

# COMMUNITY VIEWS

Serving the community leagues of Twin Brooks & Yellowbird

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December/January 2019

## Twin Brooks Volunteer Appreciation Dinner 2019

The amazing food was catered by Elizabeth, who did an amazing job, and our Bartender Adam Crane from Mobile Bartending Service hats off to you.

TBCL unveiled the new Volunteer Of the Year Plaque in which the Nichols Family is 2019 volunteers of the year for their work looking after the Centre and making and maintaining the ice which is all volunteer hours.



## Twin Brooks: Message From The Social Director

Twin Brooks 2nd annual Breakfast with Santa and Mrs. Claus was attended by kids young and old. Laughter of families enjoying time with Santa & Mrs. Claus while children sang Christmas Carols, did crafts and enjoyed a wonderful breakfast. Thanks to all who supported the Food Bank and Santa's Anonymous so all can have a wonderful Christmas.

The winner of the Ugly Christmas Sweater is Yazmin Camino-Nelson.

Big thank you to Santa and Mrs. Claus for bringing smiles from young and old. The volunteers, The TBCL Board and to Heritage Safeway, Sobeys, and Southbrook Starbucks for their donation to the breakfast. Twin Brooks Community's first Volunteer Appreciation Dinner was held on November 2, 2019 and well attended by Community Volunteers. Master of Ceremonies was Mike Lanteigne, Community President, and did a remarkable job.

Big thank you to TBCL Board for their work putting together this event.

Mike Lanteigne- President  
Shauna Nichols- Facility Director  
Ann Johnson- Social Director  
Charlene Maclean- Volunteer Director  
Kelly Casault- Membership Director  
Alice Ou- Program Director  
Sandra Fernandez- Assistant Sports Director  
Ann Johnson

IT'S ALMOST TIME FOR THE  
**OUTDOOR RINK**

Times and details will be posted on the door of the Skate Shack.

**Yellowbird**  
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!





# TWIN BROOKS

## Community League

CHECK OUT ALL THE LATEST NEWS  
AND INFO ON OUR COMMUNITY AT  
[TWINBROOKS.CA](http://TWINBROOKS.CA)



### Community Corner

Tis the season to be jolly fa la la la la la la... Christmas is a super exciting time of year from Christmas concerts, to workplace functions, to open houses, Christmas baking, holiday craft markets, turkey dinners and just abundance. The season makes children smile and squeal with excitement as December hits and the countdown down begins, Santa's coming. Whether it's an advent calendar, elf on the shelf or a hand stitched quilt countdown, nevertheless it is on. On the flip side this time of year may not be so exciting for others. Those struggling with life's ups and downs from illness to job loss to end of life it can cause a lot of stress, depression and anxiety. As people and families struggle this

holiday season remember it does not take anything to stop and say hello, how are you, are you okay? It may make all the difference. I challenge you to not be a bystander, if you see someone struggling from loading their groceries on the belt, to shoveling a driveway/sidewalk, to offering a warm drink or donating your time to help at a local shelter. There are so many who struggle silently, let's wrap our arms around them and show them they are not alone. You matter, everyone matters. Happy Holidays and Best Wishes for 2020! Let the New Year and New Decade begin!!!

*Natasha Mitrovic*  
Twin Brooks Community League

### Paddler discovers 65-million-year-old tree stump

Mike Lees has become an amateur paleontologist after an impromptu pee break in Edmonton's river valley last month led to the discovery of a petrified tree stump estimated to be from the time of the dinosaurs. "We pulled over at a very inopportune spot for an emergency pee, and this is how we came across this particular item," Lees said.

"It's the whole base of a tree stump. I'm no archeologist or paleontologist. The only reason I discovered it is because I almost

peed on it. You count the rings in the tree, and that's how I knew it was a tree and not a rock, even though it looks like a rock and sounds like a rock."

Petrified wood, wood turned into stone through mineralization, is common in Alberta, but like any paleontological find, there are rules around collecting it. Learn more at <https://www.cbc.ca/news/canada/edmonton/edmonton-river-valley-petrified-wood-fossil-1.5351416>

### Share river valley event, job posting, or news

If you have a river valley event, job posting, or news that you would like to see published in this newsletter, please send the info to [ngrivervalley@gmail.com](mailto:ngrivervalley@gmail.com)

*Sincerely yours,  
Harvey Voogd*

North Saskatchewan River Valley Conservation Society  
**780.691.1712**  
[ngrivervalley@gmail.com](mailto:ngrivervalley@gmail.com)  
<https://www.facebook.com/NSRVCS/>  
<http://www.edmontonrivervalley.org/>

### Message From the President

What remarkable participation Saturday evening — close to 200 people in attendance to share in our community program, "Bridging Cultures Through Breaking Bread", our Anti-racism/Anti-bullying event!

