

COMMUNITY VIEWS

Serving the community leagues of Twin Brooks & Yellowbird

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



April/May 2019

Yellowbird Community Garden



Spring is here! Our garden will be starting up again right away. To apply for a plot, or if you are interested in helping with this year's garden projects, contact garden@yellowbirdcl.com.

Yellowbird Community Garage Sale Day

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!

The Community Garage Sale will take place in early June. Watch our website and facebook page for an announcement and exact date.



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 attend-

ing 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 SIF Program

*Come & Join us
Activity for All Ages*

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

Weekly SIF Program

Location: Community Hall (11341 12 Ave NW)

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

Monthly Activity

Location: Community Hall (11341 12 Ave NW)

- All Things Garden Share & Swap, March 31st 2-5 pm
- Venezuelan Benefit Concert, April 14, 2-5 pm
- Open Air Concert: The Spirit of Volunteering, May 25, 2-5pm
- Declutter Garage Sale, June 9, 11am-5pm
- SIF Open House, August 11, 2-5 pm

Family Games Night

School day Fridays, 6:30-9:00pm

*Location: 1120 113 St NW
(school library)*



MEN'S SHED

BIWEEKLY THURSDAY, 7:00-9:00pm,
April 4, 18, May 2, 16, 30, Jun 13 etc.
Location: Bogani Café, 2023 111 St NW



For more details: www.twinbrooks.ca

Join the board!

Have you ever wondered who plans our amazing events? Or who makes sure we have ice to skate on every winter? Or who runs the Facebook page? Join our board of fun-loving directors and meet the people who work to keep our neighbourhood vibrant! Meetings happen on the second Tuesday of each month, 7pm, at Yellowbird Hall. Send us an email at editor@yellowbirdcl.com if you have any questions.

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.



TWIN BROOKS Community League

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

Community Corner

Happy Spring Everyone! Daylight savings time yay! The days are getting longer, summer solstice here we come :) Remember when it gets hot out there, it too shall pass and it won't be long before we are bundled up again so let's enjoy the sunny long days ahead of us. Record breaking February, not with precipitation but temperatures, the deep freeze of 2019, I thought it would never end! That being said, when we hit the rewmwcod heat temperatures this summer remember February of 2019...

We have a lot of great things happening in our community and in our great city! Check out our website and facebook page for community events and opportunities to get out, get involved and meet new people. Our community centre is filling up fast with bookings so if you are interested in hosting an event, a wedding, a birthday party, an engagement or a summer get together please visit our website for more details or contact Shauna Nichols our Rental/Facilities Director at facilities@twinbrooks.ca.

Do you have a valid community membership? Need to renew it? Visit our website for all the details and benefits of membership. A household is 50.00, includes all household members, have a big family this is the best value. Single and Senior memberships are 30.00. Need more information please contact Kelly Casault our Membership Director at memberships@twinbrooks.ca.

"...So many people in Twin Brooks benefit from this beautiful park as they use the walking trails that pass by it. It was made possible by donations raised at events such as the annual Twin Brooks Community BBQ, and by the many hours of volunteer work....."

We often take things for granted, when we see lovely things that make our community vibrant, we don't give it a second thought and when we no longer see the beauty in our neighbourhood that's when it gets attention. The beauty surrounding our

neighbourhood doesn't just happen. There is always someone behind the scenes working tirelessly to bring to life, a landscape, a project, an activity, a gathering etc. These individuals are volunteers giving back to their community and residents within it, not to be noticed or appreciated but, because of the personal fulfilment it gives to them. Did you know that we have a Hidden Garden in Twin Brooks? It's called the Hidden Brooks Park. Yes this garden has been looked after by a long time resident Bea for the last 17 years. We have a new volunteer that I would like to introduce to you Susana Szabo. She is a passionate Twin Brooks Resident that has raised her hand and said I want to look after this space but I need your help. This is what she shared with us at our recent board meeting.

"I have already seeded some annual flowers (petunias, marigolds, forget me not, pansies) and I will have a couple of dozen perennial plants available to plant (hostas, irises, ferns...)

Since the park needs rejuvenation, there are going to be a few things I would not be able to cover from my own pocket: such as the cost of the dirt/compost for rebuilding the flowerbeds and transportation. Finding a solution for watering is another issue... purchasing a small water tank could be the solution.

