

COMMUNITY VIEWS

Serving the community leagues of Twin Brooks & Yellowbird

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February/March 2020

Free Family Fun Day!

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

FEBRUARY 17, 2020 | 12-4 PM
YELLOWBIRD COMMUNITY HALL
10710-19 AVENUE

OPEN TO ALL SOUTH WEST AREA
COMMUNITY MEMBERS!



Sponsored in part by



ALL THINGS GARDEN SWAP & SHARE

Bring your surplus garden items to exchange
seeds, seedlings, pots, tools, books etc.

No garden items? No problem!
\$2 Donations Gratefully Accepted



Sunday March 29 2-5pm

Twin Brooks Community Centre
11341-12 Ave NW

For More Information:
Call 780-989-5431 or
irichardsco@hotmail.com

Presented by Twin Brooks' Seniors Innovation Fund (SIF) Group

Community SWING 'N' SKATE

Featuring Live Music by...

JANUARY 4

Ottewell
Community League
Seven Deadly Syncopators

FEBRUARY 22

Kensington
Community League
Don Berner's Little Big Band

JANUARY 18

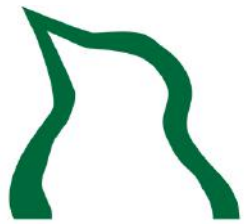
Canora Community League
The National Emblem
Society Orchestra

FEBRUARY 29

Yellowbird
Community League
Dave Babcock and his
Jump Orchestra

Swing dance lessons by
Sugar Swing Ballroom





TWIN BROOKS Community League

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

Message From The President

Welcome to 2020!

As we end the second decade of the 21st century, we enter a New Year and new decade with optimism, meaningful goals, and renewed energy!

We have much to celebrate including our progress; The past decade applauds our many accomplishments in our fabulous Twin Brooks community:

We achieved the grand opening of our Twin Brooks Community League Centre, the establishment of many valuable programs and activities, the TBCL Award-winning Garden Group, the Seniors Innovation Fund, games night at George P. Nicholson School, the acquisition of a Zamboni as a league asset, the honouring of our community volunteers, City and Provincial Champion sports teams, civic recognition of our naturalization

initiatives, neighbourhood beautification efforts, working with the Edmonton Police Service on community crime, our Fall & Winter Festivals, active membership in the South West Area Council, recognition as one of the strongest minor soccer programs in the city, a solid treasury with sound fiscal practices and savings, the building of excellent political relationships with all orders of government, active rental of our community centre, active work with the Edmonton Federation of Community Leagues, Breakfast with Santa, the establishment of our Playground Renewal Committee, and overall frequent enjoyment of all of our community amenities.

These are just some of our stellar accomplishments.

None of these things happen by chance.

These initiatives and accomplishments

require leadership with courage, conviction, and community.

I want to acknowledge and remind you that EACH of you are Community Leaders, serving the many families, children, seniors, and residents of Twin Brooks!

It is because of YOU, your devotion to the community league spirit and the pursuit of excellence, our amazing community thrives!

With interest and sincerity, we have worked closely with many organizations including SWAC, SAGE, The City of Edmonton, Councilor Michael Walters and his team, EFCL, The Edmonton Police Service, EMSA, the Government of Alberta (past and present), The Edmonton Public School Board, and more.

Thank you for your devotion to our community league Team!

We look ahead to 2020 with a clear vision -- to continue our growth as a community, supporting multicultural and social unity.

We must continue to harness all potentials in our community, from youth to seniors, to realize the maximum benefit for all.

I look forward to making positive collective decisions as we embark on new beginnings, a fresh start, and a vision for our path forward.

Happy New Year to each of you and your family. Let's make 2020 The BEST!

With much appreciation,
"Onward & Upward!"

-Mike

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

Twin Brooks Community League
President@twinbrooks.ca



Red Cross



Babysitting + Basic First-Aid COURSE

Held at Community Hall at 11341-12 Ave NW, Edmonton

Tuesday February 18, 2020 (PD Day)
9:00am-4:30pm

Do you want to babysit? Stay home alone? Look after siblings?

