

COMMUNITY VIEWS

Serving the community leagues of Twin Brooks & Yellowbird

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



Aug/Sept 2019

Parents and Tots Playgroup Resumes Sept 17

Playgroup resumes Sept 17 and will run for the school year.

We are a drop-in playgroup at Yellowbird Community Hall for moms/dads or caregivers and their little ones 0-6 years old.

\$2.50 per child, per visit, with your community league membership Tuesday mornings, 9am – 11am

It's a time for play, socializing, snacks, crafts, playdoh, and fun for all (including a little chocolate for the moms or dads!).

Yellowbird Annual Membership Drive and AGM

FREE BBQ!

Tuesday September 10
5:30pm
at Yellowbird Hall

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

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

Twin Brooks Community League SIF Program

Come and join us

Activities for all ages

Weekly SIF Program

Location: Community Hall (11341 12 Ave NW)

- English as Second Language, MONDAY, 7:00-8:30pm
- Square Dance and Zumba, TUESDAY, 6:30-8:00pm
- Qipao Dance, TUESDAY, 8:00-9:00pm
- Tai-Chi, Aerobic Fitness & Indoor Badminton, THURSDAY, 12:00-4:30pm

Family Games Night



6:30-9:00pm all school day Fridays
Location: 1120 113 St NW
George P. Nicholson School Library

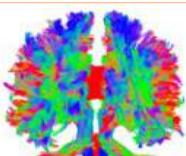
Contact: Ida Richards at irichardsco@hotmail.com
780-989-5431 WeChat: 31521736

MEN'S SHED



6:30-9:00pm all school day Fridays
Location: 1120 113 St NW
George P. Nicholson School Library

For more details: www.twinbrooks.ca



Interested in having your brain scanned for research?

We are looking for healthy volunteers (ages 5-95) to undergo an MRI of their brain for research

If you would like to learn more, please contact us by
e-mail: brainmri@ualberta.ca
or phone: (780)983-7232



FREE DROP-IN SUMMER GREEN SHACK



LOCATION	DATES	DAYS	TIMES
Keheewin 10710 - 19 Ave	July 2 – August 22	Monday – Friday	2:30 PM - 6:00 PM

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play!

Neighbourhood Recreation would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.

This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.

For more information, please visit: edmonton.ca/Greenshacks or call 311



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Community League Spirit efcl.org

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TWIN BROOKS

Community League

CHECK OUT ALL THE LATEST NEWS
AND INFO ON OUR COMMUNITY AT
TWINBROOKS.CA

President's Message

Happy Back To School! Yes it is that time of year again! Tuesday September 03, 2019. It's going to be a day of many firsts. First day of school, yes, but the first day of kindergarten, the first day of junior high, the first day of high school, the first day of the last year of high school, the first day of University, the first day mom and dad realize that the time is flying and our babies are not babies anymore. Embrace the crazy first few weeks of September, it's like a new year and a new beginning, next 10 months are going to be filled with many firsts. Hang on and enjoy the ride :)

The lazy days of summer are not over yet but the speed that we are starting to move with is an indication that we are gearing up for the fall. The doctors offices are busy as the kids get in for their annual check ups, the malls are bustling with families, IKEA is jammed with students and families as they prepare to fill their new homes and spaces.

The city is still bustling with activities The Edmonton Rock Festival, The Dragon Boat Festival, The Reggae Festival and the 38th Annual Fringe wow!!! There are so

many things to do every week and weekend that sometimes it comes down to a difficult choice. I got to enjoy the Heritage Festival this year for the first time since moving to Edmonton in 2010. On the long walk back home we talked about our experience. When asked if I would go next year my response was No! It took everyone by surprise, me too, but I realized that there are so many things to do in Edmonton in the summer and I want to try something I haven't done before. Let's see what next summer brings!

Many things happening in our own community too! The Twin Brooks Hidden Garden is in full bloom! Susana Szabo thank you, it looks amazing and thanks for leading the project and getting others involved. The fruits of your labour are blooming for everyone to see and enjoy. I love going for walks and just walking around the garden! I think it can be a special spot for summer events, a great photo opportunity perhaps? We have our Fall Fest coming. It's only a short month away, Saturday September 7, 2019, fun for the whole family starts at 12pm and goes till 12am. Come on down

with your family and then join us later for date night at our beer gardens, meet your friends and make new friends. Everyone is welcome!

