

COMMUNITY VIEWS

Serving the community leagues of Twin Brooks & Yellowbird



October/November 2019

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

SIF Seniors Group

With the flu season quickly approaching the SIF group has arranged a FLU clinic at the Twin Brooks Community League Center on October 31, 2019 12-3pm just bring your Alberta Health Care number and wait. See attached posters for all SIF activities, and details.

Community Safety

Twin Brooks Community League President Mike Lanteigne has been working with the Edmonton Police Service (Sup. Tom Pallas) and communities in Ward 10 on drafting a Community Crime & Safety Survey.

The survey will be sent out to the community shortly, your participation would be greatly appreciated, so together we can make our communities safe for all residents. Stay tuned!

Advance Polls Information



Advance polling stations are open from 9:00am - 9:00pm on the following dates. Polling Stations can be found on your voter information card, it will arrive via Canada Post, or you can visit Elections Canada online.

Friday October 11, 2019
Saturday October 12, 2019
Sunday October 13, 2019
Monday October 14, 2019

TREAT YOURSELF AND FIND THAT PERFECT GIFT AT THE:

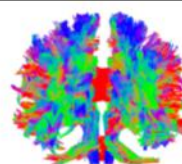
free admission | door prizes | great selection of gifts, art, jewelry and more!

Yellowbird 8th Annual Gift and Craft Sale



Saturday, November 16th
10 am - 4pm
Yellowbird Hall
10710 19 ave

To be a vendor, please contact Ali at craft.fair@hotmail.com



Interested in having your **brain** scanned for research?

We are looking for **healthy kids (ages 5-17)** to undergo an **MRI of their brain** for research

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



Shakers & Makers Market

OCTOBER 26, 2019

10am - 3pm

**Southminster Steinhauer
United Church**

10740 - 19 Avenue NW

**CRAFTS! BAGS! KNITTED
ITEMS! BAKING & PRESERVES!**
Admission \$1, Concession
available

Supporting the Grandmothers to Grandmothers
Campaign of the Stephen Lewis Foundation



Hosted by The GANG | facebook @EdmGrans
Instagram (@edmontongrannies)
www.edmgrandmothers.org
www.stephenlewisfoundation.org

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 ruthesjoberg@gmail.com for info and to register.



Open Your Heart To Others

Twin Brooks' SIF (Seniors Innovation Fund) Group
Cordially invites you to...

BRIDGING CULTURES THROUGH BREAKING BREAD
A celebration of our cultural diversity and humanity
Savour a selection of foods from around the world

Saturday November 30 5:00-9:00pm

Blue Quill Community Hall 11304 25 Avenue

RSVP IDA 780 989 5431 IRICHARDSCO@HOTMAIL.COM

**CULTURES
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BULLYING
RACISM.
ALL
TOGETHER
EAT!**

**OUR
CULTURAL
DIVERSITY
AND
HUMANITY**

FREE DROP-IN WINTER GREEN SHACK



LOCATION	DATES	DAYS & TIMES
Twin Brooks 11341 - 12 Ave	November 30 - December 21	Tue & Thur: 3:30-6:00pm Sat: 1:00-5:00pm

Our Green Shack program is now running in select locations in the fall months. Join us three days a week and you will get active and experience crafts, games, outdoor cooking and more!

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.

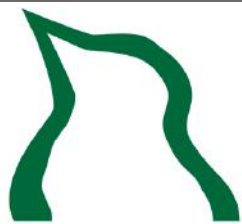
For more information, please visit:
edmonton.ca/Greenshacks or call 311.

GET IN TOUCH WITH US

@Greenshacks

Greenshacks@edmonton.ca





TWIN BROOKS Community League

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

Message from Ann Johnson, Twin Brooks Social Director

Annual Twin Brooks Fall Festival

The weather was amazing for our festival. Events for the day included NERF war games this was a big hit, not just for kids :) The Bouncy Castle was bouncing all day long.

It was enjoyed by all the little ones, smiling, laughing and bouncing, and doing it over and over again! The face painters made children and adult faces come alive with colourful creations so great to see, and enjoyed by everyone. SIF Dance group put on a great performance for the community. We had Food Trucks Ohana donuts, mouth watering cream filled donuts. Yum!!!

Monkey Y Sus Amigos Ice cream truck, so many awesome flavours it was hard to make that difficult choice. Then when the evening rolled around Starving Marvin Food Truck served the party crowd burgers, poutine, hot dogs and other tasty delights. Vendors that attended were,

Therapeutic Body Concepts 15 minute massages.

iAMfitnessyeg - Christy Van Vliet

Thought the Face Painters were busy lol.