I would manage the rest myself, including finding volunteers to help if necessary.

I have a little education in horticulture and some understanding in planning, budgeting and project management. In case there is going to be interest in keeping and maintaining the park, despite the need for a minimal to moderate financial investment, I would be willing and happy to commit and invest my resources, time, joyful work, and personal connections in the community for occasional labor. I can share all I know about the present state of the garden, the basic necessities, requirements based on my experience,



assessment, realistic and attainable simple plans. I am knowledgeable caring for perennials, biennials, annuals, shrubs or trees., but unless the above are not addressed, it would be nearly impossible to have and maintain a garden.

I also can provide a large number of plants, since I do propagate them and grow them from seeds myself." Bravo Susana, thank you for bringing this to our attention. Your passion is contagious and your commitment to the community and our communal space is admirable.

Projects like Susana's requires some capital investment and those funds have to come from somewhere. Community Leagues are non for profit organizations and we have Casinos that we participate in to help fund our projects but there are parameters that restrict where that money can be spent and how it is used. Just ask our Treasurer Irma Cooper who is an amazing keeper of all our books. This is where our Operating Grant comes into play. This is a grant that we apply for on an annual basis. The funds used from our Operating Grant allows us to run and maintain our facility but more importantly it allows us to fund community projects just like Susana's.

Did you know that the Municipal Census and the Community Operating Grants we apply for are directly related to the Census, so this year please take the time to fill out the

short 3 question survey so that we can get the maximum benefit available for our community. Your household head count matters to our Community as a whole and to volunteers like Susana that want to do the work but need some Community and Financial support to get it going and then maintaining. Please complete your Municipal Census Questionnaire.

"Many social profits are funded on a population basis; these organizations also use the data for operational and long-term planning in addition to securing funding opportunities."

"The City uses census data to plan for public services and infrastructure such as schools, roads, recreational facilities, fire and police services, and libraries. Basing planning decisions on recently updated demographics results in more appropriate use of revenue and resources." City of Edmonton Census Website

You can complete the short 3 question survey on line. You will receive a pin in the mail starting the first week of April and all you need to do is visit the city website https://www.edmonton.ca/city_government/municipal-census.aspx

Upcoming events, we want you to be there, so please Save The Date

May 25, 2019 Volunteer Appreciation dates and time to be posted on Facebook and Website.

June 23, 2019 Twin Brooks Soccer Wind Up Party.

September 8, 2019 Twin Brooks Annual Fall Fest.

Everyone matters and so does your say so please take a minute to reflect on what you are doing today and what matters to you, chances are it matters to others too and together we make a difference. Engage, it just takes one step!

Natasha Mitrovic
Communications Director
Twin Brooks Community League

Message from Program Director Alice Ou

Dear Twin Brooks and neighbouring residents, as the program director of Twin Brooks Community League, I would like to invite you and/or your families to join our following programs.

You are welcome to contact me (Email: programs@twinbrooks.ca) if you would like to share your ideas in our community's future program development, or would like to co-sponsor a program in our community centre.

Proud to serve the community.
Alice Ou, Program Director

1. Adult's Yoga and Meditation Class - Mondays, April 8 to June 10, 10:00-11:00am.

2. Emergency First Aid Course - Friday, April 26, 9:00am-5:00pm (Certificate valid for 3 years).

3. Electrified: Power-up-the-World, an Engineering For Kid program - Mondays, April 29-June 3rd, 3:30-5:00pm.

For more information, please visit <http://www.twinbrooks.ca>; to register a program, please go to <https://goo.gl/forms/ErDuhUZ4Gemm29Ex2>

Twin Brooks Community League

Presents

EMERGENCY FIRST AID CPR/AED TRAINING Level "C"

Course Content

Basic one-day course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

- Preparing to respond
- The EMS system
- Check, Call, Care
- Airway emergencies
- Breathing and Circulation emergencies
- First aid for respiratory and cardiac arrest
- Wound care
- Use of barrier devices
- Use of AED

WHERE: Twin Brooks Community Hall (11341 12 Ave. NW, Edmonton, AB)

WHEN: Friday April 26th 2019, 9:00am – 5:00pm

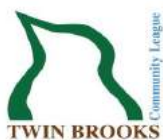
COST: \$110/per for community members, \$115/per for non-members

