

COMMUNITY VIEWS

Serving the community leagues of Twin Brooks & Yellowbird



June/July 2019

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

Yellowbird Community Garage Sale Day



Saturday June 8
9am-3pm

This is a day for you to hold your own garage sale, on your own lawn or driveway or garage. We'll advertise online and post signs directing traffic into the neighbourhood. Inside the neighbourhood, you can post your own signs directing people to your house, and wait for the customers to come by!

Lunchroom Workers Needed



Do you love working with kids? George P. Nicholson is looking for Lunchroom Workers for the 2019/2020 School Year. Hours of work are 11:05 am to 12:25 pm on school days. If you are interested, please come by the school office and pick up an application form. If you have questions, please feel free to e-mail our Lunchroom Coordinator at kelly.casault@epsb.ca.

Don't delay...we only have a few positions to fill!

Twin Brooks and Summer

The countdown is on, 30 days and counting until the final bell has rung, last day of school summer has officially begun. I don't know about you but this is my favourite time of the year. Maybe because there is no morning wake up time, there are no lunches to be made (only to be found rotting at the bottom of the back pack) No more checking the agendas and homework, or calendars that are full with no room to add one more thing. Aahh the lazy days of summer.

Looking for things to do this summer well let me just say that I am super excited that The City of Edmonton has yet again waived the admission cost for all city run outdoor pools. Just like it was when I was a kid free and open for the many to enjoy. When enjoying the pools this summer be mindful and clean up after yourselves and if you have a little one that is not potty trained please put them in a little swimmer, I'm sure they are available for purchase and it's the responsible thing to do. Poop in the pool is not fun for anyone and it delays our fun time.

Edmonton is not just a winter city you know! So many great things to do in the summer with longer days Edmonton becomes a city buzzing with activity and energy as people make the most of it before it gets cold and dark again. I'm always so excited about what summer brings, picnics in the park, camping, even if it's in your own backyard. The kids love it and smores too! Festivals, Tastings, Concerts, Movies In The Park, The Fringe, Art Walk, the never ending list of activities it just keeps going and going and going....

The Twin Brooks Community League Board will be breaking for the summer and returning back in September. October AGM information to be posted in the Fall Edition of Community Views stay tuned for all the details. A special shout out to the



Board of Directors engaging the community, keeping it vibrant, active and making it a great place to live. To all the other volunteers that turn up event after event, actively contributing and tirelessly working to engage the community, building relationships and creating life long meaningful relationships and partnerships. Continue to visit the website and Facebook for community

news and activities. One last thing, if you are looking for an opportunity to advertise your business and or services, please contact Calder Publications via email at info@communityleagueneews.com.

Happy summer everyone, stay safe and have a blast!!!

Natasha Mitrovic

Twin Brooks Community League

Community Safety

The Edmonton Police Service (EPS) highly encourage citizens to report all suspicious activities and crimes as crime statistics will allow EPS to better allocate policing resources.

Citizens can report certain crimes online at the EPS website www.edmontonpolice.ca/reportacrimeonline

Reportable crimes include Damage/Mis-

chief to Property, Damage/Mischief to Vehicle, Lost Property, Theft under \$5000, and Theft from Vehicle under \$5,000, and Theft under \$5000.

For other types of crimes, call 9-1-1 for an emergency or a crime in progress. For non-emergencies, please visit a police station,



enter #377 from a mobile device or call 780-423-4567 from a landline.

EPS Mobile App

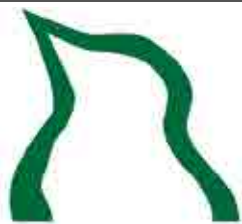
Access everything for the Edmonton Police Service in just a single app on your mobile device. And more!

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Stay connected: Easy access to EPS' Facebook, Twitter, YouTube, Instagram, and Pinterest accounts.

Stay informed: Direct route to EPS' media releases, alerts, and crime files.

Stay safe: Report a crime online, locate the station nearest you, and get through the stress of a collision with our handy collision tips. And more!



TWIN BROOKS Community League

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

Program Guides



The following City of Edmonton's program guides are available online at www.edmonton.ca/programguides

Summer in the City (July-September 2019) These guides showcase Arts, Culture, History and Nature at City of Edmonton attractions.

Rec Centres Summer Guide (July-August 2019) Fitness classes, swimming lessons, programs, daycamps, pool schedules, and facility information at City recreation centres.