Twin Brooks Fall Annual General Meeting is just around the corner! If you haven't thought about it before now is your time. The Community League is always looking for volunteers from Board Members to event volunteers. It takes many people and many hours to keep our community vibrant and growing. We want your help in making it happen. The Annual General Meeting will be held in October. Dates and vacancies to be posted in the next edition of Community Views. All the details will be posted on our website at twinbrooks.ca and on our Facebook page.

Check out the New Fall programs and SIF programs and lastly our Community Wide Garage Sale! It's a great way to clear out your unwanted items. DeClutter before the fall chaos! :) Happy cleaning, organizing and donating! Enjoy the rest of your summer!

Natasha Mitrovic
Twin Brooks Community League

Proposed Bylaw Changes

Bylaws – changes to Treasurer and President to allow for existing board members to continue in the position

Motion: The Board of Directors moves to allow for the President,

Treasurer and Vice President to be elected for more than two consecutive terms of office as long as no one else is interested in filling the position. It would go to a general vote at the AGM.

"Twin Brooks' SIF group

"Twin Brooks' SIF group is looking for gently used personal, home, garage, garden items to sell at the August 18th

Twin Brooks' Community Wide Yard Sale
To donate contact Ida irichardsco@hotmail.com
780-989-5431
WeChat 31521736"

SIF is in need of fund support for next year's program and would like to raise more money through the upcoming Community Yardsale. Much appreciative for your help!

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504rcacs.ca



Going back almost 100 years

EFCL was born out of the need for a unified voice

During the early 1900s, Edmonton was riding a wave of power and wealth, thanks to aggressive entrepreneurs who saw many opportunities in the young city. The successes of these savvy, yet community-minded, entrepreneurs attracted an influx of immigrants that would continue for years, putting increased pressure for land and infrastructure on the city.

In 1912, the population of Edmonton grew from 31,000 to 50,000. Nearly 12,700 people were camped in tents along the riverbanks and the outskirts of the city, so great was the need for housing. By 1914, Edmonton's population peaked at just over 72,500. With the realization that the city could not afford them, nor could they afford the city, people began to leave. Along came the Spanish flu and World War 1, and population numbers dropped even more.

The reduced population did nothing to alleviate the city's financial burden. The city took a severe hit with the Great Flood of 1915, plus there had been no growth in industry since prior to the war. However, with the returning soldiers, there was also a returning sense of optimism despite the incredible need and expectation of the city's populace.

It was time for a new approach, a new "get 'er done" attitude and a united "voice" that could compete with those who had the ear of the city – the developers and trade boards. The new approach came from city's industrial commissioner and U.S. immigrant, George M. Hall.

During the early 1900s, several cities across the U.S. had associations known as City Clubs. These predominately male social clubs met over lunch to discuss local issues and community activities. Hall saw the basic concept of these clubs as a solution to solving many of the problems that plagued new neighbourhoods in terms of lack of community infrastructure and organization. He introduced it to his own new neighbourhood – Jasper Place, which at the time, was located just outside of Edmonton. Based on this ideal, in 1917, Hall would help integrate two groups - Jasper Place Rate Payers and the local horticultural society - to form Edmonton's first community league. We know it today as Crestwood Community league. He would become its first president.



Development of sport programs has always been part of the EFCL mandate. Above, the Jasper Place Community League hockey team (1926).

Original guidelines remain today

The guidelines of the league were to ensure it was inclusive, regardless of class or ethnicity, open to both men and women (well ahead of its time), and did not have any affiliation with any political party or religious order. Its mandate would be on providing civic advocacy on behalf of its community, plus develop social and recreational opportunities and infrastructure. These guidelines and the mandate have never changed and are adopted by each new community league.

By 1920, along with Crestwood, there were nine leagues: Bonnie Doon (1918), South Side (1918, reformed as Scona Centre in 1926), Westmount (1919), Riverdale (1920), West Edmonton (now Calder, formed in 1920), Forest Heights (1920), Calgary Trail (now Allendale, formed in 1920), and Bennett School (now Cloverdale, formed in 1920).

Just as it is today, each community league had its own unique needs and the leagues of the 1920s realized that rather than each trying to reach the ear of the city government, they would do better by being united. In early 1921, the nine leagues met and agreed that a centralized organization, which represented them all, would have a much stronger voice with City Council and other orders of government. Thus, the Edmonton Federation of Community Leagues (EFCL) was founded on January 24, 1921, with representation from each league on its board.

