

CASTLE NEWS

Serving the community leagues of
Baturyn, Caernarvon, Carlisle,
Cumberland / Oxford, Dunluce, Lorelei / Beaumaris.

April 2015



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



CASTLEDOWNS VARIETY SHOW

"An Evening of Adult Comedy"

www.castledowns.ca

Box 31075 Nmao Center, Edmonton AB T5Z 3P3

Phone (780) 406-9070

CASTLE DOWNS VARIETY SHOW

WRITERS AND DIRECTORS NEEDED

It's that time of year already. We are looking for interested writers and directors for the 2015 Castle Downs Variety Show. The Castle Downs Variety Show is Evening of Adult Comedy comprised mostly of skits, stand-up comedy & dance numbers

Your submission should include all of the following:

**The Show Name,
Three sample skits
Black Light Number
A running order for the whole show**

Please submit package, including compensation expectations to:

*Variety Show Chairperson c/o Castle Downs Variety Show
P.O. Box 31075 Nmao RPO, Edmonton T5Z 3P3*

No later than May 16, 2015.

The Variety Show Committee will then review the submissions and set up interviews with the candidates.

Please check the website for more info: www.castledowns.ca and look under the Variety show tab, you can email any questions to:

varietyshow@castledowns.ca

Lorelei/Beaumaris Talents to Share?

CDRS Rep Vacant Board Position:

We had a great turnout for our AGM and filled most of our board positions but we really need a second Castle Downs Recreation Representative. If you are interested in the overall picture of what is happening in Castle Downs from park upgrades, LRT extension, YMCA happenings, to the Pavilion, and Griesbach development, as well as special events and programs then this would be a great position for you. It does not require a ton of time but you will find it very rewarding to be part of something bigger. If you would be interested in joining our Board of Directors as a CDRS Rep please contact Arlene at 780-478-1282 or email: communications@lbcl.ca

Do You Like to Build?

We are looking for someone to build some sandwich board signs for the community league. We want to use them for additional advertising of events and for use during events/activities. If you are interested in volunteering your time and skills to build them for us please contact Lorna at 780-457-1039.

New Ideas and Activities

Are you interested in starting a bridge club, a fitness group, a new parents group? Do you have an idea for a social event? Are you willing to organize a block party or special event? We are open to your ideas, your passions, and your skills and would love for you to join us and bring more ideas, activities and events to our community. Please contact us to share!

Please Consider Volunteering for the Baturyn Board

Each year we have members of our Board stepping down, and need to fill those roles before we can offer the sports programs. Even if you don't have children in a program or your children are grown up, why not support your community by taking on a role on the Board.

Check the website and Facebook often to see the various roles that are available and consider volunteering for an Executive or Committee role. This is minimum of a one year commitment, and at minimum requires 3-4 hours per month. This is a great opportunity to grow your skills in managing the league operation, or contributing to one of the programs areas. As well, this counts as your volunteer commitment(s)

Please consider bringing your skills to this role. If you need more information please contact the President at president@baturyn.ca.

Dunluce Volunteers Needed

Have you ever considered volunteering for your community? Well now is the time. Dunluce Community League is looking for individuals that would like join the executive as Castle-downs Variety Show Reps. For information about the position, contact the league President, Nadine at: president@dunlucecl.ca or call: (780) 456-6197.

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Baturyn News

Baturyn Community League Contacts

Your community league is operated on your behalf by volunteers, so please be patient when contacting us. We will attempt to get back to you as soon as possible.

Mailing Address	Hall Address	General Contact
P.O. Box 36030	10505 – 172 Ave	Phone
RPO Castle Downs	Edmonton, Alberta	780-457-4347 - leave voice mail. Checked weekly
Edmonton, Alberta	Between Baturyn and St Charles Elementary School	Website
T5X 5V9		WWW.BATURYN.CA
		Facebook
		FACEBOOK.COM/BATURYNCOMMUNITYLEAGUE

Hall Rentals	rentals@baturyn.ca	780-457-4347 (leave a message)
President	president@baturyn.ca	↓
Membership	membership@baturyn.ca	
Volunteers	volunteers@baturyn.ca	
Soccer	soccer@baturyn.ca	
Softball	softball@baturyn.ca	