Cannot forget 96.3 FM The Breeze - playing your relaxing favourites the music was bumpin

Dignitaries included NDP MLA Richard Feenhand and Councillor Michael Walters

I want to thank the donors for our Silent



Auction, raising funds to support our new Community Playground. Donors included Foam Fighters, Therapeutic Body Concept, All Weather Windows, SIF, Twin Brooks Community League, Easy Chill Rentals, Shadow Theatre, Mastermind Toys.

Community members, friends and families danced the night away to the music by Spin City Production they did a great job great interacting with the crowd and spinning great tunes.

Pic Me Photo Booth helped capture the fun filled evening with amazing photos and props. What an amazing event filled with laughter, dancing, and loads of fun for the whole family. Most importantly a HUGE Thank you to the amazing volunteers how helped the event run smoothly.

Looking forward to next year. Any ideas you might have? You can reach out to me directly at social@twinbrooks.ca. **Ann Johnson**

Community Corner

Well we made it through September without any snow! Phew, but our poor friends in Calgary and Lethbridge, what a way to start the fall, a crazy blizzard and snow up to 50cm high. Just awful, sorry friends we know it's coming our way too! In the spirit of contrast our friends and family bask in the sun in Toronto 30 degrees.... Wow!!! I love the weather because it is always a great ice breaker. Unlike politics....it doesn't always bring the best out in others. That being said this is an important month for all of us Canadians, as we all exercise our right to vote and elect our new members of the House of Commons, did you know that it is the 43rd Canadian Parliament? Save the date, October 21, 2019 is election day!

We have our own community elections coming up. Yes, October is the month to elect our new Board of Directors that will be advocating and representing on our behalf, bringing to you many great events, programs, and community activities. The Annual General Meeting will be held on October 22, 2019 at 7pm, light refreshments will be served. This is a good time to come out and connect with the current board, and listen to the message from the President, have a look at the financials presented by the Treasurer and listen to all the planning and activities that have taken place, kind of where we were, where we are and where we are going. Then it will be time to elect the board. Memberships will be available that evening for purchase. You need an active community membership in order to have a vote, but you do not have to have a membership to attend, everyone is welcome!

There are many ways to get involved in the community. Your time is valuable and I'm certain that we can all agree that we wish we

had more of it. It doesn't take much. You can sign up to be a volunteer so when we put on our events we have an active group of volunteers that we can reach out to, to help run these events. What do you want to see happen in your community? We would like to hear from you. You can reach out to any of the board of directors and share your ideas, you can present your idea to the Board, not as scary as the Dragons Den but kinda like the same idea :) Want to see an idea happen, well if you want to drive it, you can make anything happen. Would love to see and hear from some new residents.

I want to say welcome to the the new families that are moving into the Twin Brooks Townhomes. While that area is still a construction zone some residents are moved in and already enjoying their new home and the great community they now live in. Welcome to the neighbourhood we look forward to meeting you!

One last thing and this is a reminder that you need an active Community Membership to receive preferred pricing for programs. Soccer registration will commence again in February and you will need a valid community membership to participate. City of Edmonton preferred pricing at all recreation facilities requires an active community membership. Check out www.twinbrooks.ca/memberships for a list of benefits and costs for individuals, seniors and household. You can also reach out to Kelly Casault our Membership Director at membership@twinbrooks.ca.

Here's to a long and beautiful autumn season!

Natasha Mitrovic

Twin Brooks Community League

Twin Brooks Community Garden

Harvest season is upon us and this is the best time for all gardeners. They get to harvest the fruits of their labour and all the seeds they have sown during the spring. Spending countless hours tending to the weeds in the garden and combating the little critters that love to eat away at the foliage, it brings great joy, especially at harvest time. The gardeners pay for the plot that they farm for the season. It is a nominal fee but it is their private and personal plot for the garden season. This year unfortunately boundaries have been crossed and people have been picking from the garden that does not belong to them. I know this is a community garden but just to clarify it is not free for the picking and taking. You are welcome to enjoy the beauty of the community garden and all the plots, the fruits and vegetables making their way up through the soil to be enjoyed by the gardener. It is their decision if they choose to share.

