

COMMUNITY VIEWS

Serving the community leagues of Twin Brooks & Yellowbird

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Feb 2019/Mar 2019

Free Family Fun Day!

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

FEBRUARY 18, 2019 | 12-4 PM
YELLOWBIRD COMMUNITY HALL
10710-19 AVENUE

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COMMUNITY MEMBERS!



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2019 Outdoor Soccer Information

1. Buy or have your current community league membership
2. Register online at emsasoccerportal.com beginning January 15, 2019
3. Attend our registration session to drop off your paperwork and payment at one of our two registration days: **Wed Feb 6, 2019 from 6pm to 9pm or Saturday, Feb 16, 2019 from 10am to 2:00pm**
4. Bring proof of address and player birthday (ie. utility bill/Alberta health care card)
5. You can also mail in your paperwork, cheques and proof of address and players birthday to TBCL 11341 – 12 Ave, NW T6J 6W8. Deadline to receive players information and payment is March 1, 2019 to avoid late Fee's.

Volunteer Deposit	Uniform Deposit	Age Group	Birth Year	Playing Times	Fees
\$200	No Uniform Deposit	U4 Mighty Mites	2015	Saturday Mornings	\$75
\$200	No Uniform Deposit	U5	2014	Saturday Mornings	\$75
\$200	No Uniform Deposit	U6	2013	Saturday Mornings	\$75
\$200	No Uniform Deposit	U7	2012-2013	Mon/Wed	\$105
\$200	\$50	U9	2010-2011	Tues/Thurs	\$150
\$200	\$50	U11	2008-2009	Mon/Wed	\$160
\$200	\$50	U13	2006-2007	Tues/Thurs	\$170
\$200	\$50	U15	2004-2005	Mon/Wed	\$180
\$200	\$50	U17	2002-2003	Sunday / Thursday	\$190
\$200	\$50	U19	2000-2001	Sunday / Tuesday	\$210

Please contact assistantsports@twinbrooks.ca if you would like to volunteer at either registration and not have to write a volunteer deposit cheque!

Community Soccer

Twin Brooks soccer is run entirely by volunteers. Please consider helping out in any capacity. Some key positions we need filled:

Coaches and Assistant Coaches: Soccer couldn't happen without these dedicated parents! Never coached before or want to brush up on some skills? EMSA offers 3 hour courses at all age levels and TBCL will reimburse your course fee with a receipt.

Registration Volunteer: Get your volunteer duty completed before the outdoor season starts by helping with our on-site payment sessions on Feb 6 & 16, 2019.

Year End Soccer Party: Many helping hands are needed from flipping burgers and face painting to site cleanup and activity supervision.

For more information regarding the Twin Brooks soccer program contact: Soccer Coordinator: assistantsports@twinbrooks.ca

Heart Month

February is Heart Month – and it's a good time to learn more about how to be heart healthy.

You can help keep your heart and blood vessels healthy by taking steps toward a healthier lifestyle. Healthy lifestyle habits include healthy eating, getting active and being tobacco free. An assessment of your heart health can help to identify your risk of a heart attack or stroke and further identify what you can do to reduce your risk.

A heart-healthy lifestyle is important for everyone, not just those with existing health problems. If you already have heart or blood

vessel problems, such as high cholesterol or high blood pressure, a healthy lifestyle can help you manage those problems.

If you have children, you can be their healthy role model. If your habits are healthy, your children are more likely to build those habits in their own lives.

Eat Healthy

Healthy eating helps promote and maintain a healthy weight when combined with active living. Eating more vegetables and fruit offers additional benefit of lowering blood pressure and the risk of heart attack, stroke, diabetes, vascular dementia and kidney disease.