The executive was made up of Thomas P. Malone as the first EFCL president, Harold Percy Brown, the secretary-treasurer and Canon C.F.A. Clough, the first vice-president. The three were responsible for drafting the bylaws and guiding the EFCL's objectives of ensuring information was shared among the league members, provide a united civic voice in common interest matters that affected both leagues and the city, promoting educational and recreational programs, plus provide support to the individual leagues when asked or when it was needed. These same objectives guide the EFCL Board today.

It took a bit, but by perseverance and by the leagues continuing to work together, the EFCL established its place with the city as the voice of the people on matters of civic and recreational matters.

Conflict brings growth and increased pressure

Life was looking good for both the city and the EFCL, but then came the Great Depression followed by World War II less than a decade later. The EFCL worked with other agencies to help the city in its relief efforts during the depression, and while many parts of Canada struggled through the war years, Edmonton prospered thanks to its geography and became the central hub for allied military training, aircraft maintenance and repair, and the staging area for the Alaskan Highway build.

Community leagues were and are quick to help their neighbours and during WWII, the sense of social consciousness of both the EFCL and the leagues saw them supporting the war efforts on many levels. With the financial help of the EFCL and its members,



Thomas P. Malone, a successful Whyte Avenue businessman, became the first EFCL president when it formed in 1921. He also served as an alderman on the Edmonton Town Council at the same time and was involved with his own South Side Community League board.

the city was able to install air raid sirens and intensify safety measures during the war years; the leagues - as a federation and individually - raised funds in support of, among other things, the Red Cross and providing welcome to those fleeing the war, including the evacuee children from England.

The "intentioned" prosperity also brought more people into the area, and combined with the returning veterans, city expansion was in overdrive. With each new neighbourhood being built, a new community league was formed. Advocacy continued, but this time instead of roads and electricity, the EFCL and the leagues went to work to improve policing, firefighting resources and more infrastructure-development, especially with regards to health and educational needs.

During the post-war years, the leagues continued to expand sport, recreational and educational programming, along with social and cultural activities for their community members. As with everything about community leagues, these programs were all run by volunteers. The goal was to provide their communities with programs that cost little to no money for their members to participate, thereby excluding no one.

While leagues were building better communities through neighbourliness, the EFCL began a project that would focus on a much overlooked part of the populace - the youth of the city, especially the boys. The city's probation officer at the time, Constable "Doc" McNaughton believed that, "without supervision, some of the boys risked getting into mischief." McNaughton joined the EFCL and championed the building of the Boysdale Camp, which opened in 1949 and served Edmonton's youth until 2003.

Another notable city-wide event the EFCL created during this time was the EFCL Talent Show (1952). The talent show continued under the EFCL until 2009. Today, it is known as the Edmonton Youth Talent Show and is

produced by the Terwillegar Riverbend Advisory Board with support from the EFCL. By the 1960s, there were 79 community leagues across Edmonton, providing volunteers to run Edmonton's 52 playschools, maintaining and operating 125 ice rinks, organizing and running 150 fastball and softball teams, 250 hockey teams, plus helped roughly 2,000 children play unorganized inter-league hockey. Not to mention all the other programming leagues offered.

Community leagues had really come into their own as invaluable resources and connectors for community wellness and growth.

Important partnerships with Edmonton schools and with the City

Community leagues and Edmonton schools had always worked very closely together through the years, but in 1969, it was the Edmonton community league movement that created the first kindergarten program in Alberta. While this was exciting, it was in 1973 that the EFCL really got a boost. Thanks to a grant from the city, the EFCL was able to hire its first full-time director. Up until that point, everything was still handled by the board, which was all volunteers nominated by the community leagues. The EFCL board also persuaded the city to increase each league's operating grant to \$600 per year.

The mid-70s also brought about a change in the leagues' objectives in their role as the voice of their communities. No longer did they want to just advocate "after the fact" for improvements, now they wanted to be consulted in the planning of future development of their communities. By the late 70s, there were 118 community leagues in Edmonton which represented a very large portion of the population. The city wisely began involving leagues and the EFCL in a number of planning, zoning and development issues. It was clear to everyone, that through community leagues, citizen input was beginning to influence every aspect of many of Edmonton's development and growth. This resulted in the city creating Policy C110, a resolution that recognized the EFCL and its league members



When it came to community winter carnivals, you could be sure a Carnival Queen contest and skating were part of the mix. Members of the McKernan community and the newly crowned Carnival Queen, with her attendants, pose for a shot during a carnival in the 1940s.



The EFCL and its league members built the Boysdale Camp, a summer camp for Edmonton's disadvantaged youth in 1949. The camp, located northeast of Edmonton, continued to operate right through to 2003.

as an important partner of the local government.