If you are aged 11 or older you can get great job training, learning good babysitting skills, safety in the home, lots of First Aid and much more, in this fun, hands-on, one-day course.

For: Youth Ages 11 - 16 (or 11 by end of March)
Cost: \$85.00/per for community members, \$90.00/per for non-members
Bring: Indoor Shoes, LUNCH, PENCIL, LARGE FLOPPY DOLL or teddy/bunny (must lay flat), a WATER BOTTLE, your mailing address

INCLUDES: The Red Cross Babysitters Manual

RED CROSS CERTIFICATE CARD ISSUED ON SUCCESSFUL COMPLETION

For more information contact: programs@twinbrooks.ca
To REGISTER go online: <https://goo.gl/forms/ErDuhUZ4Gem29Ex2>
Registration Deadline: February 11 2020; Limit space: 30

Sponsored by Twin Brooks Community League

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

Instruction provided by the Canadian Red Cross Society



TWIN BROOKS COMMUNITY

Bannock over fire.
S'Mores

Sleigh Rides,
Snowshoe
Races

Maple
Taffy,
Hot
Chocolate

Snow
Fort
building

WINTER FESTIVAL

FUN AND CELEBRATION FOR THE WHOLE FAMILY

**SATURDAY,
February 29, 2020
12 pm-4 pm**

**Come enjoy winter activities for the whole family,
on a day that comes but every 4 years.**

Twin Brooks Community Centre, 11341-12 Ave. NW, Edmonton, AB.

Made with PosterMyWall.com

Development Permit Compliance

The City of Edmonton does not do routine checks to ensure that new developments follow regulations. To a great extent, the city relies on leagues and nearby neighbours to report building developments which are not in compliance with regulations in the zoning

bylaw and the development permit. Call 311 with your inquiry if you suspect abnormalities. Perhaps a building appears abnormally large or too close to the property line, or you are concerned about other problematic irregularities.

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>

Program Guides

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

Winter Excitement Guide (October 2019-March 2020)-Learn about the exciting events happening throughout the city this winter.

Winter in the City (January-March 2020) These guides showcase Arts, Culture, History and Nature at City of Edmonton attractions.

Rec Centres Winter Guide (January-March 2020) Fitness classes, swimming lessons, programs, daycamps, pool schedules, and facility information at City recreation centres.

City Arts Centre Winter Classes (January-March 2020) The City Arts Centre offers introductory and intermediate-level instruction for pre-schoolers, children, youth, and adults in a variety of crafts and visual, performing, sculptural, and culinary arts.

Priceless Fun Guide (Fall 2019/Winter 2020) Free or low cost arts and culture, sport and recreation, events, and leisure opportunities.

Recreation Opportunities for Individuals with Disabilities (Fall 2019-Summer 2020) Recreation and leisure opportunities for people with disabilities 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 Mobile App

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

Download on the App Store. Get it on Google play.

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.

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 Ed-

monton 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 8:00 am-4:30 pm Monday to Friday. The centre is closed on weekends and statutory holidays.

Start a smoke-free and vape-free life

You're ready to start a smoke-free and vape-free life. Here are some suggestions for you, as you get ready to make the change.

Stock up on supplies
Withdrawal on the first day—and after—can be intense.

Using nicotine replacement therapy or pharmacotherapy doubles your chance of successfully quitting. Get advice from a pharmacist or your doctor.

And have lots of healthy snacks and gadgets on hand to help with cravings, keep your hands busy and keep you distracted. Common supplies include:

- Gum or mints
- Cinnamon sticks
- Unsalted sunflower seeds
- Crunchy veggies such as carrots and celery
- Herbal or decaffeinated tea
- Stress ball, fidget spinner or Rubik's Cube
- Supplies for current or new hobbies such as knitting or painting.

Stay positive

Try not to let negative thoughts overtake you. Quitting is hard, and for the first few days you'll need to take it one hour at a time. But remember, you've got this. Make a list of your reasons for quitting and keep it handy—in your wallet, on your fridge door, even taped to your computer at work.

Try to focus on why you chose to quit in the first place and envision how good you'll feel

when you are smoke-free for good! Think of a positive mantra—perhaps “I will beat this and be smoke-free”—and repeat it over and over if you feel negative thoughts slipping in.