Baturyn Hall Rentals

10505–172 Ave, Edmonton, Alberta



Rental information on the website.
Contact us through
rentals@baturyn.ca

Rates			
Package #	Description	Rate	Damage Deposit
1	Saturday (8:00 am - 2:30 am)	\$425.00	\$425.00
2	Sunday (8:00 am - 5:00 pm)	\$150.00	\$150.00
3	Friday (6:00 pm) - Sunday (2:30 am)	\$500.00	\$500.00
4	Saturday (8:00 am) - Sunday (noon)	\$500.00	\$500.00
5	Friday (6:00 pm) - Sunday (noon)	\$600.00	\$600.00

Additional Information

- We do not rent the hall during the weekday (8:00 am - 5:00 pm)
- Full payment for rental and damage deposit are required 30 days prior to event
- Hall availability information is on the website (baturyn.ca)
- We reserve the right to deny any rental application
- To apply for a rental, you may send an email to rentals@baturyn.ca (stating name, event date and description of the event), or leave a voice message at 780.457.4347 (stating name, event date and description of the event)

Become a Fan of Baturyn Community League



find us on
facebook
Become a fan

Click here to see our page

to stay up to date on 'what's happening' in and around our neighbourhood.

<https://www.facebook.com/BaturynCommunityLeague>

Please Consider Volunteering for the Baturyn Board

Each year we have members of our Board stepping down, and need to fill those roles before we can offer the sports programs. Even if you don't have children in a program or your children are grown up, why not support your community by taking on a role on the Board.

Check the website and Facebook often to see the various roles that are available and consider volunteering for an Executive or Committee role. This is minimum of a one year commitment, and at minimum requires 3-4 hours per month. This is a great opportunity to grow your skills in managing the league operation, or contributing to one of the programs areas. As well, this counts as your volunteer commitment(s).

Please consider bringing your skills to this role. If you need more information please contact the President at president@baturyn.ca.

Tell us your thoughts?

Baturyn Community League is seeking your input on ways to create interest in becoming a member of the Board. The league traditionally has used the spring Sports Registration event to as the forum for our Annual General Meeting (which is a requirement of our charter) to fill our Board vacancies.

Do you have any ideas to perform our AGM and fill Board vacancies that might be outside the Sports Registration? Do you know of friends and family that may have grown children and looking for ways to give back to their community?

Please share your thoughts with us at communications@baturyn.ca. Any input is welcome.



Edmonton Police Alarm Green Stickers

We've noticed that a number of people have alarm company stickers by their front door, but no green Edmonton Police Permit Number sticker. Police will NOT respond to non-permitted, non monitored alarms unless a indication of criminal activity is present. Make sure you register your alarm with the Police. For more information go to <http://www.edmontonpolice.ca/alarmpermits>.



2014 Memberships are available

Do you have a current membership for Playschool or Fall Sports or just believe in the value of community membership? The 2014 memberships start on September 1, 2014 and end August 31, 2015


Memberships are required to access programs of your Baturyn Community League. Your membership fees help support the delivery of your various community league programs

Baturyn is offering online credit card payments using PayPal and the membership cards will be mailed to you.. As a reminder membership purchases are not refundable. Check the website for the link.

Fees


- ☐ Family \$25.00
- ☐ Single (16+) \$25.00
- ☐ Senior (55+) \$10.00

Email Jody at membership@baturyn.ca to get more information



CASTLEDOWNS

Dental Centre




Dr. Tarek Tarchichi

www.castledownsdentalcentre.com

780-456-2990

11816-145 Ave




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At Castledowns Dental Centre, We are more than glad to offer you the following services:

- Root Canal Treatment
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- Partial Dentures
- Dental Implants
- Sedation
- Crown & Bridges
- Veneers
- In office Zoom Teeth Whitening




Dental Centre Hours

Monday to Friday 8 am to 5 pm

Saturdays 9 am to 4 pm

We are closed on Sunday & Public Holidays

We Accept:

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The place to be!

Summer is just around the corner! Start thinking about the many great summer camps at Dance Theme!