TO BRING: A packed lunch, water/juice, snacks, comfortable clothing

For more information contact: programs@twinbrooks.ca

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

Registration Deadline: April 22nd 2019; Space Limit: 20



Training Provided by
4 Points Safety & Training Inc.

www.4PointsSafety.com



ADULTS YOGA AND MEDITATION

by Seema Harjani

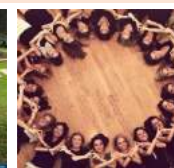
Mondays, 10:00am to 11:00 am, April 8 - June 10, 2019

(No class on April 22 & May 20 long weekends)

Beginners Yoga 8-week Series Sponsored by

Twin Brooks Community League

Address: 11341-12 Ave NW, Edmonton



Cost: \$75.00/per for community members, \$80.00/per for non-members
Bring: Yoga Mat, Water Bottle, and Socks

Connect, Poses, Yoga Games and Quiet Time

Vision towards life - Learn yoga poses in a fun environment:

- Find the happiness within, love yourself and love everyone around.
- Correctly do poses (Asanas), effect of each pose on your body, Asana as a Yoga Therapy.
- Eye gazing technique helping to stay away from STRESS and stay POSITIVE in every situation.
- Learn some acrobatic yoga, yoga gym workouts, partner poses.
- Breathing techniques, Kriyas like Jal Neti, Basic Meditation techniques.

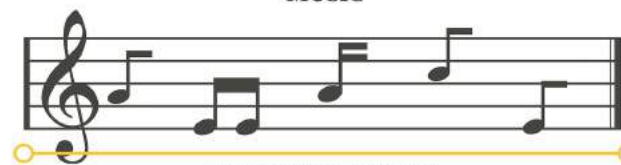
For more information contact: programs@twinbrooks.ca

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

Registration Deadline: April 2nd 2019; Limit space: 15

I am VENEZUELAN BENEFIT CONCERT

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PERFORMANCES BY
Convivencia Canadá
Duo Ricercatore

David Grainger Brown - Classical Guitar
Rock Laroche - Flute

April 14, 2019 • 3:00-5:00 PM
(Doors open @ 2:00pm)

Twin Brooks Community League
11341 12 Ave NW Edmonton

DONATION

\$20 ADULTS - \$15 SENIORS (65+) - \$10 KIDS (12 & UNDER)
INFORMATION (780) 982-2028

Proceeds go to Foundation I am Venezuela-Humanitarian Aid Edmonton



Instagram @IamVenezuelaEdmonton





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Edmonton's Annual Garage Sale

Saturday, April 27 9 a.m. - 3 p.m.

Offering: books, china, glassware, household goods, linens, attic treasures, children's toys, electronics, sporting goods, office and garden items, seasonal decorations, baked goods, and our featured women's wear boutique!



SSUC EDMONTON
10740-19 AVENUE NW

Program Guides

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

Spring in the City (April-June 2019) These guides showcase Arts, Culture, History and Nature at City of Edmonton attractions.

Rec Centres Spring Guide (April-June 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.

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/Mischief 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 has developed the Neighborhood Crime Mapping Website for the public to view crime in neighbourhoods across the city. <http://crimemapping.edmontonpolice.ca/>

By accessing this timely information on reported crime, you will be able to know what is happening in your neighbourhood. By knowing what is going on, we can work together to reduce and prevent crime.

For more information about community policing, visit www.edmontonpolice.ca/communitypolicing.aspx

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.

Community League Wellness Program

By becoming a member of your Community League, you have demonstrated your commitment to your community. To honour your commitment and support your families' health and well-being, the Edmonton Federation of Community Leagues has teamed up with the City of Edmonton to form the Community League Wellness Program. Current Community League members receive admission incentives to enjoy the City's world-class sports and recreation facilities.

Present your valid Edmonton Community League membership card, showing expiry date (payment receipts will not be accepted) at any one of the City of Edmonton's sports and fitness facilities. Choose from the following Community League Wellness Products:

Annual Pass*- 20% discount on Adult, Family, Child, and Youth/Senior Annual Passes

Multi Admission Pass*- 15% discount on our already discounted multi admission pass (5+ visits)

Continuous Monthly Pass - 20% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program.

Community league members who purchase one of the above passes will be issued a photo access card to be swiped at each admission.

* Applies to new purchases only.