Summer Day Camps Guide (Summer 2019) Your guide to day camps at City of Edmonton facilities and in your neighbourhood.

Recreation Opportunities for People with Disabilities (2018-2019) Recreation and leisure opportunities for people with special needs at locations across the city.

Become a YEGarden Suites Member

Travis and I founded YEGarden Suites 2 years ago and have been blown away by the support and interest generated around Garden Suites. We are now making a go of this as our full-time gig, and we are not paid by the City of Edmonton! Thanks for asking ;)

This is our passion project and we are committed to growing YEGarden Suites, but everyone knows that gardens need a little bit of love and sunshine to thrive. With this understanding, we have decided to open up our Class B (non-voting) Memberships to interested Edmontonians. Members will have the following benefits, and will contribute to our continued existence as an advocacy and education-based non-profit.

- One 30 minute 1 on 1 consult with YEGarden Suites (starting end of July, contact us to schedule).

- Members receive discount on event tickets

- Online Copy of brand new Garden Suite Look Book (includes photos of Edmonton Suites with stories). Print copies may be available based on demand.

- Stay informed on current issues & changes to Edmonton's garden suite regulations

Ability to work through YEGarden Suites to inform council and administration about policy amendments that help reduce barriers to garden suites & other forms of infill in Edmonton

Ashley Salvador

President, YEGarden Suites

780-722-5699 | ashley@yegarden-suites.com

www.YEGardenSuites.ca

Save the Date

Volunteer Appreciation previously scheduled for May 25th has been moved to June 22, 2019

- Twin Brooks Community Soccer Wind

Up Party June 23, 2019

- Fall BBQ September 7, 2019

- Community Green Shack July 2 - August 22

Message from Susana Szabo The Hidden Garden



The park is supposed to be maintained by the people in the neighborhood for their own enjoyment and pleasure. It is a blessing to be able to say that it belongs to us, it is part of our home environment. We are proud of it. So let's get together and take care of it.

There is also an opportunity to get a free membership at the Horticultural Society and attend events for free, such as expos, seminars organized by them for as little as 10 hrs per year volunteering in maintaining our environment healthy, whichever way that might be.

Hoping to see some of you or all of you at the park. Thank you and wishing you a wonderful gardening season.

City Services & General Information



Visit www.edmonton.ca/311 or call 311 for information and access to City of Edmonton programs and services such as:

- Inspections, licenses, permits
- Comments, commendations, bylaw complaints

- Roadway & waste management information

- Program registrations and bookings

- Transit information

311 agents are available 24 hours a day, every day.

To access city services in person, the Edmonton Service Centre is a one-stop shop. It is located on the 2nd floor of Edmonton Tower, 10111 104 Avenue across from Rogers Place. Residents and businesses will no longer need to visit various downtown City offices to pay taxes, obtain bus passes and business licences, review engineering and architectural drawings with City specialists, or do other business with the City. The operating hours are 8am-4:30pm Monday to Friday. The centre is closed on weekends and statutory holidays.

Host Families Wanted



The English Language School at the University of Alberta welcomes groups of students from international universities during the summer. The groups arrive at various times between June and September. The students usually stay with a host family from one week up to a month.

Students are at least 18 years-old and will be using public transportation to get to campus. Students attend classes Monday to Friday. Host families receive an honorarium of \$850 per month (or \$28 per night).

Open your home to an international student this summer and enjoy a cross-cultural exchange that will provide lasting memories for your family. For more information on becoming a host family this summer, contact Trudy Stevens, at trudy.stevens@ualberta.ca or by phone at 780.492.0071

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Community Safety

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Reportable crimes include Damage/Mischief to Property, Damage/Mischief to Vehicle, Lost Property, Theft under \$5000, and Theft from Vehicle under \$5,000.

For other crimes, call 9-1-1 for an emergency or a crime in progress. For non-emergencies, visit a police station, enter #377 from a mobile device or call 780-423-4567 from a landline. EPS Mobile App Access everything for EPS in just a single app on your mobile device. And more!

Living well with Type 2 diabetes

Picture a sailor dying of thirst while surrounded by the sea. In a body with unchecked diabetes, every cell suffers a similar fate.