CLASSES START SUNDAY APRIL 12th

HIP HOP SUNDAYS

(BOYS ONLY) 7-12 yrs: 11:15 - Noon
6-8 yrs: Noon - 12:45 pm
4-5 yrs: 12:45 - 1:30 pm

EVERYBODY DANCE! SUNDAYS

Creative Movement with obstacle course, Jazz and Hip Hop

3-4 yrs: Noon - 12:45 pm
5-6 yrs: 12:45 - 1:30 pm
Jazz, Cheer & Tumble, Lyrical and Hip Hop
7-10 yrs: 1:30 - 2:15 pm
11 yrs+ : 12:45 - 1:40 pm

ANGELINA BALLERINA SUNDAYS

3-4 yrs: 11:15 - Noon
3-4 yrs: Noon - 12:45 pm

BABY STARS TUESDAYS (Starts April 14th)

18 mos.-3 yrs: 12:45 - 1:30 pm

Visit www.dancetheme.com for complete details!

A mother's well-being is directly linked to her children's

Baby coos. Mom coos back. Baby's wet and cries. Mom changes baby's diaper. Such serve and return exchanges are the foundation of early childhood development.

But what happens when baby coos or cries and Mom can't respond?

"Any chronic stressor in the family—violence, addiction, depression or ill health—that prevents serve and return between a mother and a baby has a tremendous effect on a child's healthy brain development," says Nicole Letourneau, Norlien/Alberta Children's Hospital Foundation research chair in Parent-Infant Mental Health and RESOLVE Alberta director.

This is one of the major reasons a woman's health is so closely tied to her family's health. When mothers thrive, their families thrive and vice versa.

"A mother has the initial biological attachment, but all of the people around the mom make the attachment happen," Letourneau adds. "An important concept is that society helps parents raise their children by putting in the supports to do that."

Beyond their close, immediate family and friends, women in Alberta have several supports, including public health nurses, women's doctors and prenatal programs. Community groups offer play groups where mothers can meet other mothers in their neighbourhood.

"Growing evidence shows that better post-partum nutrition helps the mother's body recover from pregnancy and childbirth," says behavioural scientist Bonnie Kaplan of Pediatrics and Community Health Sciences at the University of Calgary and the Alberta Children's Hospital. "Being a mom—breastfeeding, maybe rushing to work, holding two jobs—is so exhausting, that moms need to be optimally healthy," she adds. Nutritious food helps new moms through the stress of a new baby and the changes in their relationships.

A healthy mom in turn feeds her child nutritious food, laying the foundations for long-term good health. The cycle is complete when healthy parents pass on their healthy habits and choices to their children, the next generation of parents.



#107, 25 Chisholm Ave., St. Albert • 780-419-2055

Children's Art Academy/ TEEN Art Classes

• **Small class size:** Limited to only 12 students to ensure personal guidance.

• ***Most Supplies Included!**

• **Make-up lessons available:** Now more flexible for your child's busy life. Most missed lessons can be made up during the current session.

Children 6-12 yrs.

Mondays Apr. 13 — June 22 4:30 - 5:30 OR 5:30 - 6:30
Wednesdays Apr. 08 — June 10 4:30 - 5:30 OR 5:30 - 6:30
Fridays Apr. 10 — June 19 4:30 - 5:30 OR 5:30 - 6:30
Saturdays Apr. 11 — June 20 11:00 - 12:00

TEENS 12-16 yrs.

Mondays Apr. 13 — June 22 6:30 - 8:30 OR 7:00 - 9:00
Tuesdays Apr. 07 — June 09 6:30 - 8:30 OR 7:00 - 9:00
Saturdays Apr. 11 — June 20 12:00 - 2:00

Adult Art: Drawing & Painting: For the "Scared Stiff" to the Experienced Artist!

Mondays Apr. 13 — June 22 12:30 - 3:30 OR 6:30 - 9:30
Tuesdays Apr. 07 — June 09 9:30 - 12:30 OR 12:30 - 3:30 OR 6:30 - 9:30
Thursdays Apr. 09 — June 11 9:30 - 12:30 OR 12:30 - 3:30
Saturdays Apr. 11 — June 20 12:00 - 3:00

NOTE: NO CLASSES April 18 and May 18, 2015

INSTRUCTOR: LAURA WATMOUGH

- Professional artist
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Check us out at www.hiddentalentartschool.com

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Tuesday

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HOW ARE MARTHA AND HENRY'S KIDS DOING THESE DAYS?