For help with healthy eating, see below:

- Make Your Move to Healthy Eating
- Eat more fruits and vegetables
- Healthy Eating Starts Here
- Dietary Guidelines for Good Health
- Developing a Plan for Healthy Eating
- Comparing Heart-Healthy Diets

Know Your Risk – Heart Disease Risk Calculator

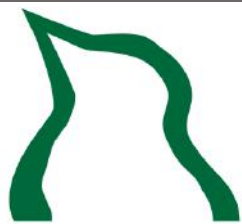
A Heart Disease Risk Calculator is now available to tell you your heart age and chances of having a heart attack or stroke in the next 10 years. If you do not already have a diagnosis of heart disease or stroke, which

means you're already at high risk, and you are over 30 years of age, try this calculator to find out your heart age and what can be done to reduce your risk.

This risk assessment looks at your age, blood cholesterol levels, blood pressure and family history to calculate your risk score. To find out more and to calculate your heart risk see below:

- Heart Disease Risk Calculator

Want to join our family of active and engaged Albertans, known as the AHS Fit Fam? Learn more by visiting ahs.ca/fitfam or use #AHSFitFam on your social networks.



TWIN BROOKS Community League

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

Twin Brooks Family Day Winter Festival

Twin Brooks Community Centre
11341-12Ave. NW

Sunday February 17, 2019
1 pm to 4 pm

Bring the family To enjoy Snow games, sleigh rides, Maple taffy
Bannock on a stick, S'mores, skating and more.

Snowshoe races, snowman/snow sculpture contests
Learn to play the spoons. Learn to make Bannock on
a stick. Bring your skates and sleds. Roll Maple
Taffy on a stick, Take a ride in a horse drawn sleigh.

Twin Brooks Community League

Seniors Innovation Fund (SIF) Program, Dec.1- Aug.31, 2019

GOAL: Seniors maintain good physical and mental health, through interactions with others of all ages, cultural backgrounds, life experiences and educational levels.

(all ages, all faiths, all cultures)

WHERE: Twin Brooks Community (TBCL) Hall & G.P.N School Library

WEEKLY ACTIVITIES: (Red fonts: WINTER RECESS – STOP- RE-START DATES)

- ❖ **MONDAY** 7-8.30 pm, at TBCL Hall, Lead: Thelma Reid
English as Second Language, Last date Dec. 17, Re-Start Apr. 17, 2019
- ❖ **TUESDAY** 6:30-8:00 pm, at TBCL Hall, Lead: Maggie Wang
Dance Fitness, Plaza Dancing, Zumba, and Traditional Chinese dancing
Last date Dec. 11, Re-Start Jan. 8, 2019
- ❖ **TUESDAY** 8:00 -9:30 p.m, at TBCL Hall, Lead: Alice Ou
Qi-Pao Dancing, Last date Dec. 11, Re-Start Jan. 8, 2019
- ❖ **THUR** 1:00-2:30 pm, at TBCL Hall, Lead: Mei Chung & Ida Richards
Explore the medical benefits of Tai-Chi, Last date Dec. 6, Re-Start Feb. 7, 2019
- ❖ **FRIDAY** 6:30- 9:00 p.m. Board games, at G.P.N. School Library (e.g., Chess, Mahjong, Jamaican Dominoes, ages 6~88, Last date Dec. 14, Re-Start Jan. 11 Jan 11-Jun 21, 2019, (NEW SESSIONS TO BE ADDED: Musical instruments and group sing-a-long. Musical volunteers needed) Leads: Cheryl Atkinson, Andrew Liu

NEW: MEN'S SHED. (twinbrooks.ca) lead: Gongchen Li

SUNDAY EVENTS, Dec. 2018- Aug. 2019 2-5 p.m.