I was pleased to speak at this event on behalf of the Twin Brooks Community League and our members. We shared cross-cultural food, traditions, dance, and stories bringing ALL members of our fabulous Twin Brooks Community League together.

In a time when many are focused on differences, separation, and exclusion, we embrace and encourage strength in diversity, inclusion, unity, and respect.

When we share time, food, and stories, we realized how much we are the same.

Much applause to our members of S.I.F. (Senior's Innovation Fund) for the hard work, organization, and planning that went into making this event a success!

Special thanks to MLA for Edmonton Rutherford Richard Feehand, Emcee Abe Silverman from B'nai Brith, Edmonton's Jewish community, the Chinese, African, Islamic, German, First Nations, French, English, and Caribbean Communities, guest speaker Avnish Nanda from Everyone's Canada, Dr. Ivor Edwards, and all volunteers!

*Sincerely,  
-Mike  
Mike Lanteigne, G.G.XII, C.R.C.  
President  
Twin Brooks Community League*

### Devon River Valley Trail

At the beginning of this year Edmonton annexed land and its southern boundary grew all the way to Devon. Walking the entire length of the 6.8 km Devon River Valley Trail, Voyager Park to the trail head on Michigan Street, is a great way to pass 1.5-2 hours. Doubling back will make it a half-day well spent in this part of the North Saskatchewan river valley.

The hard-packed granular natural trail is rated moderate difficulty and is primarily used for hiking, walking and birding. Dogs are also able to use this trail. Pump up your workout: the east end of Voyageur Park boasts a set of stairs that has become a popular challenge. More information at <https://www.explore-mag.com/The-10-Best-Hiking-Trails-Near-Edmonton>.

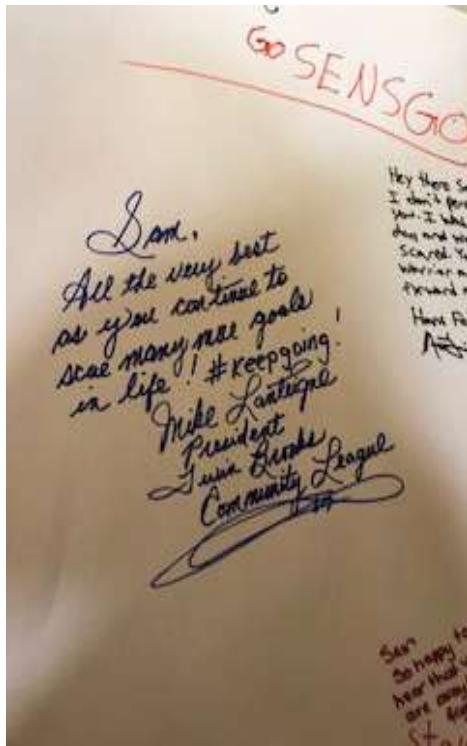
### Adventures of the lost Alpine Huts

The Eyrie, Edmonton's first alpine hut, opened on Quesnell Heights overlooking the river on February 26, 1928. Clad in rough spruce, the hut was built on a bluff overlooking the North Saskatchewan about three miles west of the City by the Edmonton Section of the Alpine Club of Canada. Mountaineers made many a rendezvous by snowshoe, ski, and Shank pony to get there, until it was destroyed by vandalism.



Starting over, a new hut was tucked west of Whitemud Creek at Fox Farm on November 27, 1932, with guests from the Voyageur Canoe Club's nearby cabin. Winter sport trends grew in 1936 as the Hut tripled in size with an addition and rustic veranda for more après ski cocktails.

It was known in later years as Terwillegar Hut after Dr. Terwillegar who leased the land and is better known today thanks to urban sprawl that ate valuable farmland. Read more at <https://citymuseummedmonton.ca/2014/07/17/adventures-of-the-lost-alpine-huts/>



Emergency  
Medical  
Services

## Toboggan Safety



Emergency Medical Services (EMS) would like to remind parents and children of a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees or rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

### Equipment

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

### Hazards

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

### Plan ahead

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

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

## TBCL support of the Ball Hockey Fundraising Tournament for Sam Richardson

Yesterday, we joined in celebrating and applauding Sam Richardson.

Sam, a 19 year-old minor sport athlete, was a participant in an Edmonton Ball Hockey tournament hosted by our Twin Brooks Community League earlier this year.

During the tournament, Sam experienced full cardiac arrest.