Decades ago, former Premier Ralph Klein introduced us to Martha and Henry - the average Albertan couple.

How are their kids doing?

The kids are worried. Not just about dignity for their parents, but also the lack of schools and affordable child care spaces.

You can count on the Alberta Liberal Opposition to ask the tough questions.

Let us know how you are doing. Phone 780.427.2292, through our website at www.liberalopposition.com, or e-mail liberal.correspondence@assembly.ab.ca.



Liberal
ALBERTA LIBERAL OPPOSITION

BRENT RATHGEBER, MP

EDMONTON - ST. ALBERT

ACCOUNTABILITY TRANSPARENCY FISCAL RESPONSIBILITY



Annual Passport Clinics

My annual passport clinics will be held on Saturday, May 2 from 1-5pm at North Pointe Church in Edmonton (14025 – 167 Ave) and Saturday, May 9 from 10am – 2 pm at my St. Albert Constituency Office (220 20 Perron Street).

These clinics aim to provide a convenient place to access all the necessary items for a passport application. We will have a photographer on site (charging \$15 cash for a set of photos), photocopier access for copies of secondary identification documents that need to be signed by a guarantor, and my staff will be available to assist with filling out and checking the applications. I will be taking all completed and sealed applications back to Ottawa with me for delivery to the Passport Canada Office in Gatineau for processing.

The processing time for a Passport application through my office is approximately 3 to 4 weeks. If you require your passport sooner, or have confirmed travel arrangements, I would suggest you apply for your Passport through the Passport Office, located at Canada Place, 9700 Jasper Avenue. Passports cannot be processed the day of the clinic.

www.brentrathgeber.ca

780-459-0809

E-mail: Brent.Rathgeber.A1@parl.gc.ca

Parents as Role Models

Parents tend to be the strongest role models in their child's life and this can be a strong parenting asset. Imagine all of the wonderful things you want your child to be, for example, kind, respectful, and honest. If you choose to model those traits, your child is likely to follow suit.

As a role model it is important to recognize that you have a range of emotions and responses. It is not realistic to expect you can always model happy, calm behaviour. There are upsetting moments in life that can make you feel sad, frustrated or angry. However, if your child sees that you are angry, for example, but able to handle it appropriately, they are more likely to handle their own anger appropriately too.

Here are some tips for being a good role model for your child:

Communicate - Talk to your child about the choices you make to be a good role model. Ask them what they think is important in a role model, and why? Find ways to talk about the topic of role modeling when out with them. For example, if their soccer coach is supportive and encouraging, mention it and ask them what they think. Alternately, if an adult is behaving inappropriately, such as a parent booing at a sport event, talk about this too.

Provide opportunities - Find opportunities for your child to act as a role model for younger children. Ask if their school has such opportunities or seek them out in your community.

Be aware of other influences - Know your child's friends and their friends' parents. Be aware of what is being modeled in the homes that your child is visiting. Help them try to make sense of the lifestyles they see in advertising and on TV shows.

Learn from mistakes - Everybody makes mistakes; it is part of being human. If you do make a mistake, it is possible to talk to your child about this without burdening them with adult problems. You can apologize and explain that you made a mistake but that you are trying hard to change. The important thing is to reassure them that you love them and that adult problems are not their fault. When something goes wrong, use it as an opportunity to discuss different choices.

The information above was compiled from the Alberta Health Services' Parent Information Series. For more information on role modeling and other topics for parents visit <http://www.albertahealthservices.ca/2434.asp>

The Edmonton Insight Community

The Edmonton Insight Community (<https://www.edmontoninsightcommunity.ca/Portal/default.aspx>) is an online space for Edmontonians to provide their views on a wide variety of city issues. It's a place to collaborate and communicate with us and others in our community. We want to hear your opinions, learn about your needs, share information with you, and ask you to express what's most important to you.