Please be mindful and do not pick what is not yours. It is not growing in the wild for all to take. For some gardeners they count on this produce for canning and jarring and making preserves for the winter months coming. For some it is what they plan on gifting to others throughout the year. For most gardeners it is deflating to return to the plot where they just saw their beautiful tomatoes ripping to find them picked through with maybe one or two left behind. The worst is knowing that tomatoes were plentiful the day before. Very disheartening. We all know what it feels like to have something taken and no one has asked if they could. Remember that feeling the next time you think about taking something that is not yours. It is our responsibility to hold ourselves and each other accountable. Lead the way friends....

Natasha

Twin Brooks Community League

Adults Hatha Yoga



By Lili Yun

Thursdays, 6:00 - 7:00 pm, November 7 2019 - January 2 2020

(No class on December 26, 2019)

Hatha 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, Comfortable/Breathable Clothing, Water Bottle, Blocks or Straps if needed, and might need blanket or warm scarf

This program offers to beginner, intermediate and advanced yogis who like a journey to a better life with peace, love, and happiness; and experience a complete workout with smooth and gentle pace for mind, body and soul. It is also for yogis who wish to deepen their practice and understanding of yoga.

- Practice breath techniques to become increasingly aware of our breath, help deepen the understanding of meditation.

- Offer INCLUSIVE yoga practice that is designed to liberate aches and pains of body, stress and challenges of mind.

- Focus on practical application of how to address the aspects of body and mind in order to achieve total balance and harmony.

- Introduce NANDHAS - bound or locked.

For more information contact: programs@twinbrooks.ca

To REGISTER go online:

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

Registration Deadline: November 1st 2019; Limit space: 10



Kids Art Class - 2

By Jenny Liu

Tuesdays: 3:30-5:00pm, Nov 5, 19, 26, Dec 3, 10, 17 2019

Sponsored by Twin Brooks Community League

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



FOR: Age 7-12

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

COST: \$135/per for community members, \$140/per for non-members

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

For more information contact: programs@twinbrooks.ca

To REGISTER go online:

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

Registration Deadline: October 29 2019; Limit space: 8



FIGHT THE FLU!

FREE FLU SHOT CLINIC

Brought to you by...

Twin Brooks' SIF (Seniors) Program

&

Blue Quill Pharmacy

Thursday, October 31, 2019 12:00-3:00 P.M.

Twin Brooks Community League Centre

11341 - 12 Ave NW

Please show your Alberta Personal Health Card.

Stay 15 minutes after receiving the vaccine.

For further details: SIF/Ida 780-989-5431 or Blue Quill Pharmacy 780-437-7553

Deepen your spiritual life, join us on our upcoming pilgrimages!



PILGRIMAGE TO OUR LADY OF GUADALUPE & MEXICO SHRINES

NOV. 9-14, 2019

w/ Arch. Em. Sylvain Lavoie, OMI & Fr. Susai Jesu, OMI



MARIAN PILGRIMAGE TO FRANCE, SPAIN & PORTUGAL: Celebrate the Feast of Our Lady of Fatima

MAY 4-16, 2020

w/ Father Jhack Diaz

JOURNEY THROUGH THE LANDS OF THE BIBLE:

EGYPT, JORDAN, PALESTINE & ISRAEL

JUNE 17-30, 2020 w/ Father Manoj Xalxo, OFM

EXPLORE THE BIBLICAL LAND:

EGYPT, JORDAN PALESTINE & ISRAEL

SEP. 4-17, 2020 w/ Father Nilo Macapinlac

52nd INTERNATIONAL EUCHARISTIC CONGRESS

Sept. 2020, Budapest, Hungary

GERMANY & AUSTRIA + OBERAMMERGAU PASSION PLAY

AUGUST 17-25, 2020 w/ Father Alvin Matias

IMPERIAL EUROPE & OBERAMMERGAU PASSION PLAY

Sept. 23-Oct. 1, 2020 w/ Fr. Nilo Macapinlac

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www.marianathatours.org

Contact Maria : P 780-707-1683

marianathatours@outlook.com

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Sunday

October 13 & November 24

2:00 - 3:00pm

Twin Brooks Community League Centre

Contact Ida 780-989-5431

Y.E.A.!