Facilities and amenities include swimming pools, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton and tennis courts, indoor running tracks, gymnasiums, cafeterias and pro shops. Hours of operation are from 5:30 a.m. to midnight (hours vary according to facility). For more information, please call 311 or visit <http://www.edmonton.ca/wellness>

KIDS YOGA

by Seema Harjani

Wednesdays 3:30-4:30pm, March 20 – May 01 2019

(No class on March 27 due to Spring Break)

6 Sessions Workshop Sponsored by

Twin Brooks Community League

Address: 11341-12 Ave NW, Edmonton



For: AGES 6-12

Cost: \$70.00/per for community members, \$75.00/per for non-members

Bring: Yoga Mat, Water Bottle, and Socks

Join us for a 6-sessions Kid-centric yoga class! These classes are designed for the young yogis to learn and have fun. Sessions will include yoga games, mindfulness activities, eye gazing (Tratak), Yoga Acrobatic, Yoga Gym, breathing exercises, meditation and yoga postures.



For more information contact: programs@twinbrooks.ca

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

Registration Deadline: March 15 2019; Limit space: 15

ELECTRICAL ENGINEERING ELECTRIFIED Power up the world



A 5-week program to introduce the concepts of circuit design and building through various hands-on activities. Students will walk away with exciting take home builds, and in-depth knowledge on basic circuits.

MONDAY 3:30 - 5:00 PM

(April 29 – June 03 2019, except May 20, Easter Monday)

Students will:

- Test a variety of materials to discover their electrical properties and electric circuits.
- Build a car-like model that levitates using magnets.
- Have a firm understanding of how an electrical circuit works, by building their own flash lights.
- Learn how to transform wind energy into electricity.



FOR: Ages 7-14

WHERE: Twin Brooks Community Hall, 11341-12 Ave NW

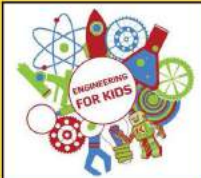
COST: \$120/per for community members, \$125/per for non-members

For more information contact: programs@twinbrooks.ca
To REGISTER go online: <https://goo.gl/forms/ErDuhUZ4Gemm29Ex2>
Registration Deadline: April 23 2019; Space limit: 14



Program Sponsored by
Twin Brooks Community League

Training Provided by
Engineering for Kids
engineeringforkids.com/edmonton



Benefits of Composting



According to Environment Canada, biodegradable materials, such as food waste, make up around 40 per cent of all residential waste in Canada. As we continue to place an increasingly higher importance on sustainability and living in an environmentally conscious way, there are a number of simple steps we can take to decrease our impact.

One of the simplest things we can do is reduce the amount of waste that gets picked up, hauled to transfer stations, processed and taken to landfills and composting facilities. When individuals make a small effort to separate organic matter, it opens up room for the City to develop a better system that can more efficiently divert and handle our waste.

Composting is actually quite a simple,

straightforward process. Instead of dropping your kitchen scraps into the trash with the rest of your household waste, collect them in a separate container and transfer them to a compost bin that you tend to every so often. If done right you won't notice an odour, and it requires minimal investment of time and money on your behalf. Some neighbourhoods even have compost collection stations in their community gardens you can add to.

This minor change can not only reduce the burden on the City's waste system and positively impact the environment, it has the potential to save the City millions of dollars that can be used for other vital programs. In an effort to make composting as easy as possible the City has a number of online resources at

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edmonton.ca/composting that describe how to start, what you can and can't compost and tips to ensure success.

The City also offers hands-on workshops where you can learn everything you need to know about composting. Should you need some help along the way, we've gathered a team of Master Composter

Recycler volunteers who have extensive training and are passionate about waste reduction, sustainability and composting. Master Composter Recyclers are reliable and friendly Edmontonians who are excited

about helping others with composting and waste reduction.

When we look at the big picture it is simple to see how a few small changes in each of our households could result in an impressive shift for our city. By rerouting 30 to 40 per cent of our organic waste away from our landfills we can save money, add life to our community gardens and build a more sustainable future.

Please feel free to contact me anytime at ben.henderson@edmonton.ca or by telephone at 780-496-8146.