Avoid your triggers

Triggers may include places, people or situations that cause you to want to smoke or vape. Everyone has their own triggers, so know yours and avoid them where possible.

Remember the four Ds: delay, deep breathe, drink (water) and do.

Here are more tips for overcoming common triggers:

- Alcohol can reduce your resolve to stay quit. Consider drinking water or herbal tea as alternatives.
- Avoid caffeine, as it's a major trigger and can give you the jitters. Try an alternate beverage like tea, juice or water.
- Stress can trigger an urge to vape or smoke, so try to stay calm and do some deep breathing. Consider yoga or meditation to help you stay relaxed.

● Avoid being around other people who smoke or vape. This might be hard if your family or friends smoke or vape, but ask that they don't smoke or vape around you and organize activities where people can't smoke, such as going to the movies.

If sitting around after meals is a trigger, get up and move. Do the dishes, brush your teeth, call a friend, go for a walk or go to the gym.

Find help

QuitCore is a free group support program



that provides Albertans 18 years and up with the tools and skills they need to quit vaping and using tobacco. The program consists of six 90-minute sessions over a period of up to nine weeks at various locations around the province.

To get help, text: ABQUITS to 123456. Or call 1-866-710-7848.

Or join a group in your community to share your stories, learn new coping strategies and

celebrate milestones together. To find a session near you and to get customized email tips about quitting, go to www.albertaquits.ca.

Lastly, remember that setbacks sometimes happen. They don't mean you've failed. Slipping up is a normal part of the process, and we learn new things each time we try. It is possible to successfully stop smoking. Sometimes you have to just keep trying.

The Tooth Doctor Ellerslie

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We are located inside the
Fountain Tire Building at
The Village in Blackmud Creek



Eat healthy for your heart

February is Heart Month, a time to think about cardiovascular health.

Heart disease is a leading cause of death in Canada. Roughly 2.4 million Canadians are affected by heart disease.

If you are worried about your heart's health, one of the most important changes you can do is to start eating a heart-healthy diet. Small steps can create big, healthy changes.

Here are nine tips that may help make your heart healthier:

- Eat a variety of fruit and vegetable servings every day. Dark green, deep orange, or yellow fruits and vegetables are especially nutritious. Examples include spinach, carrots, peaches, and berries.
- Eat a variety of grain products every day. Include whole-grain foods that have lots of fibre and nutrients. Examples of whole grains include oats, whole grain bread, and brown rice.
- Eat fish at least two times each week. Oily fish, which contain omega-3 fatty acids, are best for your heart. These fish include salmon, mackerel, lake trout, herring, and sardines.
- Stay at a healthy weight if you can. Your healthcare provider can give you more information on how to manage your weight.
- Eat foods low in saturated fat, trans fat, and cholesterol. Try to choose the following foods:



● Lean meats and meat alternatives like beans or tofu

- Fish, vegetables, beans, and nuts
- Non-fat and low-fat dairy products
- Polyunsaturated or monounsaturated fats, such as canola and olive oils, to replace saturated fats, such as butter.

Read food labels and limit the amount of trans fat you eat. Trans fat raises the levels of LDL (“bad”) cholesterol and also lowers high-density lipoprotein (HDL, or “good”) cholesterol in the blood. Trans fat is found in many processed foods made with shortening or with partially hydrogenated or hydrogenated vegetable oils. These foods include cookies, crackers, chips, and many snack foods.

Limit sodium. Most people get far more sodium than they need. Try to limit how much sodium (salt) you eat. For good health, less is best. This is especially important for people who are at risk for or already have high blood pressure. Try to limit the amount of sodium you eat to less than 2,000 milligrams (mg) a day. If you limit your sodium to 1,500 mg a day, you may be able to lower your blood pressure even further. And if you can't reach these goals right now, try to eat 1,000 mg less sodium a day than you are now eating.

Limit alcohol intake to two drinks a day for men and one drink a day for women.

Limit drinks and foods with added sugar.