YOUTH ELECTRONIC ADVENTURES

Playstation in a fun & social setting

All youth 14 - 19 years are welcome

Sunday

October 13 & November 24

2:00 - 5:00pm

Twin Brooks Community League Centre

Contact sif@twinbrooks.ca

WEEKLY PROGRAMS

Twin Brooks Community League Centre

Contact: sif@twinbrooks.ca

Details: twinbrooks.ca

Mondays - English as a Second Language

7:00-8:30pm

Tuesdays - Zumba Fitness & Recreational Dance

6:30-8:00pm

8:00-9:00pm

Thursdays - Tai-Chi & Medical Exercises

12:00-3:00pm

Fridays - Mens Shed

7:00-8:30pm



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Fridays - Mens Shed

7:00-8:30pm

Message From the President

Annual Twin Brooks Fall Festival

WOW - what an event it was!

Thank you to each and all of you whom helped with (and/or attended) the 2019 version of the Twin Brooks Community League's Fall Festival!

The Fall Fest was a massive success, with more community members attending this year over last. (And we were blessed with the 6th day of good weather this summer!) I want to thank Ann for all of her devotion of time, new ideas, organization, and details for such a well-received community wide event!

I want to offer Shauna, Charlene, and Kelly very special thanks for all of the "extras" you did you prepare for our celebration.

Last year, our fall event was an amazing event. This year, we grew with new ideas, new features, and greater attendance by our community members!

To each of you whom donated your time and amazing efforts to make everything involved with Fall Fest 2019 a success, "Thank you!" It takes many hands on deck to make

our league "Best-in-class", and without you, our community would not benefit like it does.

The children, young families, seniors, and singles in our fabulous community would not be able to benefit in having so much fun if it was not for you.

Since my involvement with the board in 2013, I have witnessed our league grow in such diverse and positive ways. From our quaint but effective board meetings in the library of George P. Nicholson School, to the grand opening of the TBCL Centre in the spring of 2015, to the thriving hub of fun and enjoyment our centre is today, this calibre of community entertainment with family-centric values would not be possible if it was not for YOU and YOUR efforts.

With the utmost sincerity, Thank You for all that you do! I am fortunate to work along side such amazing people!

Mike Lanteigne, G.G.XII., C.R.C.

President

Twin Brooks Community League

President@twinbrooks.ca

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Alexandra Stam is a registered Acupuncturist with experience treating:

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Alexandra Stam B.A., R.Ac
Registered Acupuncturist

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Even simple activities can be fascinating to kids who don't have role models in their lives.
Share what makes you...you, with someone who will really appreciate it.



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Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters
of Edmonton & Area

APPLY NOW: BGCBIGS.CA/VOLUNTEER

You're More Inspirational Than You Think

PEOPLE'S PARTY

The People's Party of Canada is the **ONLY** federal party that is 100% Pro-Alberta, 100% Pro-Pipeline, 100% Pro-Oil Sands

Only Maxime Bernier will use the Canadian Constitution to force pipelines through Quebec and BC.

Only Maxime Bernier will **SCRAP ALL CO2 TAXES** and **STOP ALL job killing CO2 regulations**.

Only Maxime Bernier will **REFORM** the **UNFAIR Equalization Program**.

This October, Vote for what you **WANT** instead of **AGAINST** what you **DON'T WANT!**

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ppcrbeda@telus.net

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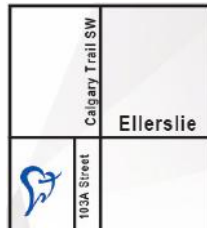
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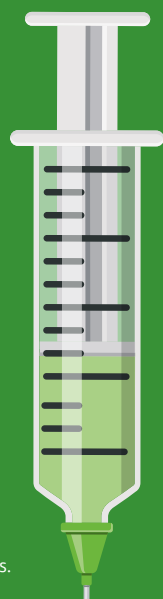
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ellowbird East Community League

Yellowbird Community League Board of Directors 2019-2020

President	Michael Karpow	president@yellowbirdcl.com
Vice President	Cheryl Fix	vicepresident@yellowbirdcl.com
Secretary	Cheryl Karpow	secretary@yellowbirdcl.com
Treasurer	Linda Hewlett	
Buildings & Maintenance	Jay Reiz	buildings@yellowbirdcl.com
Casino	Cheryl Karpow	casino@yellowbirdcl.com
Civics Co-ordinator	Michael Karpow	
Communications & Social Media	Emily Weisbrot	editor@yellowbirdcl.com
Community Garden Group	Julie West	garden@yellowbirdcl.com
Grants	Sherry Robinson	grants@yellowbirdcl.com
Memberships	Cheryl Fix	memberships@yellowbirdcl.com
Neighbourhood Watch	Susan Thompson	watch@yellowbirdcl.com
Playgroup	Barbara Petrunia	playgroup@yellowbirdcl.com
Programs	Susan Thompson	programs@yellowbirdcl.com
Soccer	Humberto Capriz	soccer@yellowbirdcl.com
Social	Rebecca Yochim	social@yellowbirdcl.com
Tennis	Craig Miller	tennis@yellowbirdcl.com
Traffic Safety	OPEN	
Basketball (Southwest Zone)	Connie Gilson	basketball@yellowbirdcl.com
Softball (South Edmonton Zone)	Michael Karpow	softball@yellowbirdcl.com
Member At Large	Craig Hewlett	
Member At Large	Shawn Hudson	