Our City has a lot to be proud of, and we face some big challenges and have some great opportunities. Your input is important in helping to stimulate thoughtful community-wide discussion and inform decision making.

As a City, it's important we address challenges head-on. That's why it is incredibly important for us to hear from a wide range of people, of all ages and backgrounds, as we continue to build an even better city.

We ask just a few minutes of your valuable time to join.

Why Join?

- Play a part in shaping your City with other engaged citizens
- Provide your views on important topics via the web or your mobile device
- Focus on topics that are important to you and your community
- Learn about exciting initiatives the City is planning
- Access opportunities to participate in workshops of interest
- Engage with the City regularly over a multi-year period

For more information:

Cory Segin

Manager - Office of Public Engagement

Telephone 780-495-0395

Email Cory.Segin@edmonton.ca

League Executive

Hall: 14830-118 St 456-3435

Position	Name	Contact Info
President	Evan Hellyer	780-641-4996 president@caernarvoncommunity.com
Vice President	Pam Irwin	780-473-5563 vice@caernarvoncommunity.com
Treasurer	Lisa Goertz	treasurer@caernarvoncommunity.com
Secretary	Kat Furtado	secretary@caernarvoncommunity.com
Ball	Sheldon White	softball@caernarvoncommunity.com
Bingo	Lynne Hellyer	bingo@caernarvoncommunity.com
Equipment	Carolyn Scott	equipment@caernarvoncommunity.com
Hall Rental	Vacant (Evan)	president@caernarvoncommunity.com
Maintenance	VACANT	maintenance@caernarvoncommunity.com
Membership	Lynne Hellyer	membership@caernarvoncommunity.com
Neigh. Watch	VACANT	neighbourhoodwatch@caernarvoncommunity.com
Newsletter	Sarah Hunczak	newsletter@caernarvoncommunity.com
Signs	Kati Weir	signs@caernarvoncommunity.com
Program	VACANT	programs@caernarvoncommunity.com
CDRS	Danny Burrell	cds@caernarvoncommunity.com
CDRS	Jennifer Schell	cds@caernarvoncommunity.com
Soccer	Carolyn Scott	soccer@caernarvoncommunity.com
Social	Lisa Goertz	social@caernarvoncommunity.com
Variety Show	Pam Irwin	varietyshow@caernarvoncommunity.com
Variety Show	VACANT	varietyshow@caernarvoncommunity.com
Casino	Amanda	casino@caernarvoncommunity.com
Website	Rob Irwin	webmaster@caernarvoncommunity.com
Book Keeper	Sue Jorgenson	bookkeeper@caernarvoncommunity.com

New Website!

We now have a new website www.CaernarvonCommunity.com it is still a work in progress; new pages and sections are still being added to the site. If there is anything you would like to see on here, send us a message as we are always trying to find new ways to improve!

Facebook users; keep up to date in our community with: registrations, events, sports and so much more, don't forget to search Caernarvon Community League and select Like!

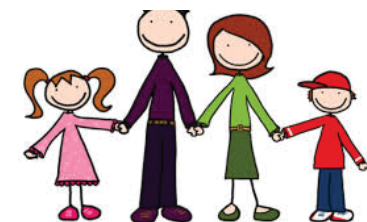


Wem Choice Pass

We just received a new supply of Passes that Expire Jan.2016 ONLY \$25 - PASS INCLUDES CHOICE OF:
The passes include individual admission to one of the following: World Waterpark or Galaxyland Amusement Park; or any two of the following: Ice Palace, Sea Life Caverns, Professor WEM's Adventure Golf or Putt'n' Glow. Now also redeemable for Rope Quest and Fun Haunted House Contact Lynne at 780-641-4996 or email membership@caernarvoncommunity.com

The Caernarvon Playground

We are now into the planning phase for our new community playground. If you are interested in helping out, please contact Pam, vice@caernarvoncommunity.com.



Hall Rental

Our wheelchair accessible facility is approximately 50m x 60m accommodating 277 guests (non-fixed tables & seats) or 220 guests (dining and dance) we also have a Separate Boardroom with table & chairs for meetings holding up to 25 guests.