Owing to many factors — having an AED

(Automated External Defibrillator) at our community league (and those whom knew how to use it), the volunteers who administered CPR, and medical professionals called to site, Sam is with us today.

Sam was in a medically-induced coma for many days, and survived.

On behalf of the Twin Brooks Community League and our amazing Board of Directors,

Sam and his family were presented with a cheque for \$500.00 to help with his expenses, supporting his recovery, the importance of having an AED present during sporting events, and our leagues support of minor sports. The majority of Sam's family were in tears when we presented our cheque to help Sam. Many thanks to Tanya Hamilton for organizing the fund-raising event, and for her

passionate support of Sam and his family! We are proud to support you & love you Sam!

#keepgoing #communityleaguespirit

Sincerely,  
**Mike Lanteigne, G.G.XII., C.R.C.**  
President  
Twin Brooks Community League  
[President@twinbrooks.ca](mailto:President@twinbrooks.ca)

# Join us!

Twin Brooks' SIF (Seniors Innovation Fund) Group Presents...

## Live and Learn Series - Finance 101

Sunday Jan. 12, 2020, 2 - 5 pm  
Twin Brooks Community League Centre  
11341 12 Ave NW

**2 Presentations Brought to you by...**

**Volunteers From The Seniors Financial Empowerment Network**

**Me and My Money:** Learn more about Old Age Security, Guaranteed Income Savings Accounts, reverse mortgages, ATM's, savings and credit.

**Me vs. Them:** Learn to recognize a scam, how to avoid being a victim of fraud and who to contact if it happens.

Refreshments will be provided between the two 1 hour presentations.



For more information and/or to RSVP contact Ida Richards, irichardsco@hotmail.com, 780-989-5431; WeChat: 31521736



## Engineering For Kids Winter 2020

Mondays at 3:30pm - 5:00pm  
January 13 – March 30, 2020



### Part One - Electrical Engineering (Jan 13, 20, 27, Feb 3, 10):

The *Electrical Engineering* program is designed to introduce students to the concepts of circuit design, building, and maintenance through various hands-on activities. Students will walk away with an in-depth knowledge on basic circuits.

### Part Two - Scratch Coding (Feb 24, Mar 2, 9, 16, 30):

In this *Scratch Coding* program, students work together to program and create their own games, art, and musical instruments while exploring coding foundations. What's more fun than playing an interactive video game? Writing one! Get up and get moving with Engineering for Kids and Scratch!

For: Age 7-14

Total Cost: \$230/per for community members, \$240/per for non-members  
Where: Twin Brooks Community Hall, 11341-12 AVE NW Edmonton

For more information contact: [programs@twinbrooks.ca](mailto:programs@twinbrooks.ca)  
To REGISTER go online: <https://goo.gl/forms/ErDuhUZ4Gemm29Ex2>  
Registration Deadline: January 08 2020; Limit space: 14

Sponsored by Twin Brooks Community League

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

Instruction Provided by Engineering for Kids  
([Engineeringforkids.com/edmonton](http://Engineeringforkids.com/edmonton) ; 780-571-4545)



## Winter Adult Yoga Class

FOR PEACE OF MIND WITH LILI YUN



Thursdays, 6:00pm to 7:00pm, Jan 16 – Mar 19, 2020  
Vinyasa Yoga 10-week Series

**Sponsored by Twin Brooks Community League**

**Address: 11341-12 Ave NW, Edmonton**

**Cost:** \$95/per for community members, \$100/per for non-members

**Bring:** Yoga Mat, Comfortable/Breathable Clothing, Water Bottle,

Blocks/Straps if needed, and might need blanket or warm scarf

- Lead classes for all skill levels from beginner to advanced, include two Hatha Yoga classes and two Yin Classes
- Learn from fundamentals, both the how and the why, to a good time of practice
- Learn special breath techniques of *Anapanasati*, deepen understanding of meditation.
- Step by step instruction of fish pose, cricket pose, arm lotus, and ardha baddha padmottanasana, shoulder stand, headstand. Learner have choices to modify and challenge themselves
- Liberate body from aches and pains, release stress and challenges of mind
- Correct postures to ensure maximum benefit and safety, and much more...