Always coming up with new ideas

This was also a time when EFCL-led initiatives, which were run by leagues would become so popular, they would eventually become independent associations - groups like Neighbourhood Watch and Block Parents to name a couple. So, too, did the sports programs. By the early 90s, the number of organized sport programs (and participants) was beyond the capacity of league volunteers to handle effectively. It made sense that they too, would become independent with one caveat - you still needed a community league membership to play.

All this "leaving" didn't stop the EFCL or its member leagues from coming up with new initiatives to continue bringing neighbours together, including creating a Youth Awards program, which recognized the talent and effort put forth by Edmonton's youth in making the city a better place to live. This program would run for numerous years and honour many of the city's young people who would later become leaders and major contributors within their own communities and the city.

By the mid-1990s, there were 143 leagues across Edmonton. The volume of members, volunteers and creative ideas on building stronger communities meant that the grass-roots movement that is the "community league way of life" would continue to flourish as community leagues moved into the final quarter of their first 100 years.

The positive affect of community leagues

Just how much of an impact on Edmontonians and Edmonton did community leagues and its members make in the mid-1990s? By 1996, leagues had built and were managing \$64,589,000 in assets - 126 halls, 135 outdoor rinks and 280 playgrounds. Numbers for that year showed the EFCL and its leagues also spent roughly \$15 million to operate their programs and services.

In 1998, it was reported that there were 1,700 volunteers serving on community league boards, and roughly 30,000 residents had volunteered their time to help out at events, lead programs and provide other services to their leagues during the operating year. Today, these numbers are even greater,



In 1986, EFCL president, Brian Sugiyama presented then Mayor Lawrence Decore with a symbolic cheque of what the monetary value would be if the city had to pay for all the work that community league volunteers did in a year. The amount - \$1,460,000.00

with more assets, more programs and overall - more need for what leagues can provide.

The EFCL and community leagues play an important role in the growth of our city. Members work in partnership with the city on many of the planning needs of today. Some of the bigger issues include developing fair and reasonable regulations for infill development and the Mature Neighbourhood Overlay which affect many leagues; forming a stakeholder committee to guide construction best practices; providing critical input into redevelopment and creation of parks and open spaces within the city.

The movement continues to grow

In 2019, Edmonton Rosenthal and Chappelle became the 158th and 159th Community Leagues in Edmonton, respectively. Community leagues are incredible; they define what grass-roots government truly is and how this type of ground-level leadership can positively affect the growth of a neighbourhood and the growth of a city.

Our city's community leagues continue to live up to the mandate that was set down by the original nine of building better, stronger communities through inclusion, social action, by-partisanship, recreational and cultural development, and by providing the united voice of their community in the development of their neighbourhoods.

From the beginning, the very nature of community leagues has provided, and continue to provide, a wonderful training ground for future leaders in a wide variety of industries, including government. Several of our current city councillors, including Mayor Don Iveson, all got their start as community league board volunteers.

What is truly amazing is leagues are all still run by volunteers. Consider learning more about the community league in your neighbourhood and ask yourself, "What can I contribute to my league that will help it to continue building the community where I live and I am proud to call home? How can I become part of this wonderful 100-year-old tradition?"

- Resources: Edmonton Archives, EFCL Archives, Edmonton's Urban Villages (Ron Kuban), Volunteers (Vaughn Bowler, Michael Wanchuk)



To impress upon adults the reason why community league memberships were so important, in 1967, a group of children put the spotlight on some of the programs they could participate in, and how the financial support helped provide a space (league-built halls) for other youth groups like Brownies.



In 2004, as part of its birthday celebration, the EFCL once again hosted a soapbox derby on McDougall Hill. The first one was held in September of 1937 and was a favourite event among community leagues and the citizens of Edmonton for many years.



In 2016, a new event was created that brought community leagues and the entire city together - the 1st Annual Great Neighbour Race.

Twinbrooks Community

Senior Innovation Fund Program

Zumba, Fitness Dance, Qipiao Dance

Every TUESDAY, 6:30 - 9:00 pm
11341 12 ave NW Edmonton
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Contact: 780-218-7006

Email: SIF@twinbrooks.ca

Wechat: ma26353

http://www.twinbrooks.ca/seniors_initiative_fund.html

Tips on avoiding peanuts and tree nuts

Children with a peanut allergy need to choose peanut-free foods. Children with a tree nut allergy need to choose tree-nut-free foods.