Features of our Hall include a Full Commercial Kitchen with gas stove & 2 ovens, a Wet Bar, a Coat Room, a Raised Stage; a New Sound System with wireless Microphone.

Also available is a Large BBQ and Theater Popcorn Machine.



Rates:
\$20 hourly, Boardroom
\$35 hourly, Hall
\$300 Daily (Sun thru Thurs) 8am, to 3am
\$400 Friday 8am, to Saturday 3am
\$450 Saturday 8am, to Sunday 3am
\$550 Friday 5pm, to Sunday 3am
\$550 Saturday 8am, to Sunday 5pm
\$650 Friday 5pm, to Sunday noon
\$50 Dishes rental (plates, cutlery, glassware, limited small wears)
\$50 Large BBQ
\$50 Theater Popcorn Machine
Deposits on Daily rentals, \$1000
Deposits on Hourly rentals, \$250
Sound System Deposit, \$500
Call Evan at 780-456-3435 or email rental@caernarvoncommunity.com
For questions or an appointment to view the facilities (please leave a message).

Caerny Bucks

If you would like to be included on the Caerny Buck list, contact our Bingo Director at bingo@caernarvoncommunity.com. Caerny Bucks are worth \$35 and are given to people who work extra bingos when they cannot be filled with sports registration. The Caerny Bucks can be used towards any Caernarvon event, such as; sports registration, programs, and social functions.



Castledowns Dental

General Dentistry

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MEMBERSHIPS

Join Us!

2014/2015 Caernarvon Memberships are now for sale!
Contact Lynne at 780-641-4996. Memberships are \$25

BENEFITS OF MEMBERSHIP

There are many reasons to join your Community League.
Here are just a few:

- ☐ A great way to meet neighbours & make friends.
- ☐ Educational programs and recreation opportunities.

- ☐ Access to hall rentals, skating rinks, tennis courts, basketball courts, & more.

- ☐ Have a say in facility and park development, traffic management, & urban planning.

- ☐ Special community swim & skate times:

Swim Times:

- Grand Trunk Sunday 4:15pm-5:15pm
- Grand Trunk Friday 7:00pm-9:00pm
- Grand Trunk 8:00am-10:00am (aqua size)
- Londenderry Sunday 4:15pm-5:15pm
- YMCA Castledowns Saturday 6:00pm-8:30pm

Skate Times:

- Castledowns Recreational Center Saturday 11:45am-1:00pm
- ☐ Discounts at City recreation centers for annual and multi-admission passes.
- ☐ Present your valid Edmonton community league membership card at any one of the City of Edmonton's sports and fitness facilities and choose from the following Community League Wellness Products:
 - Annual Pass* - 10% discount on Adult, Family, Child, and Youth/Senior Annual Passes
 - Multi Admission Pass* - 10% discount on our already discounted multi admission pass (10+ visits)
 - Continuous Monthly Pass - 10% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program
- ☐ Safety programs and crime watch cooperation
- ☐ Fun, socials & programs for cultural gatherings, parents, play schools, youth, seniors, you name it!

Caernarvon's Annual Ball Tournament

Caernarvon's annual ball tournament is being held **Friday, May 8th, and Saturday, May 9th**. Space is limited so register early! There will be a party Friday night and a pancake breakfast Saturday morning. Want to know more? Contact Evan at president@caernarvoncommunity.com



Edmonton 311 App

Report your concerns on the go!

With the free Edmonton 311 app, you can use your smart-phone to easily notify the city of:

- Potholes
- Damaged sidewalks
- Damaged trees
- Litter
- Graffiti

Help keep Edmonton great! Be the eyes and ears on the streets!

Send a photo with your request and use your smartphone's GPS function to pin point an issue's location.

By doing this, you're helping us to better assess, prioritize and determine the corrective action based on severity, location, and other factors.

Note: The 311 mobile app is one more way for you to report your concerns to the city.

Download 311 App

Search for "Edmonton 311" on: Google Play & iTunes App Store

Upcoming Bingo Nights

Next Bingo nights are April 28th and May 6th

Kensington Bingo Hall, 12538 - 132 Ave
Please be there for 5pm.

Don't know when your upcoming bingo is? Call Lynne at 780-641-4996.