“Cells need sugar,” says Leta Philp, a diabetes educator with the Diabetes, Obesity, and Nutrition Strategic Clinical Network at Alberta Health Services. “Insulin is like a little key that opens up cell doors to let sugar in. When you have Type 2 diabetes, the pancreas doesn’t produce enough insulin, or the cell doors resist opening, or both. Cells starve even though sugar is available in the surrounding blood.”

Rates of Type 2 diabetes are rising faster in Alberta than anywhere else in Canada. More than 300,000 Albertans have the disease, and it tends to get worse. “It’s like driving a car in the wrong gear,” says Tracy Kwasny, diabetes educator with the Alberta Healthy Living Program in Lethbridge. “There will be extra wear and tear. But by working with your healthcare team, monitoring your health and keeping blood sugar levels in check, it’s possible to stay healthy for years.”

Here are tips for catching Type 2 diabetes early—and for living well with it.

Know the signs

Common signs include frequent urination, thirst and/or hunger. Other signs include weight loss, a dry mouth, urinary tract infections, blurry vision and numbness or tingling in fingers and toes. Experts recommend an annual check for elevated blood sugar after age 40, when the risk of developing diabetes rises.

Gauge your risk

Older people with a family history of the disease and/or non-Caucasian roots are at higher risk of having Type 2 diabetes. So are women who had gestational diabetes while pregnant. Other risks include being overweight, obese and/or inactive.

Live healthy

A healthy diet and active lifestyle become doubly important.

Find meal planning, exercise and medication that work for you. The Alberta Healthy Living Program, Primary Care Networks, your pharmacist and your fam-

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ily doctor can help.

Set S.M.A.R.T. goals—specific, measurable, attainable, relevant and timely. “Experts recommend 30 minutes of exercise at least five days a week, plus resistance exercise two to three times a week.”

Eat regularly spaced, balanced meals with lots of vegetables and fibre, some

protein and healthy fat, complex carbohydrates and very little added sugar. Avoid fruit juice, pop and sport drinks.

And if you overindulge on a special occasion? Go for a walk, Kwasny says. “Exercise does great things to lower blood sugar by firing up the muscles so they accept insulin better.”

Monitor your health

Besides blood sugar, watch for elevated blood pressure, escalating anxiety, reduced kidney function, increased cholesterol and nerve damage in eyes and feet. Schedule appointments at least once a year with your family physician and foot and eye specialists.

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2019 Summer Camp Programs

• **July 21-24** LIT Girls
age 12 and up. Fee: \$216

• **July 28-31** Junior Girls
age 8-12. Fee: \$216

• **Aug 18-22** Teen Girls
12 and up. Fee: \$288

• **Aug 6-11** Mom and Co-ed Kids
\$72 adults, \$42 kids, per night

• **July 13-14** Anniversary Weekend
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yellowbird & East Community League

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

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.

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.

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.



Make-and-Take a Herb Pot



Celebrate Garden Days at the Yellowbird Community Garden!

FREE family-friendly event

Saturday June 22

10am-noon

At the gazebo in front of Yellowbird Hall (10710 19Ave NW)

Come and pick out a herb and a pot, plant it and take it home. Meet our gardeners and see what our community garden is all about while you're here.

FREE DROP-IN SUMMER GREEN SHACK



Edmonton

LOCATION	DATES	DAYS	TIMES
Retrowin 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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Ask Charles

I saw on the news that fraudsters are being charged with unlicensed real estate trading. Why do you need a licence to buy or sell property?

First things first. You don't need a licence to buy or sell property; consumers are always free to buy or sell their own property. When you need a licence, though, is when you're helping someone else buy or sell property.

The individuals you've seen in the news are people who are not licensed as real estate professionals, who say they will help consumers buy and sell property, but instead, they are actually participating in various fraud schemes. That's why they're in the news.

Still, unlicensed trading in real estate remains a serious issue and not just because of the fraud that sometimes results. Under the Real Estate Act of Alberta, anyone trading in real estate, dealing in mortgages, performing real estate appraisals, or providing property management services requires a licence from the Real Estate Council of Alberta (RECA). It's the law.

Buying a home is one of the largest financial commitments most people will ever make. Why would you want to trust that

transaction with someone who doesn't have education, experience, and a regulatory body behind them?

When you hire a licensed real estate professional, you can trust they've completed pre-licensing education, their background has been reviewed, they carry errors and omissions insurance, they're required to complete ongoing education, and you can feel confident that a regulatory body will hold them accountable for their actions. All real estate licensees are required to carry errors and omissions insurance, and there's a Consumer Protection Fund available in the very rare event a consumer suffers a financial loss as a result of fraud, breach of trust, or a failure to disburse or account for money held in trust by an industry member.

