a long way. Those little eyes and ears hear and see everything. Kindness will transform and change our world. We have a big job!!! Let's be the best leaders we can be and let's show our kids they way... Hello :)

The summer is not over yet so let's enjoy the next 6 weeks and let's meet and celebrate together at our Fall Fest Community BBQ and Beer Gardens, everyone is welcome!!! Cheers:)

Natasha

Twin Brooks Casino Dates Announced



Friday March 22, 2019

Saturday March 23, 2019

Save the date we will be looking for casino volunteers. Want to guarantee your spot? Please reach out to Jamie Popowich Twin Brooks Casino Coordinator at jpopowich13@gmail.com.

Playground Update

Next meeting time for the Twin Brooks Playground Project is on Monday September 10th, 6pm at George P Nicholson school. The attendees will include Duane the Project Manager and Jeff the Landscape Architect. This will be an important meeting for playground and park layout on a high level scale.



S I F Seniors Group Update

Sunday September 16 2-5 p.m. Harvest Bounty - Sharing garden produce and tree fruits.

Sunday October 14 2-5 p.m. SIF Talk - Promoting Cultural Diversity.

Saturday November 24 SIF Fundraising at Blue Quill Community Hall Contact Alice Ou Text 780- 554-4383 alice_ou@yahoo.ca; SIF@twinbrooks.ca Volunteers required.

Sunday December 16 - 2-5 p.m. SIF annual Bridging Cultures through Breaking Bread. SIF invites ideas from residents.

What country's cuisine would U like to see represented this year ?

S I F weekly programs

ESL - Mondays 7:00- 8:30 p.m

Square dance, Zumba, Salsa, Qi-Pao dancing Tuesdays 6:30 p.m.-9:30 pm.,

Tai Chi & Aerobic Fitness Thursdays 1:00 -3:30 p.m.

Family Night Board games and Chess (the latter subject to space-approval from the EPSB. ca) is being held without summer recess.

Programs are open to all community residents and their families. Everyone is welcome we value and advocate for diversity and inclusion.

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Ask Charles

My real estate agent gave me a comparative market analysis when we set the listing price for my home, but now a buyer's lender wants an appraisal done on the property. What's the difference?

That's a good question. There are some very important distinctions between a comparative market analysis (CMA) and an appraisal.

A CMA is a method of property valuation real estate professionals use to estimate the value of residential properties; a CMA provides a range of value. This helps sellers set a listing price for their property. CMAs examine the prices at which similar properties in the same area have recently sold.

A real estate appraisal, on the other hand, is a formal, impartial estimate or opinion of value, usually in writing, of a specific property, as of a specific date, which is supported by the presentation and analysis of relevant data pertinent to a property. Appraisals provide a defined value for the property, rather than a range as in a CMA.

Real estate appraisers in Alberta need a licence as an appraiser from the Real Es-

tate Council of Alberta. They require special training and experience before they become full appraisers. Their methods for providing an appraisal go beyond using the sold prices of similar properties to arrive at an appropriate listing price.

When a real estate professional provides a CMA to a seller or potential seller, they need to ensure the seller understands the following: it hasn't been prepared by a licensed real estate appraiser; it doesn't comply with appraisal standards; no one should rely on it as an appraisal; and, it can't be used for financing, civil proceedings, income tax purposes, or financial reporting purposes.

The only thing a CMA is supposed to be used for is to help set a listing price. That's why a buyer's lender may want to do an independent appraisal on a property. Simply put, the lender wants to make sure the property is worth what the buyer is paying for it. Just because other homes nearby have sold for a similar amount, it doesn't mean a lender will be satisfied the home is worth what the buyer is paying for it.

If the buyer were to default on the mortgage

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and the property were to go into foreclosure, the lender wants to make sure it can recoup the money it has lent on the property. The lender will be more confident in its lending by reviewing an appraisal for the property.

"Ask Charles" is a question and answer column by Charles Stevenson, Registrar of 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.

Here comes the sun (screen)

Ah, the lazy, hazy days of summer. The sun shines brightly—and strongly. When it does, these tips will make your time in the sun safer.

Check the UV index, which measures sun strength. You can be sunburned in as little as 15 minutes. When the UV index is between 3 and 8, everyone, especially kids, needs sunscreen. If it's above 8, these tips will reduce your risk of sunburn as well as heat rash, heat stroke and, over time, skin cancer.