Follow me on Twitter@ben_hen

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F: 780-485-1396
www.remedys.ca

Mon - Wed: 9:30am - 6:00pm
Thu - Fri: 9:30am - 5:30pm
Sat: 9:30am - 1:30pm

Advance Care Planning Day – April 16, 2019



We may all experience a time when someone we love has an accident, injury or disease that takes away their ability to speak for themselves. When that happens, would you or your loved ones know what they wanted for care?

On April 16, 2019 it is Advance Care Planning Day. It's a day for awareness. It's a day to ask the people you love to talk about their care wishes. It's a day to put those you love at ease if something were to happen to you. It's a day to plan and talk about the "what if".

It's important to have a will in case of death, and it's also important to have an advance care plan while you are living, so loved ones and your care team know what you want for medical care while in a hospital if you cannot speak for yourself.

Yes, it's an awkward conversation for many, but a very important one. Anyone over the age of 18 can have an advance care plan, as it's not just for people who have already had something tragic happen; it's for every adult.

Take the guess work out. Take control of the conversation. Take action on your care wishes.

For tools to start this conversation, visit conversationsmatter.ca.

**Rachel
Notley.
Fighting
for you.**



Richard Feehan

Fighting for Twin Brooks

New Mental Health Centre for children and youth

Uniting Albertans and rejecting extremism

Diversifying Alberta's economy



780-250-2242



@RichardFeehan



@FeehanRichard

Authorized by the Official Agent of Richard Feehan
Join us at: RichardFeehan.AlbertaNDP.ca



Window & Balcony Safety

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

Windows and screens

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

Balconies

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

Further prevention tips

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

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

www.windowssafety.ca

www.albertahealthservices.ca

Oral Health

Keep Your Mouth Healthy As You Age

As you get older changes that affect your mouth health can be related to aging, disease or medication. Prevention is always the best way to keep your mouth healthy at any age. This includes daily brushing and flossing and regular dental visits. A healthy mouth is important for a healthy body and mind.

Remove Plaque Twice a Day

The challenge is to get rid of plaque, the bacteria that collects daily on your teeth and dentures. It leads to tooth decay and gum disease, which are both infections in your mouth. These infections can impact other health conditions like diabetes and heart disease.

Keep up Your Dental Visits

Plan a dental visit every year. As well as looking for plaque, tooth decay and gum disease, your dentist is skilled at observing changes in your mouth that may be related to general health conditions. Finding dental problems at their earliest stage can save money when budgets are tight or you have no dental benefits. It may also have an impact on your overall health.

Help for a Clean Mouth

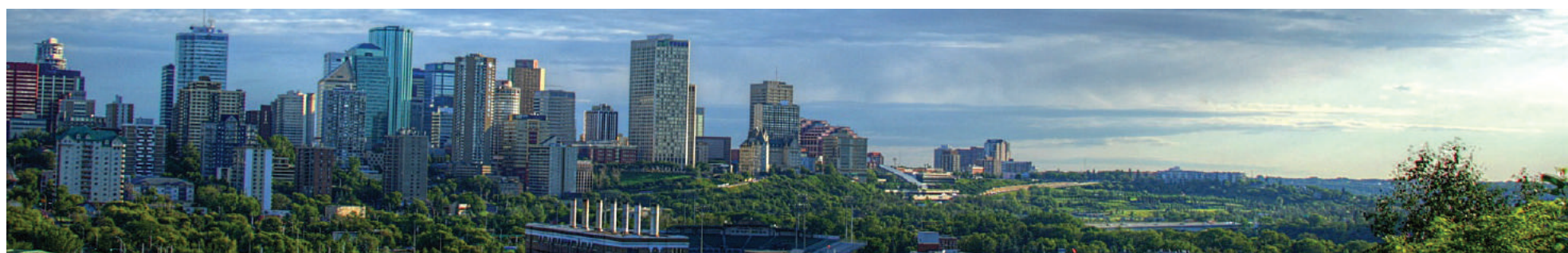
As you age, you may not be as skillful removing plaque with your toothbrush or dental floss. And old dental work can trap plaque making it harder to get at and remove. There are different styles of tooth brushes, flossing aids and other cleaning tools that can help you keep your teeth clean. At your next dental appointment, ask you oral health team about different techniques as well as products that can help you in your fight against plaque.