**Join us to deepen your practice and understanding of yoga**

For more information contact: [programs@twinbrooks.ca](mailto:programs@twinbrooks.ca)

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

Registration deadline: Jan 10, 2020; Limit space: 10



## Yoga for Kids



THURSDAYS, 3:30PM - 5:00PM, JAN 16 – MARCH 19, 2020

**Kids Yoga class 10-week Series with Lili Yun**

**Sponsored by Twin Brooks Community League**

**Address: 11341-12 Ave NW, Edmonton**

**Cost:** \$130/per for community members, \$135/per for non-members

**Bring:** Yoga Mat, Comfortable/Breathable Clothing, Water Bottle,

Blocks/Straps if needed, and might need blanket or warm scarf

- Yoga benefits children in so many ways and helps them connect their body and minds, while building confidence and love for themselves inside and out. This class will help children improve their strength, balance and flexibility as well as help them concentrate/focus, relax, be creative and imaginative to channel energy more effectively.
- In addition to learning yoga poses, we play yoga games, social/emotional activities that emphasize cooperation, leadership, self-awareness/self-management, creativity and that help deepen relationships with siblings and friends.

For more information contact: [programs@twinbrooks.ca](mailto:programs@twinbrooks.ca)

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

Registration deadline: Jan 10, 2020; Limit space: 10



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or email [janice@theburnoutqueen.com](mailto:janice@theburnoutqueen.com)

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Janice Wehrhahn MSW RSW  
[www.theburnoutqueen.com](http://www.theburnoutqueen.com)

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## Ask Charles - Real Estate Advice

I saw an ad saying a real estate professional will buy my house if it's not sold in 90 days. Should I be wary?

Wary might not be the best word, but you do need to make sure you understand the details of the offer. This type of offer is a guaranteed sales agreement, and while there is nothing illegal or wrong with a real estate company offering this kind of arrangement, it is rarely the best option for consumers.

In a guaranteed sales agreement, a real estate brokerage agrees to buy a piece of real estate from a seller at a previously agreed upon price, if it hasn't sold to someone else before a certain date. Only real estate brokerages can offer these agreements, not individual real estate professionals.

If you're selling your home to buy another one, you may be interested in a guaranteed sales agreement for the home you own now. It could help you avoid owning two homes and paying two mortgages. A guaranteed sales agreement might give you the confidence to proceed with your new home purchase before selling your current one.

What sellers need to keep in mind in these arrangements is that the real estate brokerage wants to minimize its risk.

For example, it's rare that a guaranteed purchase price will be based on the property's listing price or the property's market value. In most cases, the brokerage calculates the guaranteed purchase price using a formula where legal fees, carrying cost, and

commission on the resale are subtracted from the purchase price. This minimizes the brokerage's risk, but it can also greatly reduce how much that seller receives for their home.

Brokerages that offer guaranteed sales programs are required to have policies for those programs. Those policies should include how the brokerage sets the guaranteed sales price and who is in control of the property's listing price during the listing period; it may not be the seller. It's not unusual for a guaranteed sales agreement to include a clause that requires a seller to lower their listing price during the term of the listing. Remember, your real estate brokerage wants to minimize its risk. It prefers to sell your property to a buyer rather than to use the guaranteed sales agreement, and lowering the listing price can sometimes help that happen. If your real estate brokerage offers you a guaranteed sale agreement, it's up to you to decide whether you're interested. Before you do, make sure you read and understand all of the fine print.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Registrar with the Real Estate Council of Alberta (RECA). 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](mailto:askcharles@reca.ca).

# Yellowbird East Community League

## COLOURING CONTEST

**HEY KIDS!** Colour this picture and you could win a prize!

NAME \_\_\_\_\_ AGE \_\_\_\_\_ PHONE # \_\_\_\_\_

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

**DEADLINE: Dec 19**

Winners will be  
announced in January.



\*Open to Yellowbird residents

\* Need another copy of the picture? Download one off our website! [yellowbirdcl.com](http://yellowbirdcl.com)

## 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.

## 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.e.sjoberg@gmail.com](mailto:ruth.e.sjoberg@gmail.com) for info and to register.



## Nominate Your Neighbour!

Yellowbird is home to some beautiful holiday lights & decorations. Nominate your neighbour's display for a chance to win a festive prize! Please send the address of your nominee to [editor@yellowbirdcl.com](mailto:editor@yellowbirdcl.com) by Dec. 29th to enter.



## Nominate Your Neighbour

There will be a Green Shack program on Tuesdays & Thursdays (3:30-6:00 pm) and Saturdays (1:00-5:00 pm) at the Keheewin Playground from January 5th until February 1st. Come join in some winter fun!

## Free Family Fun Day!

Join your friends and neighbours  
and enjoy chili & hot dogs, hot chocolate &  
cookies, skating, and horse drawn sleigh rides.

FEBRUARY 17, 2020 | 12-4 PM  
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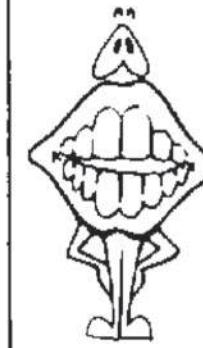
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