- ❖ Dec. 16 2-5 p.m. Community Conversation – Resource animator: M.L.A Richard Feehan Edmonton Rutherford Phone 780-414-1311. Learn about/discuss the possible closure of 119 St. (Anthony Henday) How will this impact safety & security of Twin Brooks residents? **Come, talk.**
- ❖ Sunday Jan. 13 2019. SIF TALKS. Resource Animator: Mr. Felix Yuen Bathroom & Household Safety & How to apply for Government Aid (AADL) ALBERTA AID TO DAILY LIVING.
- ❖ Sunday Feb. 10 Chinese Lunar Year & Black History Month
- ❖ Sunday Mar. 10 All things Garden-Share & Swap
- ❖ Sunday Apr. 14 Spring Fling –Community Networking
- ❖ Sunday May 5 Celebrating the spirit of volunteering –Open air concert TBC
- ❖ Sunday June 9 Annual De-Clutter Garage Sale
- ❖ Sunday July 14 Community Networking -Yard Sale
- ❖ Sunday August SIF Open House

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

Gongchen Li, gongchen.li@gmail.com, WeChat: 31521736,

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

SIF@twinbrooks.ca

Community Corner

Brrrrr..... Baby it's cold outside!

Get ready for the fantastic Twin Brooks Annual Winter Festival February 17. Lots of fun activities for the whole family. This is a family day event and everyone is welcome so dress for the weather. Bring your skates and enjoy the outdoor rink and check out the new Zamboni. Like Bannock? Never tried it? Now is the time, it's going to be one of the event highlights.

Spring is on it's way not when you see the groundhog but when you see the signs and postings for soccer registration. Yes, outdoor soccer registration is the new groundhogs day. It represents spring is just around the corner. Check out all the details for the upcoming registration dates in this edition of Community Views.

Still thinking about soccer, please consider

your volunteer commitments for the 2019 outdoor season. There are still opportunities to volunteer for the Twin Brooks Community Casino on March 22, and 23, visit the Twin Brooks Facebook Page for information and sign up details.

Wondering what is happening with the SIF group talks and activities visit Twinbrooks.ca for more information and event dates and details. Upcoming events can also be found on the community Facebook page as well as the community website.

The outdoor rink is open and is being enjoyed by many in the community. The outdoor skate program is coming to an end but there is still more skating to be had before spring has sprung. Check out the website for skate times and details.

Want to have a party? need a space? look-



ing for a venue? Check out the Twin Brooks facility. You can visit the website for more details or contact Shauna Nichols Facility Director at rentals@twinbrooks.ca.

Reminder if you haven't renewed your community membership you should. It's only \$50.00 for the whole family, extended family included, as long as they are living in the same household. Great value and great

membership benefits. Check out the website for all the membership details. Need more info, contact Kelly Casault Membership Director at membership@twinbrooks.ca.

Lastly want to advertise your business and or services you can reach out to Calder Publications directly at info@communityleague-news.com. You can discuss your business, marketing and advertising needs with the amazing Calder team.

The days are getting longer Yay!!! Hang in there. This cold weather shall pass and it won't be long before we are all enjoying our beautiful green spaces once again. In the meantime enjoy this amazing Winter City we call home. Happy Winter Everyone!!!!

Natasha Mitrovic
Communications Director



Multi-Week Ski & Snowboard Programs

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The Importance of Physical Activity

Increasing one's physical activity is a common goal and New Year's resolution. Every year people tell themselves they are going to get more steps in, get to the gym more often, or start a new activity. Boosting or maintaining a healthy level of physical activity is imperative for a healthy lifestyle.

The Canadian Society for Exercise Physiology (CSEP) recommends that adults ages 18 – 64 receive a minimum of 150 minutes of moderate to vigorous intensity aerobic physical activity per week. The weekly 150 minutes can be achieved in sessions of 10 or more minutes, making it manageable to fit into everyone's schedules. The CSEP also suggests incorporating strength training into one's routine a minimum of 2 days per week.

Some benefits of incorporating 150 minutes of physical activity into one's lifestyle are:

- Improved fitness
- Increased strength
- Improved mental health
- Reduced risks for chronic diseases
- Reduced risk for premature death

For everyone who is thinking that their schedule is already too full and how to achieve 150 minutes of physical activity, it is actually easier than you may think. Breaking it down, and thinking about 10 minutes versus 30 or even an hour can start to make incorporating physical activity into one's life more manageable and enjoyable.