Triple S

Skills, Support, & Self-Care

Parenting Support Sessions

Are you hoping to increase your parenting skills and learn with a group of people facing the same challenges you are? Welcome to the Triple S Parenting Sessions for parents of kids 4 - 12 years. This series of interactive and educational workshops was designed to help parents master foundational strategies that will promote healthy relationships, child development, and conflict resolution in your home. Join us in learning new **skills**, **supporting** each other, and practicing **self-care**.

Child Minding Available

Creating Positive Experiences Through Play

Are you struggling to understand your child's efforts to communicate? Is your regular playtime with your child becoming dull? Do you find that your disciplinary efforts are falling flat? Join us in a session on play to develop positive and understanding relationships with our children. As one of the most foundational parenting strategies, you will often find that other strategies will not work until you have mastered the art of play.

Wednesday Jan 29, 2020 6:00pm - 7:30pm
Duggan Club, 5, 3724 105 Street, Edmonton

Supporting Emotional Control in Children

Do your children struggle to keep their emotions at a manageable level? Do you find yourself exhausted or frustrated by this? This session is designed to help parents learn strategies for coaching their children in developing social and emotional skills. Once in place, these skills can lead to better friendships, increased school success, and higher levels of self-esteem.

Wednesday Feb 26, 2020 6:00pm - 7:30pm
Tweddle Club, 8308 42a Avenue NW, Edmonton

Using Praise and Rewards to Promote Self-Confidence

Have you been noticing your child struggling with self-esteem? Do you feel like your efforts to connect with them are going nowhere? This session is structured so that parents can learn concrete strategies regarding praise and rewards. The use of these strategies has been linked to increased motivation, relationship satisfaction, and self-confidence.

Tuesday March 17, 2020 6:00pm - 7:30pm
West Club, 16030 104 Avenue NW, Edmonton

Assisting Children through Transitions using Structure and Routine

Do you find your child struggles anytime they have to change an activity? Does your home life feel like chaos on a regular basis? Structure and routine is one of the most effective means of promoting healthy development in our children. Come learn how to use these strategies in your home and how to assist your child with changes and transitions to the routines.

Saturday April 4, 2020 1:30pm - 3:00pm
Rundle Club, 3112 113 Avenue NW, Edmonton

For more information or to **REGISTER** contact the Boys & Girls Clubs Big Brothers Big Sisters of Edmonton Staff

Fareeda Shoblaq at: 780.471.4079
or Sentsetsa Pilane at: 780.822.2530

or go to: <https://www.surveymonkey.com/r/TriplesParentSessions>

Caregiver Education Series

Winter/ Spring 2020

These **free sessions** are intended to provide parents, caregivers, teachers, and community members with basic information about addiction and mental health challenges that can impact children and youth. Presentations are hosted in clubs and are open to all adults to attend.

Supporting Self-Regulation

Focus is on caregivers of kids in grades K-6

Do you wish you have more information to help elementary aged children handle strong emotions? Did you know that self-regulation is an essential element to lifelong success? This session will define self-regulation and how it is used in everyday life. It will provide a helpful review regarding the development of self-regulation in children. The strategies and resources provided will empower and foster caregivers' essential skills to increase children's mental

Date #1: Thursday January 21, 2020
Time: 6:00 pm - 7:30 pm
Location: McCauley Club, 9425 109A Avenue

Date #2: June 9, 2020
Time: 6:00 pm - 7:30 pm
Location: Tweddle Club, 8308 42a Avenue NW

Child Minding Available

For more information or to **REGISTER** contact the Boys & Girls Clubs Big Brothers Big Sisters of Edmonton Staff Fareeda Shoblaq at: 780.471.4079 or Sentsetsa Pilane at: 780.822.2530

Or go to: <https://www.surveymonkey.com/r/BGCBigsCaregiverEducation2020>

Breaking the Cycle of Anxiety

A Step by Step Approach

Focus is on caregivers of kids & teens (Grades K-12)

Anxiety is one of the most common mental health complaints in children and teens today. This session will distinguish between normal anxiety and anxiety that is no longer helpful or productive. It will help caregivers to identify signs that a child or adolescent is experiencing problems with anxiety. Caregivers will gain step by step strategies to assist their child/teen to manage their anxiety and improve their mental health. Resources for parents will be provided as well as tools designed to reduce anxiety.