Some classrooms, schools and childcare centres ask that children bring foods that are free of peanuts, tree nuts or both.

How can you tell if a food has peanuts or tree nuts in it?

Food products that contain peanuts are labelled with the word "peanut."

Food products that contain tree nuts are labelled with the name of the nut. Common tree nuts include almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pistachios and walnuts.

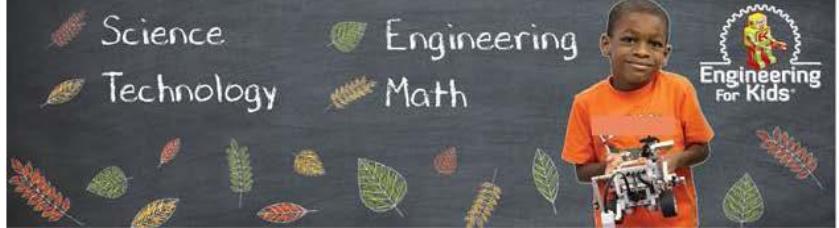
If you have a peanut or nut allergy, or have a family member who does:

- Read the entire ingredient list and the "contains" statement on the food label every time you buy a product, because the ingredients may change.



- Avoid using utensils or cooking equipment that have come in contact with peanuts or tree nuts when making food. Cross contamination is when peanuts or tree nuts are transferred accidentally to another food, object or person. Even a small amount of peanut or tree nuts can cause an allergic reaction.
- Always carry medication and/or epinephrine auto-injector that can treat an allergic reaction.

For more information, search "nut allergies" at ahs.ca.



Engineering For Kids Fall 2019

Days	Start Time	End Time
Monday	3:30pm	5:00pm

Course 1 - Robotic Intelligence: Robotics 101 (6-week: Sept 9, 16, 23, 30 Oct 7, 21)

This program is based upon the latest science standards and was created to enhance students' curiosity, creativity, and science skills. Kids will build and program Lego Ev3's.



Course 2 - Mechanical engineering: Master Machines

(6-week: Oct 28 Nov 4, 18, 25 Dec 2, 9, 16)

During the Mechanical Engineering unit, students use the Engineering Design Process to design, create, test, and improve a variety of machines and mechanical systems. Students learn basics of energy, traction, aerodynamics, and durability while constructing marble runs, eggstreme defense vehicles, and an incredibly fast air-powered custom dragster.

For: Age 7-14

Total Cost: \$280/per for community members, \$290/per for non-members

Where: Twin Brooks Community Hall, 11341-12 AVE NW Edmonton

For more information contact: programs@twinbrooks.ca

To REGISTER go online: <https://goo.gl/forms/ErDuhUZ4Gemm29Ex2>

Registration Deadline: September 04 2019; Limit space: 14

Sponsored by Twin Brooks Community League

(<http://www.twinbrooks.ca/>)

Instruction Provided by Engineering for Kids

(Engineeringforkids.com/edmonton; 780-571-4545)



Healthy ideas for back-to-school snacks

It's almost time for the new school year! Whether your kids spend their after-school time at home or on their way to an extra-curricular activity, they may be hungry. Plan and pack healthy snacks so your children get the right energy they need to grow and be active.

- Offer snacks at least two hours before dinner to keep your child from being too full at meal time.

- Choose foods from two of the four food groups from the new Canada's Food Guide (available online in 28 languages) at snack time.

- Wash and slice vegetables and fruits; store them in a container in the fridge so they

are easy to grab when you're heading out the door.

Plan ahead by stocking your fridge and cupboard with items that can be used to make these quick and healthy snacks:

- Low-fat cheese to eat with whole-grain crackers, mini whole-grain pitas, or apple slices.

- Peanut butter, soy butter or almond butter spread on a whole wheat tortilla and rolled around a banana. (Keep in mind that nut butters may not be allowed at some schools and sporting events because of allergies.)

For more information, search "healthy snacking" at ahs.ca.



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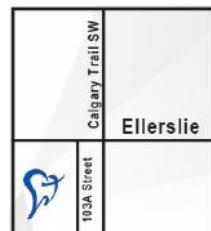
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www.edmgrandmothers.org
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Kids Art Class - 1

By Jenny Liu

Tuesdays: 3:30-5:00pm, September 10 - October 29 2019

Sponsored by Twin Brooks Community League

<http://www.twinbrooks.ca/>



FOR: Age 7-12

Where: Twin Brooks Community Hall, 11341-12 AVE NW Edmonton

COST: \$180/per for community members, \$185/per for non-members

Join us for a fun-and-learn art class after school! We offer unique experience to help students designing their arts, encouraging and enhancing their individual artistic development.