Think about it, you don't want people driving on the road who don't have a driver's licence, right? If someone has a driver's licence, it means they passed a competency test, and there's an unwritten agreement that they'll follow the rules of the road. If they don't, they can be fined or even lose their licence. The same thing applies to licensed real estate professionals. If they violate the rules, RECA has the authority to discipline them, which can in-



clude licence suspension or cancellation.

When someone doesn't have a real estate licence, and represents a consumer in a real estate deal, the consumer has no assurances that the person has knowledge or training, and there's nowhere to go – other than Court – if something goes wrong.

"Ask Charles" is a question and answer column by Charles Stevenson, Regis-

trar 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.

Ask Charles

I'm in a time crunch and need to purchase a property fast. I've made an offer that expires in the extreme short-term, but the seller's agent refuses to take it to the seller, saying the seller wants to consider all offers at a later date. Is this allowed?

Yes. The seller controls how they want to consider offers. If they instructed their agent to hold off on presenting offers until a certain date or time, then the agent is obligated to follow that instruction.

There is nothing stopping your agent from asking the seller's agent to talk with the seller and see if they'll make an exception, but if they decide to not review your offer until the date they set, there is nothing you can do about it.

Everything is up to the seller.

We'd like to think that in such a situation the seller's agent discussed the pros and cons of such a strategy with their client. But, if knowing those pros and cons, the seller still wants to proceed with holding off, it's their choice.

When sellers wait to consider all offers at the same time, it's usually in a hot seller's market where there is a higher likelihood of multiple offers. This has been common in Toronto and Vancouver, but it's less common right now (especially in Alberta.)

In a hot seller's market, when a buyer swoops in with an offer they want seen before the seller's offer date, this is called a "bully offer." If you ask the seller's agent to ask the seller to review and consider your offer early, this could still spark the multiple offer situation the buyer with the bully offer was trying to avoid.

The seller's agent will likely suggest to the seller that they tell other buyers who showed interest in the property that a bully offer has

come in. This may lead to other interested buyers immediately putting in their own offers to compete with it.

Unfortunately, the sellers may not review your offer on time or, they may review it, but not accept it. If you are in a rush to buy, it's a good idea to make sure the first offer you put in is your best one, and have some back-up properties in mind just in case the offer isn't accepted or looked at within your timeframe.

"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.



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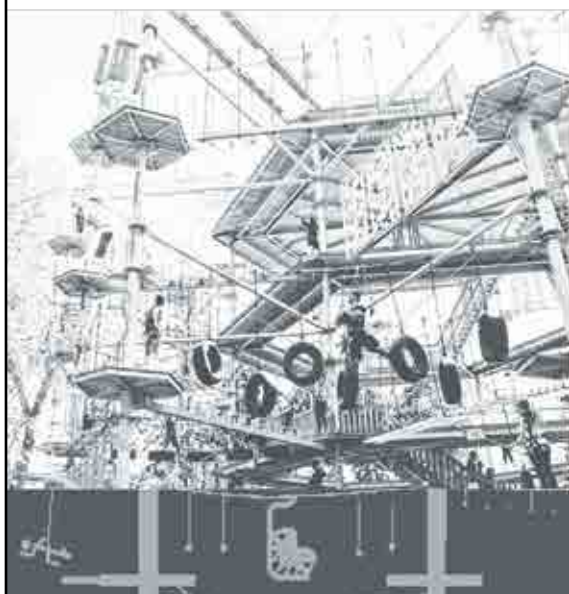
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ALL SUMMER Thirsty Thursdays ^{\$25} on the Chateau Patio

When you finish your adventure, relax on a one-of-a-kind patio designed by the Chateau Lighting team (now under new ownership!). At the top of the Aerial Park, surrounded by nature, the Chateau Patio is an experience that over-looks Whitemud Park! Taste products from amazing local breweries, socialize, enjoy a BBQ, and kick your feet up! This is an adult only event from 6pm to 9pm.

AUGUST Aerial Park Avenger

August is Aerial Park Avenger month! Attempt to complete obstacle course levels increasing in difficulty. Your name and best time will be recorded for other visitors to beat. Winners will receive a prize (and bragging rights) at the end of each week.

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