Safety tips

Cover up: Wear wide-brimmed hats, UV-blocking sunglasses and thin light-coloured clothing

Limit the rays: Take frequent breaks in the shade or indoors

Apply and re-apply sunscreen: Put it on every two hours (at least). Match the sun protective factor (SPF) to the UV index and your skin's sensitivity to sunlight. Babies have thin skin and can burn easily. Keep them out of the



sun. Use an SPF 30 lip balm on your lips.

Stay hydrated: Bring lots of water with you when spending time outside, and drink often, before you're thirsty

Car safety: Never leave your child or pet alone in a car. Your car can heat up quickly, even on days that do not seem very warm.

Try to stay out of the sun between 11 a.m. and 3 p.m., when the sun's rays are strongest and the UV Index is at its highest.

Splash safely this summer

Summer and water go together like peanut butter and jam—how can you have one without the other?

Summers in Canada are earmarked for outdoor fun, such as swimming, boating and other water-related activities. As pleasurable as water can be, it has some serious risks. Here's how you and your family can reduce them.

Pool safety:

Teach your child to swim. Always closely supervise children when they're in and near water.

Have adequate barriers around backyard pools to keep everyone safe and secure.

Open water safety:

Teach children to swim parallel to shore if caught in a water current.

Never allow children to swim in a lake if

an adult is not present; be within arms' reach at all times.

Never let small children swim in rivers or other fast-moving water.

Boating safety:

Life jackets are mandatory for all children and adults in Alberta while on a boat.

Blow-up water rafts, mattresses or other devices are not safe replacements for a life jacket.

Make sure your life-jackets are the right sizes for you and your children.

Diving safety:

Diving headfirst into the water is not safe for children or adults without proper training and confirming water depths.

Enter backyard pools, lakes and other bodies of water with unknown depths gradually and feet-first.

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All types of play build skills

Play is the foundation on which children build lifelong skills and positive relationships with themselves and others.

Who will be the princess and who will be the pony? How will we get across this lava to safety? In a make-believe world, those kinds of big, creative decisions build healthy bodies and minds. Children learn to build and explore their world and their relationships with others.

“Children are usually told to brush their teeth and go to school, where to sit, which clothes to wear and when to go to bed,” says Laura Crawford, program facilitator with Alberta Health Services’ Early Childhood program. “Play lets them take the lead. It helps them balance those daily routines and unwind by doing things the way they want to.”

When kids lead play, they develop self-esteem and confidence. They learn to be creative and solve problems; their language skills grow. And when they name objects and describe their feelings, they make vital brain-cell connections that support learning and understanding.

Children play in different ways. Active play is running, jumping, kicking, throwing and catching. It gives children the chance to explore how their body moves, and move in increasingly complex ways. Pretend play is using imagination and acting out scenes and situations. It lays the foundation for language, literacy and problem-solving.

Creative play is making arts and crafts, building sandcastles and more. It lets children use their hands and minds to create. And it helps them learn to express themselves and tune their fine motor skills. Play can also provide a valuable emotional release. Children may not always have the words to express their feelings, but they can express them by playing a role, drawing a picture or telling a story. By playing together, kids learn to empathize with others and understand the give-and-take of relationships.

“The play experience helps children to broaden their understanding of the world. They learn how to get along with others, share, make friends, take turns and express themselves and their ideas,” Crawford says.

“Play is the foundation on which children build lifelong skills and positive relationships with others and themselves. They need to play every day.”

Read the full article in Apple magazine’s fall 2017 issue on applemag.ca.

To find out more about ‘What’s your balance?’ visit ahs.ca/whatsyourbalance. You can also join the conversation on social media by using the hashtag #AHSwhatsyourbalance

MLA Richard Feehan is firing up the grill.

September 8th 2018
11:00 AM - 3:00 PM

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Program Guides

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- *Fall in the City* (September-December 2018) Showcase Arts, Culture, History and Nature at city attractions.
- *Rec Centres Spring Guide* (September-December 2018) Fitness classes, swimming lessons, programs, daycamps, pool schedules, and facility information at City recreation centres.
- *Inclusive Recreation Guide* (2017-2018) Recreation and leisure opportunities for people with special needs at locations across the city.

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Yellowbird East Community League

Parents and Tots Playgroup

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

Join us for socializing, play, a snack for the little ones and chocolate for the Moms, Dads, or Caregivers! There is a small fee of \$2.50 per child required and your current Community League Membership. This is a co-operative run playgroup with all attending pitching in for a fun and smooth operating program.