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Yellowbird's Famous Annual

PUMPKIN PATCH PARTY

FRIDAY OCTOBER 25TH

At Yellowbird Community Center

5:30pm - 8:30pm



JOIN US FOR A FUN FILLED FAMILY NIGHT!

Games, Cupcake Walk & More

Hot Dogs & Pizza

Small cost for food and games.

Tickets will be available at the door.

**COME DRESSED IN YOUR HALLOWEEN COSTUME
FOR A CHANCE TO WIN PRIZES**

*** VOLUNTEERS NEEDED ***

Email if you are able to help with this fun event!

Becca Yochim at social@yellowbirdcl.com

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Christmas Colouring Contest

Watch for our annual Christmas Colouring Contest which will be in the December edition of Community Views!

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.

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. Hope to see you there!

President's Summary

Yellowbird Community experienced a very energetic year. We have continued our services to the community members including: yoga classes; exercise classes; and playgroup for 3 month to 3 year olds. We also offered a skating rink season, a youth Halloween party, a free membership BBQ, Scout Canada programs, Girl Guides of Canada programs, and free family swim access to the William Lutsky YMCA. The Yellowbird Community has continued to offer a fun-filled Family Day, and premium youth sport program in soccer. Congratulations to all our volunteers dedicated to making these activities happen. Well Done!

This year the community facilitated youth workers for the popular Green Shack and Skateboard Park programs in conjunction with the City of Edmonton. Yellowbird Community League continues to offer their award winning community garden to residents to grow produce and friendships. This year also included another very successful Casino Event fundraiser. Thank you to all the volunteers and community members who volunteered and completed these tasks.

We are pleased to continue our close relationship with SWESA, South West Edmonton Seniors Association sharing our space in the community league hall and we look forward to a long productive relationship with SWESA. The Yellowbird Community also enjoys a productive working relationship with our MLA for the Rutherford Riding - Richard Feehan, our City

Councillor - Michael Walters, and our City of Edmonton Neighbourhood Resource Coordinator - Michael Goth.

As we close out the fiscal year with our Annual General Meeting, the Yellowbird Community League is vibrant and more accessible to more members. We are in a strong financial position with money in the bank. Looking forward, the Community has a continued commitment to the Keheewin Advisory Committee regarding the proposed development on the east side of Keheewin Elementary School. Our Board Members are involved and keen on participating in this proposal.

All of these successful activities, events, and relationships are due in a large part to the dedication and intelligent governance of the men and women represented on this community league board. We also enjoy 100's of volunteers from our local Churches, SWESA, Youth Groups, and Family Members who come together to make all these activities possible. These volunteers and Board members represent one of the greatest of human values:

"the act of charity by providing a service to a cause greater than yourself for the good of others."

I commend you on your commitment to this board and the community.

Thank you for an outstanding year!

Sincerely,

Michael Karpow

President

Yellowbird East Community League

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SKI SWAP: 9am - 3pm Sunday, Nov. 3