Date #1: Tuesday February 11, 2020
Time: 6:00 pm - 7:30 pm
Location: Rundle Club, 3112 113 Avenue

Date #2: Tuesday July 14, 2020
Time: 6:00 pm - 7:30 pm
Location: West Club, 16030 104 Ave NW

Toboggan Safety

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

Equipment

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

Hazards

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

Plan ahead



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

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Please contact Gina to discuss your requirements:
innovatebookkeeping@gmail.com



Message From Program Director

What a time that was had at a recent South West Edmonton Seniors Association SIF Qipao dance group showing how we serve back to our and neighbourhood communities. Our dancers are all volunteers who donate their time in dance practice and performance. They all look very young, but most of them are seniors 55+, and I am the youngest one... The goal of our program is to encourage seniors to come out to dance with

us every Tuesday evening, stay active, connected and stay healthy, and serve back to the communities...

We create values that seniors in our or neighbourhood communities can benefit from.

Alice Ou
SIF Qipao Dance Group Lead
Program Director
Twin Brooks Community League

yellowbird East Community League

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 ruthe.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 play-

group 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!



Cannabis edibles aren't risk-free

Baked goods (e.g., cookies), beverages, and candies, including chocolates, soft-chews and mints, are the latest cannabis products to arrive in Alberta cannabis stores.

What do you need to be aware of if you're planning to use them?

If you are using cannabis, edible products provide an alternative to smoking.

Edible cannabis may affect you differently compared to smoked or vaped cannabis. Here are a few steps you can take to reduce your risks.

- First, consider the amount of THC in each product. Choose products that have 2.5 mg of THC or less, especially if you are a new or occasional cannabis user. This information can be found on the label.

It can take up to four hours to feel the full effects of edible cannabis. Taking more within that time can increase the risk of adverse effects. Be patient, start low and go slow.

- Edibles may affect you for up to 12 and even 24 hours. Be aware that you may be impaired for a significant time.

- Avoid mixing cannabis with alcohol or other drugs, as mixing can significantly increase the risk of over-intoxication and impairment.

- If you have existing health conditions or are on medications, talk to your pharmacist or doctor before using any type of cannabis.

- Make sure you are with people you trust, who can help you if you have unpleasant or

unexpected results, and that you are in a familiar environment when you first eat cannabis.

There is no known safe amount or form of cannabis to use while pregnant or breastfeeding. The chemicals in cannabis may affect your baby's brain development and may result in learning and behavioural issues that last throughout their life.

Store cannabis products and other drugs (including alcohol, tobacco and tobacco-like products) in their original packaging, locked up and out of sight of children or pets.

Edible cannabis products increase the risk of unintentional consumption and cannabis poisoning in children, as they may be mistaken for regular food or drinks. If a child is exposed to cannabis and shows signs of distress, contact Poison & Drug Information Service (PADIS) (toll-free 1-800-332-1414) or Health Link (call 811 or 1-866-408-5465 for Internet phone users).

A bad reaction to cannabis may include a rapid heartbeat, anxiety, confusion, vomiting or more serious effects such as psychotic episodes or seizures. If you have these side effects, call your doctor or seek medical help.

If you are concerned about your own or someone else's use of cannabis, alcohol, or other drugs, contact Health Link at 811 (1-866-408-5465 for Internet phone users) or the Addiction Helpline at 1-866-332-2322.

Have you considered Acupuncture?

Alexandra Stam is a registered Acupuncturist with experience treating:

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

How to recognize and deal with anxiety

Feeling worried or nervous is a normal part of everyday life. Everyone frets or feels anxious from time to time. Mild to moderate anxiety can help you focus your attention, energy, and motivation.

If anxiety is severe, you may have feelings of helplessness, confusion, and extreme worry that are out of proportion with the actual seriousness or likelihood of the feared event. Anxiety affects the part of the brain that helps control how you communicate. This makes it harder to express yourself creatively or function effectively in relationships.