For more information contact: programs@twinbrooks.ca

To REGISTER go online:

<https://goo.gl/forms/ErDuhUZ4Gemm29Ex2>

Registration Deadline: September 04 2019; Limit space: 8



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Save time. Stop in or make an appointment with one of our pharmacists and save yourself a trip to the walk-in clinic or doctor's office.

Let us take care of your health and wellness needs.

Try trendy, healthy food in a bowl

Food in a bowl is trendy and no wonder. What could be more comforting? The circular shape of a bowl represents wholeness, inclusion, protection, timelessness and focus. You can make bowls for one or many, and they can be tailored to dietary needs.

Tips for building healthy bowls: Bowls are a great way to use up vegetables, herbs, meat, fish, chicken, pasta, rice, beans or grains. Add crunch with lettuce. Be inspired by Mexican, Thai, Japanese, vegan or breakfast bowls. Add colour with beets, kale, spaghetti squash, blueberries, pomegranate arils (seeds) or citrus wedges. Use dressings sparingly. Top with seeds, nuts or herbs to heighten flavour.

Lox and Loaded Bowl with Caper, Lemon and Dill Dressing



¼ tsp (1 ml) dried dill or 1 tsp (5 ml) fresh Black pepper, to taste

Toss sweet potato with olive oil. Bake at 350 F (180 C) for 15 minutes. Remove from oven and cool to room temperature.

Blanch snap peas and asparagus in pot of boiling water and remove just as they turn bright green. Plunge into ice water. Then dry on paper towel.

Arrange lettuce, sweet potato, peas, asparagus, chickpeas, tomato and cucumber in sections around bowl, finishing with lox in the centre.

Mix yogurt, olive oil, lemon juice and zest, capers, dill and pepper in a bowl and serve on the side or drizzle over salad as desired. Serves one.

The Lowdown (For the whole recipe: 626 g)

Using the Alberta Nutrition Guidelines, this recipe is Choose Sometimes – Mixed Dishes – Meat/Fish/Poultry Based.

Per serving: 380 calories, 9 g fat (1.5 g saturated fat, 0 g trans fat), 750 mg sodium, 58 g carbohydrate, 11 g fibre and 22 g protein.



TWIN BROOKS Community

FALL FESTIVAL

**Saturday, September 7, 2019
12 pm - 12 am**

**Twin Brooks Community Centre
11341-12 Ave NW.
Edmonton AB.**

- BEER GARDEN
- PHOTO BOOTH
- FOOD TRUCKS
- CARNIVAL GAMES
- SILENT AUCTION
- NERF WAR GAMES
- FACE PAINTING
- CONCESSION
- BOUNCIE CASTLES
- 50/50
- RACES



yellowbird East Community League

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 directors or our brand new social committee and meet the people who work to keep our neighbourhood vibrant! Contact editor@yellowbirdcl.com for more information!

Next meeting is our AGM, on Tuesday September 10th at 7pm at Yellowbird Hall.

Indoor Soccer Registration



Registration is now open for the 2019/2020 Indoor Soccer Season

In person payment sessions (cash or cheque only):

Wednesday, August 28th from 5:30 – 8:30 p.m. at Ermineskin Hall

Tuesday, September 3rd from 5:30 – 8:30 p.m. at Lansdowne Hall

Please visit <https://emsasouthwest.com/play/registration/> for more information

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

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.

Community Views Aug/Sept 2019

Enjoy a meatless meal



Looking for vegetarian or vegan protein choices for your next meal? Instead of meat, you can use beans, lentils, tofu, eggs, nuts or seed butter to make delicious, healthy dishes. Meatless meals are excellent for anyone, not just people who avoid meat for religious or cultural reasons.

Six simple ways to update some popular recipes:

- Replace the meat in chili, casseroles, stews and soups with beans, lentils or tofu.
- Use lentils or black beans in tacos or quesadillas.
- Top salads with beans or a hard-boiled egg.

- Add tofu to a vegetable stir-fry.
- Puree cooked black beans, white beans or chickpeas. Then add herbs and spices to make a fast and easy dip or sandwich spread.
- Use nut, seed or soybean butters. Add them to dips, smoothies or spread them thinly on breads or crackers for a snack or quick protein boost.

For recipes using meat alternatives or to find out more, go to healthyeatingstartshere.ca.