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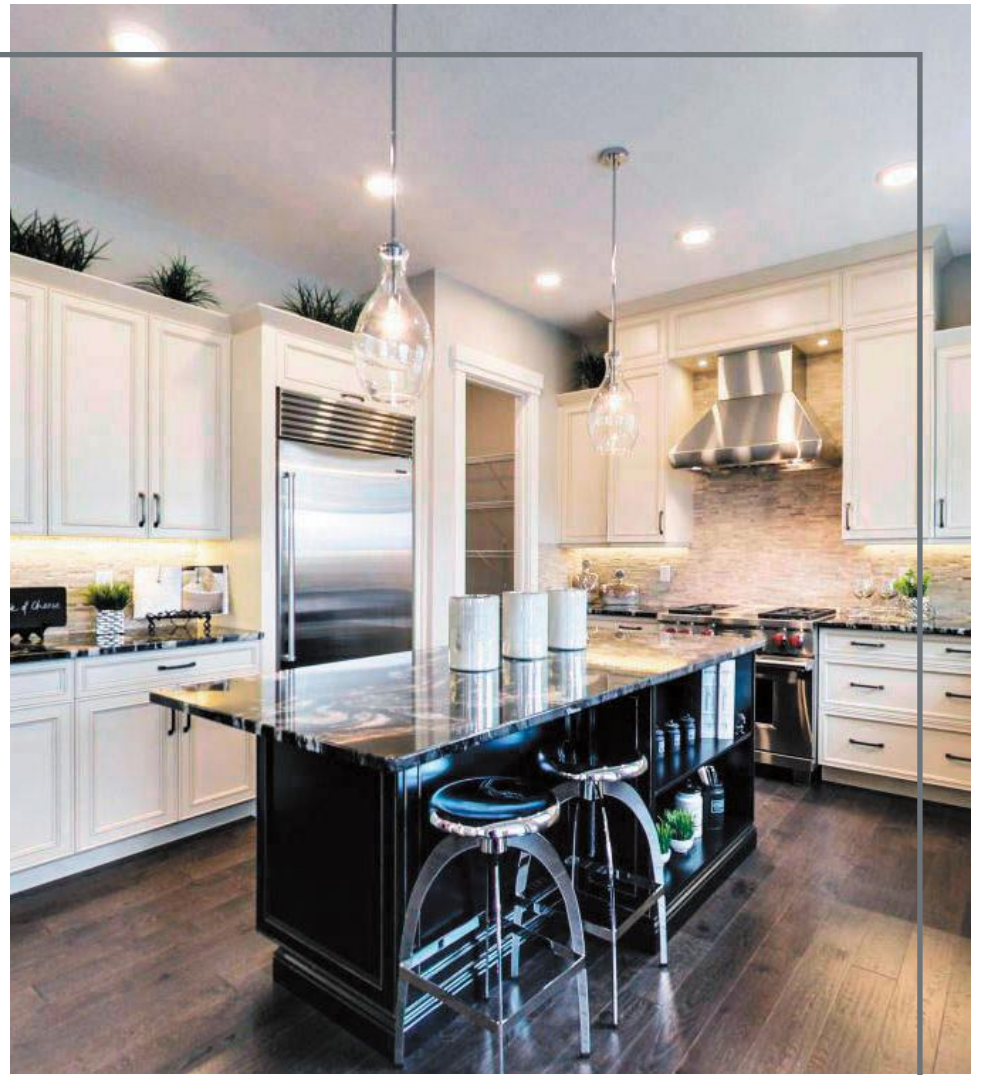
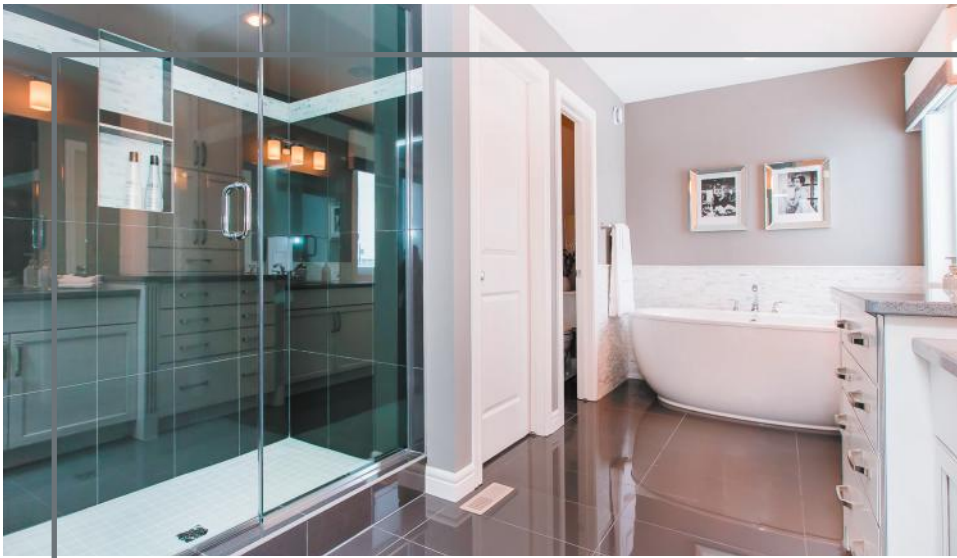
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