Some examples of ways to integrate physical activity into your daily routine include:

- Biking to work
- Walking to work
- Joining a new activity
- Taking the stairs
- Snow shoveling
- Joining a recreational sports team
- Doing something active with the family, such as a hike on the weekend
- Cleaning the house
- Working on core exercises during TV commercials
- Joining a physical activity challenge
- Making plans with a friend to workout at the gym vs meeting for coffee
- Using your coffee and lunch break to go for a walk or pulling out the yoga mat

Suggest a walking meeting

Staying active should not have to be a chore, it should be something that you enjoy and can make time for in your life. Look out for new activities offered in your community; you might find something that you are keen on adding into your daily lifestyle. Remember, you don't have to be an athlete or experienced to stay active, you just need to start moving your body.

Want to join our family of active and engaged Albertans, known as the AHS Fit Fam? Learn more by visiting ahs.ca/fitfam or use #AHSFitFam on your social networks.



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stay connected.



Edmonton Lifelong Learners Association (ELLA), in partnership with the University of Alberta have scheduled **over 50 expert-led courses** plus a variety of noon-hour presentations during the **2019 Spring Session of April 29 to May 17**. All of them are located at the University of Alberta.

Registration begins **March 12, 2019** and you can participate in the learning and fun for the low-cost of only **\$275***. There are no prerequisites, homework or marks and **everyone is welcome**.

Explore our programs my-ella.com or call 780.492.5055



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*Bursaries available for participants in need of financial assistance.

DKK is a non-profit preschool for 3-5 year olds taught in both English & German. NO parent duty days & NO knowledge of German needed.



OPEN HOUSES

FEB.7, 6:30-8pm
Rio Terrace School
7608-154 St.

FEB.26, 6-7:30pm
German Club
8310 Roper Rd.

MAR.20, 5-7pm
Forest Heights School
10304-81 St.

DKKplayschool.org [DieKleineKinderschule](https://www.facebook.com/DieKleineKinderschule)

Burns and Scalds



Each year, Alberta Health Services, EMS, continues to respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- **1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- **2°:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- **3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, **call 9-1-1**

www.albertahealthservices.ca

Ask Charles

There was a major hail storm after a seller accepted my offer to purchase their home, and the house needs a new roof. Who is responsible for it?

Until the deal closes and you take possession of the property, the seller is responsible for the property. Any damage to the property or to the items included in the sale, are the sole responsibility of the seller until your purchase funds are transferred and you take possession of the home.

When you take possession, the property – and its inclusions (appliances, etc.) – should be in the same condition as when you viewed it and submitted your offer to purchase.

Even if the property is vacant, and has been for weeks, it is still the seller's responsibility to maintain home insurance on the property.

As the buyer, you should make sure you arrange for your home insurance to begin on your possession day, even if you aren't moving in right away. As soon as you take possession, insuring the property is your responsibility.

If something such as a hail storm damages the property in the time between the seller accepting your offer and possession day, have your agent talk to the seller's agent to confirm the seller is handling the damage. If the seller confirms they're handling the repairs, you may wish to add an addendum to your accepted offer to purchase that outlines the seller's responsibility to replace the roof prior to possession day, or you may ask the seller to agree to you holding back a small portion of the purchase funds until the roof is repaired. Make sure any agreements between you and the seller are in writing.

If there is any resistance on the part of the seller, either to fixing the damage or to putting details and agreements in writing, you need to talk to a lawyer for legal advice.

Likewise, if either party wishes to end the transaction in light of the damage done to the property, or if the seller refuses to repair the roof prior to possession, contact a lawyer for legal advice.

"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.

Cannabis and Pregnancy

Now that cannabis is legal in Canada, pregnant and breastfeeding women or those that might become pregnant need information on how to make healthy decisions for themselves and their baby.