To find out more about vegetarian diets or alternatives to meats, ask your healthcare professional to be referred to a dietitian.

Healthy celebrations for young children



It's easy to make celebrations with children fun and healthy. Here are a few tips on how you can make healthy foods the easy choice at holiday celebrations, birthday parties and special events. For more ideas, go to healthyeatingstartshere.ca.

Try these party ideas

- Decorate using themes or colours.
- Make crafts or play party games.
- Have a theme-based scavenger hunt.

- Sing special songs or read books about your theme.

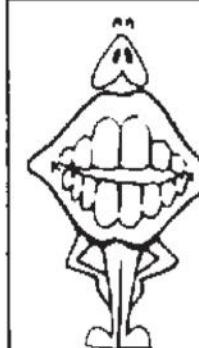
- On birthdays, have the birthday child be your "special helper" for the day.

- Serve fun and healthy foods

- Serve a vegetable or fruit tray with yogurt dip. Arrange the fruit and vegetables in fun shapes or colour-themed trays.

- Plan a "build your own" party. Let each child build their own sandwich, pizza, taco,

Connect with your community at www.communityleagueneWS.com



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Alzheimer's Awareness Month



September marks Alzheimer's Awareness month, a time designated to raise awareness of the effects and signs of Alzheimer's disease in our loved ones and what we can do to support them.

Alzheimer's disease is the most common type of dementia, a syndrome that affects memory, thinking, orientation, judgment and ability to carry out everyday tasks. It is estimated that by 2038, about one in 10 Albertans over the age of 65 and nearly half over the age of 90 will be living with some form of dementia.

Dementia has certain warning signs. Contact your doctor if you notice a loved one having increased difficulty with any of the following:

- Learning and retaining new information
- Handling complex tasks, like balancing a cheque book
- Knowing what to do when problems come up
- Finding his or her way around familiar places, driving to and from places he or she knows well
- Finding the right words to say what he or she wants to say
- Understanding and responding to what he or she sees and hears
- Acting more irritable or suspicious than usual, or withdrawing from conversation and activity.

Finally, here are some tips in communicating with anyone who may have dementia:

- First, make sure the person does not have a hearing or vision problem. Sometimes a person may not respond to you because he or she cannot hear you. Not being able to see well may make the person more confused, agitated, or withdrawn. If you suspect a problem, have a health professional evaluate the person's hearing and vision.

- Don't argue. Offer reassurance, and try to distract the person or focus his or her at-

tention on something else.

- Use short, simple, familiar words and sentences. Present only one idea at a time. And avoid talking about abstract concepts.
- Explain your actions. Break tasks and instructions into clear, simple steps, offered one step at a time.

- Pay attention to your tone of voice. Be calm and supportive. A person with dementia is still aware of emotions and may become upset upon sensing anger or irritation in your voice.

- Maintain eye contact and use touch to reassure and show that you are listening. Touch may be better understood than words. Holding the person's hand or putting an arm around his or her shoulder may get through when nothing else can.

- Pay attention to the person's tone of voice and gestures for clues as to what the person is feeling. Sometimes the emotion is more important than what is said.

- Do not confront the person about his or her denial of the disease. Arguments will not help either of you.

- Continue to treat the person with dignity and respect.

- Allow choices in daily activities. Let the person select his or her clothing, activities, and foods. But too many choices can be overwhelming. Offer a choice of two to three options, not the whole range of possibilities.

In Alberta, services are readily available for both those suffering from any form of dementia and their caregivers. The Alzheimer Society of Alberta and the Northwest Territories provide education and ongoing support.

Albertans can also call Health Link at 811 for advice. Health Link will assess the needs of the person and provide immediate advice for their concerns, 24 hours a day, seven days a week. When needed, callers can be referred to Dementia Advice, which is staffed by specialized dementia nurses.

Look for ways to lower your stress

Stress is a fact of life for most people. You may not be able to get rid of stress, but you can look for ways to lower it. Consider trying some of these ideas:

- Learn different ways to manage your time. You may get more done with less stress if you make a schedule. Think about which things are most important, and do those first.
- Find healthy ways to cope. Look at how you have been dealing with stress. Be honest about what works and what does not. Think about other things that might work better.
- Take good care of yourself. Get plenty of rest. Eat well. Don't smoke. Limit how much alcohol you drink.
- Try new ways of thinking. When you find yourself starting to worry, try to stop the thoughts. Or write down your worries and work on letting go of things you cannot change. Learn to say "no."
- Speak up. Not being able to talk about your needs and concerns creates stress and can make negative feelings worse. Assertive communication can help you express how you feel in a thoughtful, tactful way.
- Ask for help. People who have a strong network of family and friends manage stress better. Sometimes stress is just too much to handle alone. Talking to a friend or family member may help,

but you may also want to see a counsellor. Call Health Link at 811 if you need help.