Family Fun Bingo And Movie Night

There will be a Family Fun Bingo and Movie Night on May 23rd, raising donations for the community park fund. Food and snacks will be available for purchase.

Hockey School

Castle Downs Recreation Society is running a hockey school August 24-28 at the Castle Downs recreation centre. Caernarvon Community League will sponsor two scholarships for the school, winners to be selected by a random draw. Caernarvon League Members may submit entries no later than June 15th.

Summer Programs

There will be two programs this summer for the little ones, ages 4 to 6!

July 6 - 10: Toe Tapping Tots

July 27 - 31: Young at Art

Big Bin Event

There will be another Big Bin day coming up in July. Watch this space next month for more information!

Elsafadi's second location 10807 Castledowns Rd Special Savings on Quality Produce

Locked In Pricing for the Month. While quantities last

Golden Delicious Apples 99¢/lb	Fresh loaf bread 99¢ each White/Brown/ Whole Wheat	Fresh Baked Baklava Wide Variety	Turkey Breast \$1.69 /100gr	Kalamato Olives 99¢/ 100gr	Lebanese fresh baked meat pies. Spinach & cheese 3 cheese family pack \$9 ⁹⁹
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Elsafadi Bros. Supermarket

11316 - 134 Ave

780 - 475-4909

Local Community Owners

DATES
1 kg
\$5.99

20Lb
New Red or
White
Potatoes **\$5.99**

Emma
Extra Virgin
Olive Oil 1lt
\$5.99

Position	Filled by	Phone
President	Krista Hennigar	780- 951-7627
Vice-President	Heather Magnes	780-903-3583
Treasurer/Grants	Myer Valeriano	780-907-1198
Membership	Shelley Worsley	780-457-2377
Secretary	Tara Pohl-Gobeil	780-218-3399
Buildings and Grounds	Ryan Simpson	780-267-7777
Bingo Chairperson	Chantal Brown	780-238-6234
Casino Chairpersons	Krista Hennigar	780-951-7627
Sports Equipment	Rob Lewis Rob Jarowka	780-486-2893 780-910-9450
Newsletter Editor/Website	Loretta Bertholet	780-457-0304
Rink Attendant	Fred Gregory	780-457-1044
Soccer Director	Rob Lewis	780-486-2893
Program Director	Zuzana Bado Diane Neiman	780-457-2759 780-457-6239
Variety Show Representatives	Diane Neiman vacant	780-457-6239
CDRS representatives	Neil Chymko Georgette Strand	780-975-0421 587-338-8339
Hall Rental Director	John Paul Potestio	780-993-3503
Social Director	Tess Potestio Dianna DeCaluwe	780-974-3503 780-263-1109

New to Carlisle Neil and Val Chymko Education Award

The Education Award provides financial assistance to Carlisle Community League members who want to start or continue their post-secondary education in any field of study or career (i.e., after completing Grade 12 or qualifying as an Adult/Mature Learner). Carlisle Community League is looking for interested Candidates. The Candidate must submit their application form to the community league by April 30th of any given calendar year. Please see Carlisle Community league website (www.carlislecl.com) for more information.