Throughout pregnancy, a baby's quickly developing brain is very sensitive to harmful environments. Things that can harm a baby's brain include certain illnesses, and being exposed to chemicals like alcohol, tobacco, tobacco-like products, cannabis (marijuana, hashish, hash oil) and other drugs. Because of this, pregnant women should not use cannabis in any form (marijuana, hashish, hash oil) because the mother and the baby's health can be affected. Using cannabis while breastfeeding is also not advised as it is passed into breastmilk and stored there, and could affect a baby's developing brain.

Tetrahydrocannabinol (THC) is the main active chemical in the cannabis plant that gives people who use it a 'high'. THC affects areas of the brain that control memory,

concentration, and coordination. Cannabidiol (CBD) is an active chemical in the cannabis plant that's used for medicinal purposes. The levels of THC and CBD vary depending on the plant strain used, but all forms of cannabis have health risks. Using cannabis may also cause other side-effects. It can:

- impair your short-term memory
- cause you to make poor decisions and affect your ability to care for your child
- affect your coordination
- increase anxiety or paranoid thoughts
- increase your heart rate

During pregnancy, the placenta and umbilical cord connect mother and baby. Even though cannabis comes from a plant, there are toxins and chemicals in cannabis that can pass through the placenta to a developing baby and may affect their health and development. Developing babies exposed to cannabis are at higher risk for low birth weight, which is associated with health problems later in life. After they're born they might not

be able to self-soothe and may have problems with sleep. There may also be long-term effects such as:

- abnormal brain development
- slower growth
- learning disabilities and behaviour concerns

Until more is known about the short- and long-term effects of cannabis, it's safest to avoid using cannabis while pregnant or breastfeeding. Talk with your health care provider for information on cutting down and quitting if you're using cannabis. If you are having issues with nausea, appetite changes or mood, talk with your health care provider about safe ways to manage these symptoms.

AHS has a wealth of resources already developed and more that were recently created about the use of cannabis during pregnancy and breastfeeding on both our drugsafe.ca website and through our Healthy Parents, Healthy Children resources.

If you use cannabis for medical reasons,

talk with your health care provider about finding a safer alternative while pregnant or breastfeeding.

To learn more about cannabis and other drugs, and cutting back and quitting, call the Addiction Helpline available 24/7 toll-free at 1-866-332-2322, or visit HealthyParentsHealthyChildren.ca

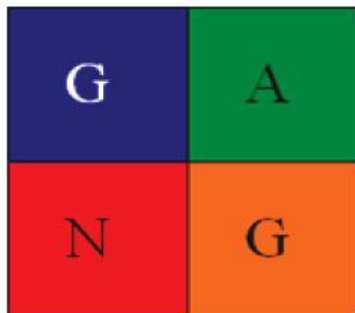


Art & Design Market

Come and buy art and decorating items, learn how to make old items look new and chat with an Interior Designer about the latest trends.

Saturday, March 9 from 10 to 4
Southminster Steinhauer
United Church
10740 - 19 Avenue NW

All proceeds go to support the Grandmothers and orphans in Africa through the Stephen Lewis Foundation.



The Grandmothers of Alberta for
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www.edmgrandmothers.org
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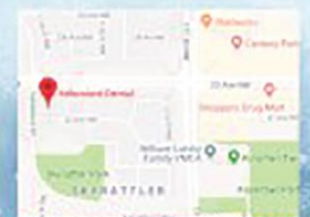


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BOARD CONTACTS

President: Michael Karpow
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

Communications: Emily Weisbrot
editor@yellowbirdcl.com

THANK YOU CASINO VOLUNTEERS !

Barbara V., Michael K., Honesto S., Graeson K., Jeff H., Mary H., Susan T., Gloria M., Cheryl F., Ron P., Julie H., Rebecca Y., Melissa N., Beth O., David C., Melanie N., Penelope C., Bob M., Cheryl R., Carol G., Mike M., Rick M., Melanie G., Roger L., Nolan R., Helen W., Jane S., Corrine P., Brian N., Nazar L., Khrystyna H., Gosia S-A., Christina F., Jay J., Darci R-T., Tenisha L., Darin J., Karen H., Jamson C.