How can you relieve stress?

You will feel better if you can find ways to get stress out of your system. The best ways to relieve stress are different for each person. Try some of these ideas to see which ones work for you:

- Exercise. Regular exercise is one of the best ways to manage stress. Walking is a great way to get started.
- Write. It can help to write about the things that are bothering you.
- Let your feelings out. Talk, laugh, cry, and express anger when you need to with someone you trust.
- Do something you enjoy. A hobby can help you relax. Volunteer work or work that helps others can be a great stress reliever.
- Learn ways to relax your body. This can include breathing exercises, muscle relaxation exercises, massage, aromatherapy, yoga, or relaxing exercises like tai chi and qigong.
- Focus on the present. Try meditation and imagery exercises. Listen to relaxing music. Try to look for the humour in life. Laughter really can be the best medicine.



Source: Myhealth.alberta.ca

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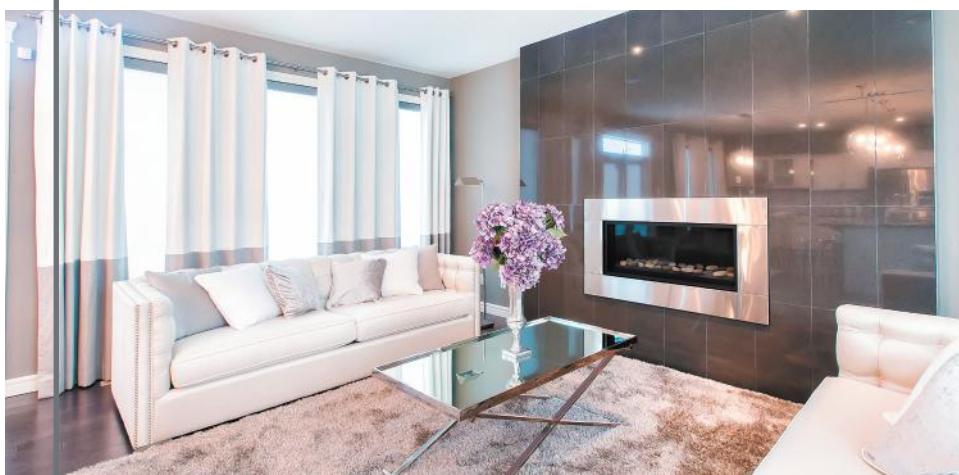
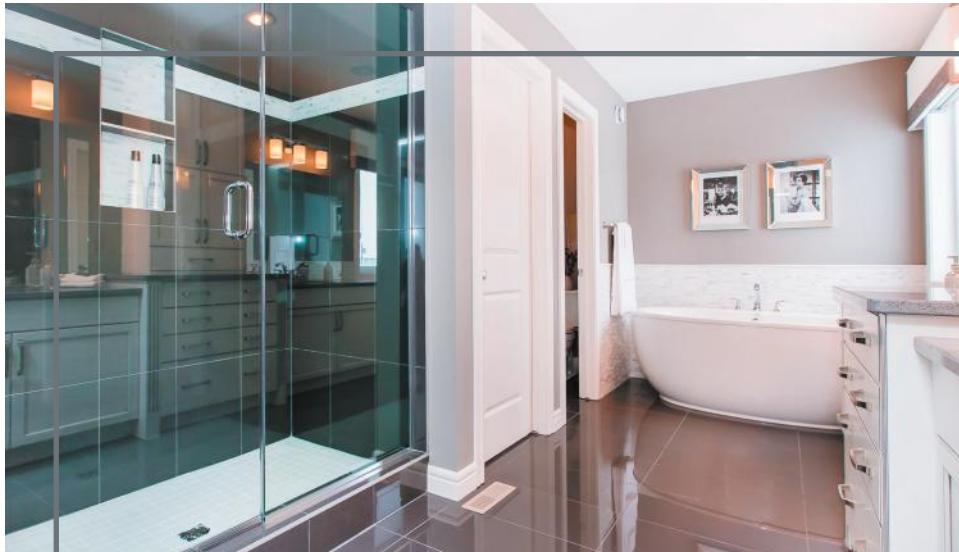
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