We are also looking for an interested individual to share the responsibilities of some of the administrative opportunities. Those interested in finding out more about volunteering their time in this rewarding program please contact Barbara Petrunia at barbara.petrunia@gmail.com.

Hope to see you there!

Free Community Swim for Members

Every Sunday at William Lutzky YMCA from 3-5 pm. Show your community league membership card at the door. Free access to YMCA indoor playground from 3-5 pm on Sundays.

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

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Language Development and Disorders Lab
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Monique Charest, Ph.D., R.SLP

Child Study Participants Needed

Learning from speaking: The children's picture naming study

Researchers at the University of Alberta are conducting a study to learn how children's vocabularies are affected by practice naming pictures.

You can help!

Who can participate? We are looking for children who:

- Are 3 - 8 years old
- Speak English as their first language
- Have not had difficulties learning English



What's involved?

- 2 visits to Corbett Hall at the University of Alberta to complete language and problem solving activities
- Younger children will also be invited back in 6 months time
 - Your child will receive a gift card and small gift in appreciation of their participation
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The University of Alberta Research Ethics Board has approved this research study. To learn more about the study, please contact the Language Development and Disorders Lab at (780) 492-4098 / lddl@ualberta.ca.

Ethics ID: Pro00076501.14

Play soccer for health, wellness – and fun

Soccer has been dubbed “the world’s sport” for a reason. A recent survey by FIFA, soccer’s international governing body, found it’s a pastime shared by 265 million players around the globe. That’s about four per cent of the world’s population.

This summer many of them will watch the FIFA (Fédération Internationale de Football Association) World Cup in Russia. And they’ll take to streets, parking lots, empty spaces, backyards and beaches to play the game.

One of the great things about soccer is you don’t need to break the bank to play it. “Soccer is inexpensive if you want it to be. It could be as simple as two kids in a park with a ball, having fun, or better still, playing with their parents,” says John Clubb, the Alberta Soccer Association’s manager of Grassroots Development.

For children under six, it’s about gaining the fundamentals of physical literacy: running and kicking. From seven to nine, it’s about ball mastery: foot dribbling the ball while running and weaving through opponents. Most of all, it’s about fun!

Children focus on developing their own skills and that gives them a chance to explore parts of the game. “So let them be and encourage them to have fun with the ball,” Clubb says. “At 10 to 12 years old, they are old enough to be introduced to team play and passing the ball.”

Whatever your or your children’s age and ability, playing some form of soccer can add



to physical, social and emotional health and wellness.

Players can reduce the risk of injury by warming up before playing and by wearing protective equipment, such as shin guards.

Christina Loitz, a health promotion facilitator with Alberta Health Services, says soccer helps brain function, coordination, balance, gross motor skills and stress reduction.

“It can also help children build confidence, social skills, leadership, creativity, and a lifelong enjoyment of being physically active,” she says.

Excerpted from the Summer 2018 issue of Apple magazine.

To find out more about ‘What’s your balance?’ visit ahs.ca/whatsyourbalance. You can also join the conversation on social media by using the hashtag #AHSwhatsyourbalance

Make all-terrain travel all good



If you’re an all-terrain vehicle (ATV) driver, it’s hard to resist the allure of exploring backcountry trails during the summer. These tips will help newbies and trail veterans alike navigate the ins and outs of ATV safety.

Age limits

Some exceptions apply, but the minimum age by law for operating off-highway vehicles is 14 years. The AHS recommended age is 16.

Know the risks

When not used safely, ATV risks include
Scrapes and cuts
Strains and sprains
Broken bones
Dislocated joints
Bruising
Concussions and head injuries
Internal injuries.
Safety tips

Choose an ATV that’s right for your size to reduce a chance of rollover or serious injury.

Wear protective equipment such as an approved ATV helmet, eyewear and gloves.

Wear pants, long sleeves and boots to prevent cuts and scrapes.

Ride during daylight hours, at a safe speed, with other people around.

Carry a first-aid kit with each vehicle.

Don’t drive while or after using alcohol or other drugs.

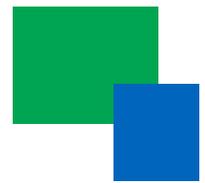
Take a certification course through the Alberta Safety Council.

Visit myhealth.alberta.ca and search for ATV safety.

To find out about ‘What’s your balance?’ visit ahs.ca/whatsyourbalance. You can also join the conversation on social media by using the hashtag #AHSwhatsyourbalance



Window & Balcony Safety



With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further prevention tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

www.windowssafety.ca



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