Thank you so much for generously giving of your time to volunteer at our Casino Fundraising Event January 19th & January 20th. Your commitment and participation made it a great success.

Sincerely,

Cheryl K.
Casino Director | Yellowbird East Community League

Outdoor Soccer Registration Dates

Yellowbird Community League Outdoor Soccer Registration is open until March 1st.
Register first at: www.emsasoccerportal.com

Then attend a community registration session at:

Yellowbird Community Hall
10710 – 19 Avenue NW

February 17th, 2 pm- 5 pm
or

February 18th, 7 pm – 9 pm

Proof of age and resident is required.

Contact the Soccer director at yellowbird.soccer@gmail.com immediately if you miss the registration sessions.

See yellowbirdcl.com for more details.

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

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!

Yellowbird Skate Shack Hours

The skate shack will be open from 5:00 pm-9:00 pm Tuesday - Friday and from 12:00 pm-5:00 pm on Saturdays and Sundays. It will be closed if the weather is below -20 with the wind-chill. The lights go off at 10:00 pm each night. Heavy snow falls may take up to 48 hours to clear. Happy Skating!

Hall Rental

YECL offers a bright window lit hall with an adjoining kitchen, bar and outdoor patio. Folding chairs and 5-ft circular tables are available for use.

10710 - 19 Avenue NW

Friday, Saturday, Sunday

Non-members \$500 per day/\$75 per hour

Members \$450 per day/\$60 per hour

Deposit: same as fee

A multi-purpose room or furnished board room may be rented separately for smaller groups. Please call Connie at 780-438-1318 or email office@yellowbirdcl.com for more information.

YECL Board Contacts

President: 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>

10 Together - Your Wellness. Your Alberta.



This year marks AHS' 10th anniversary and we want to celebrate by partnering with you on your health and wellness journey.

You are invited to join our family of active and engaged Albertans, also known as the 'AHS Fit Fam'. This doesn't just mean physical activity — although that's a part of it. It could also mean taking time to meditate, having coffee with a friend, or volunteering in your community. There are a number of ways to get active and en-

gaged to improve overall physical, mental and social well-being for yourself and your Alberta. Join our family and encourage others by sharing photos, videos and stories of how you're improving wellness for yourself and your community using #AHSFitFam on your social networks.

Not sure where to start? Visit your local recreation centre, community association or other community groups for more wellness opportunities. Learn more about our wellness initiatives at ahs.ca/FitFam.



Introducing HealthTab

An empowering new way to measure, monitor and improve your health with a simple finger prick blood test.

The HealthTab analysis takes less than 15 minutes and provides lab accurate results for up to 21 key health markers. Whether you're striving to live a healthier lifestyle or manage an existing condition, HealthTab provides the numbers everyone should know.

Call today to make your appointment.

50% off HealthTab Testing*

February is Heart Health Month. Visit our pharmacist and let us determine your cardiovascular risk with a blood pressure test and HealthTab analysis.

*Valid February 1-28, 2019 only at Bearspaw Remedy'sRx Pharmacy. One analysis per customer. Some exceptions may apply; please contact the store for more details.

1929 105th Street NW
780-485-8195 www.remedys.ca

MP YOUTH LEADERSHIP AWARD

The MP Youth Leadership Award for 2019 is open to outstanding young leaders in your schools in one of two categories: Grades 7-9 and Grades 10-12.

The MP Youth Leadership Award is an opportunity to recognize students in Edmonton Riverbend who have shown outstanding leadership in their school or community, and to award their achievement.

To nominate an outstanding young leader in your school, please visit my website or contact my office.

MATT JENEROUX^{MP}
EDMONTON RIVERBEND

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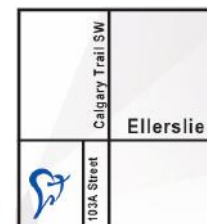
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