Medication Affects your Mouth

Medication that is either prescribed or available off the shelf can have side effects. Side effects can include bleeding or enlarged gums, changes to taste, mouth sores, and dry mouth. Tell your health professional the names of all the medications you take. If you have any side effects they can suggest ways to help. Keeping your mouth clean and healthy is the first step to coping with side effects.

Don't let dental pain, infection or bad breath keep you away from friends and the things you like to do.

Find more information about mouth and dental health information at MyHealth.Alberta.ca





COZY UP IN CRIMSON

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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

Share Your Upcoming Wellness and Community Events with Albertans on Together4Health

This April, Alberta Health Services (AHS) marked a major milestone – 10 years as a single, provincewide healthcare organization – and we are celebrating as 10 Together.

Healthcare is more than treating disease and illness, it is also about looking at a preventative approach to improve the health and wellness for yourself, your family and your community. That's why we want you to join us on a health and wellness journey as part of the #AHSFitFam, and help share wellness related events that are happening in your community and across our province throughout

2019.

Our people and partners, including communities and Albertans can now register and visit our new online tool, Together4Health, to share their health and wellness journey and events with others visiting the site. This free platform provides a quick and easy way to find out what is happening in your community.

Have an upcoming parade? Charity run? Community clean-up or other event? Look-



ing for volunteers? Share it with the AHS Fit Fam - our growing family of active and engaged Albertans.

To learn more, visit Together4Health.albertahealthservices.ca and visit our 10 Together page.

Remember to also share photos, videos and stories of how you're improving wellness for yourself and your community using #AHSFitFam on your social networks.

Buy Nothing Century Park



You're invited! Please join our super-local sharing community: Buy Nothing Century Park. Meet new neighbours, encourage environmental sustainability and give, ask for and share our extra belongings. Open to residents of Blue Quill, Blue Quill Estates,

Sweet Grass, Steinhauer, Bearspaw, Twin Brooks, Sky Rattler, Keheewin and Ermine-skin neighbourhoods.

Find the Buy Nothing Century Park Group on Facebook: <https://www.facebook.com/groups/BNCenturyPark/>

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: 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

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

Find us on Facebook: <http://www.facebook.com/YellowbirdCL>

Family Day Thank You to Volunteers

Hi everyone,

We are sending a huge shout out to everyone who made the Family Day Event at the Yellowbird Community League on February 18, 2019 a huge success. Every year we rely on our volunteers to prepare the chili, barbeque the hotdogs, prepare the bannock, supervise the bonfire, hand out hot chocolate and cookies, and coordinate all the activities from horse rides, miniature horse petting, horse drawn sleigh rides, and sledding or skating. We are so proud of all of you. This event is to honor our families, neighbors and friends on family day. All of our volunteers did an amazing job honoring them.

Sincerely,

Yellowbird East Community League



Common signs of stress

In tough times we can be more vulnerable to stress, worry, anxiety and depression. It's important to take care of ourselves. Tough times don't last. Tough people do.

At some point in our lives we all face tough times and we can be impacted directly or indirectly by such things as financial pressures or unexpected problems like what many Alberta farmers are facing with crop or livestock issues.

Remember, it's normal to feel stress from time to time in everyday life. Everyone who goes through stressful events can be affected in some way. Sometimes these stress reactions may not appear for weeks or months following an event. It is important to watch for warning signs.

The warning signs of stress can be physical or emotional. Some people call this "storing" stress in the body (physical) or in the mind (emotional).

Common physical symptoms of stress include:

- Rapid heartbeat.
- Headache.
- Stiff neck and/or tight shoulders.
- Backache.
- Rapid breathing.

- Sweating and sweaty palms.
- Upset stomach, nausea, or diarrhea.

You also may notice signs of stress in your thinking, behaviour, or mood. You may:

- Become irritable and intolerant of even minor disturbances.
- Feel irritated or frustrated, lose your temper more often, and yell at others for no reason.
- Feel jumpy or exhausted all the time.
- Find it hard to concentrate or focus on tasks.
- Worry too much about insignificant things.
- Doubt your ability to do things.
- Imagine negative, worrisome, or terrifying scenes.
- Feel you are missing opportunities because you cannot act quickly.

It's important to recognize signs of stress and know how to cope. Stress relief is different for each person. For some ideas to see which ones work for you visit: My Health Alberta at www.myhealth.alberta.ca and search managing stress.

If you are finding you are not coping well, contact Health Link at 811 to find help near you.



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