Overwhelming anxiety that interferes with daily life is not normal. This type of anxiety may be a symptom of generalized anxiety disorder, or it may be a symptom of another problem, such as depression.

Physical symptoms of anxiety include:

- Trembling, twitching, or shaking.
- Feeling of fullness in the throat or chest.
- Breathlessness or rapid heartbeat.
- Light-headedness or dizziness.
- Sweating or cold, clammy hands.
- Feeling jumpy.
- Muscle tension, aches, or soreness.
- Extreme tiredness.

● Sleep problems, such as the inability to fall asleep or stay asleep, early waking, or restlessness (not feeling rested when you wake up).

Emotional symptoms of anxiety include:

- Restlessness, irritability, or feeling on edge or keyed up.
- Worrying too much.
- Fearing that something bad is going to happen; feeling doomed.
- Inability to concentrate; feeling like your mind goes blank.

You can help prevent anxiety attacks:

Avoid caffeine, especially in coffees, teas, colas, energy drinks, and chocolate.

Do not smoke or use smokeless (spit) tobacco products. Nicotine stimulates many physical and psychological processes, causes your blood vessels to constrict, and makes your heart work harder. Exercise during the day. Even a brisk walk around the block may help you stay calm. Talk with your doctor about your symptoms of anxiety or panic. A licensed counsellor or other health professional can help you find ways to reduce your symptoms with techniques such as biofeedback, hypnosis, or cognitive-behavioural therapy.

Pre-Season Pass Sale!



Ski the rest of this season for FREE!*

** Beginning February 15, purchase your 2020-21 Snow Valley Season Pass and ride the rest of this season for free!*

Upcoming Events

Feb 17 - Family Day Celebration
Feb 29 - Girls Gathering
Mar 1 - Triple Down @ Snow Valley

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www.snowvalley.ca



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I’m selling my home, and the potential buyers also want to use my real estate professional to represent them. Is that allowed?

Yes, that’s allowed. The situation you’re referring to is called “transaction brokerage.” Transaction brokerage is a service option when your real estate professional represents a buyer client interested in purchasing the property in which you are the seller client. The reverse is also true—transaction brokerage is a service option when you’re interested in buying a property and the property’s seller is also represented by your real estate professional.

When a real estate professional works on behalf of only one client in a transaction they have legal responsibilities, which include:

- undivided loyalty to their client
- acting in their client’s best interest at all times
- the duty to avoid conflicts of interest
- the duty to disclose conflicts of interest when they arrive

Transaction brokerage changes the services and the legal responsibilities that a real estate professional provides to you and to the other party in the transaction. In this arrangement, they cannot fulfill their legal responsibilities because there is a conflict between the best interests of the buyer and those of the seller. The buyer wants to pay as little as possible for the property, while the seller wants to sell their property for the highest possible price. It is impossible for a real estate professional to advocate for and represent the best interests of a buyer client AND seller client in the same transaction.

This is when and why transaction brokerage becomes an option. In transaction brokerage, the real estate professional will provide facilitation services to you and the other party. These services include:

- helping the buyer and seller negotiate an

agreement

- giving the buyer and seller property statistics and information, including comparative information from listing services and local databases

- providing and preparing agreements of purchase and sale, and other relevant documents according to the buyer and seller’s instructions

During transaction brokerage, the agent has to treat both parties in an even-handed, objective, and impartial manner. They must remain neutral, not advocate for either you or

the buyer, and they cannot provide confidential advice.

Before a real estate professional proceeds with transaction brokerage, both the buyer and the seller need to provide their informed consent by signing an Agreement to Represent both Buyer and Seller. Informed consent means each client understands the facts, implications, and future consequences of providing their consent. You do not have to consent to transaction brokerage. If you don’t consent to it, or the other party doesn’t, there are other options available to you such as

seeking representation from a different real estate professional.

“Ask Charles” is a question and answer column by Charles Stevenson, Registrar with the Real Estate Council of Alberta (RECA). RECA is the independent, non-government agency responsible for the regulation of Alberta’s real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.



Emergency
Medical
Services

Burns and Scalds



Each year Emergency Medical Services 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 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