Hall Rental



CARLISLE COMMUNITY HALL
14240 – 117 STREET
UPPER LEVEL CAPACITY SEATED 99
MEMBERS: 250 NON-MEMBERS \$275

**Rental Inquiries Contact Hall Rental Director
John Paul Petestio @ 780-993-3503**

Carlisle Community Programs, Fall 2014 – Spring 2015

For More Information or registration, please phone Zuzana 780-914-1775

Carlisle Community Hall 14240 117 Street

PROGRAM	AGE	TIME	FEE	DAY	LOCATION	NOTE
Preschool Recreational Programs – ABC – 123 & FIT KIDS	2 years and up	10:00 – 11:00 am	\$100 for 8 weeks for both programs	Monday	Carlisle Community Hall	This program provides fine motor and social skills development. ABC – 123: Painting, colouring, crafting, singing and interacting with other kids. Fit Kids: Soccer .basketball, gymnastics, dance and more.
GYMNASTICS	5-12	5:30 – 6:30 pm	\$50	Wednesday	Carlisle Community Hall	Girls: Bodysuit & Bare Feet Boys: T-Shirt, Sweat Pants & Bare Feet
LADY BUGS LITTLE BEES (dance classes)	3-4	5-30 – 6:00 pm 6:00 – 6:45 pm	\$100 \$120	Tuesday	Carlisle Community Hall	Ladybugs: Black Bodysuit with long sleeves, pink tights, pink slippers and Tap Shoes Little Bees: Black Bodysuit with long sleeves, white tights, black slippers and tap shoes
CARIO PILATES	Adult Teen	7:30 – 8:30 pm 9:30 – 10:30 AM	\$80 \$40	Mon & Wed Tue & Thur	Carlisle Community Hall	Floor Mat, exercise ball, water Bottle

**League
Memberships
Available
Please
Contact
Shelley
Worsley
780-457-2377.**



**this
journey
WILL
change your life**

Wake up in a unique summer classroom at
Mountain Adventure School

- Two-week summer programs for high school students.
- Earn school credits and certifications toward a career in camp leadership and guiding.
- Full 14 day summer camp includes lake and whitewater canoeing, rock climbing and rappelling, back country biking, hiking and wilderness living in an extended river expedition.

Sessions starting in June, July and August
SIGN UP TODAY!

**TO REGISTER NOW OR FOR
MORE INFORMATION CONTACT US:**

Progressive Academy
www.progressiveacademy.ca/mas
 780-455-8344







Childhood Immunizations

New Alberta website launches

When it comes to childhood immunizations, Albertans have questions. But where is the best place to get good answers?

Not only can you chat with your family doctor or local public health nurse about your child's immunization, you can also visit Alberta Health Services' new immunization website: ImmunizeAlberta.ca.

ImmunizeAlberta.ca was designed for, and is based on, insight and feedback from Albertan parents.

Whether it's a simple question about the childhood immunization schedule or what to expect after your child gets immunized, uncertainty about the real risk of diseases, or concerns about immunization safety: ImmunizeAlberta.ca has the info you need.

Visit ImmunizeAlberta.ca today.

**Message from
Dave Loken
City Councillor Ward 3
City of Edmonton**



First Place Program

Edmonton has experienced massive growth over the recent years. As more people decide to make Edmonton their home, residences need to be available to accommodate. However, the price of owning a home is going up. These increasing prices can cause a problem for first-time homeowners, such as young families and young professionals. In hopes to alleviate some of this problem, City Council introduced the First Place initiative in 2006.

The First Place program is a council initiated program intended to make it easier for Edmonton residents to purchase their first home. Potential residents of these developments do have to apply for the program, and must meet the eligibility criteria. The program works with two award winning developers to build affordable residences in surplus school sites around the city. The developers work closely with the community to build residences that will contribute to the character of the neighbourhood, and to address any concerns residents may have.

City Council believes this program is important for many reasons. The first is that it allows young professionals and families, who would otherwise be unable to afford owning real estate, to purchase their own home. These developments also diversify and revitalize neighbourhoods. They bring young families into mature neighbourhoods, increase enrollment at schools, and can even improve property value by attracting others to explore the area and by offering a variety of new housing types which can improve the appeal of the community. First Place residences in surplus school sites also act as a type of infill, reducing sprawl outwards and the resulting depletion of agricultural and forested land, optimizing the use of existing infrastructure and improving the use of public facilities and services.

The First Place program is a city project that North Siders should be informed and excited about. One such development has been successful in the north east, in the community of Canon Ridge. Another is being developed in Ward 3, in the community of Belle Rive. The city is holding an open house for the community regarding this development on April 21, from 6:30-8:30pm at Florence Hallock School, 16437 87 St.

For more information regarding the First Place program, visit www.first-placeprogram.com, Edmonton.ca, or you can contact my office at: dave.loken@edmonton.ca, at 780-496-8128, or through my website www.daveloken.com.

Poison Prevention

The Poison & Drug Information Service (PADIS) offers a free, confidential poison line for Albertans, 24 hours a day, 7 days a week. The service offers expert advice about poisons and toxins, medications, chemicals, recreational drugs and plants. When calling the poison centre, callers speak with a specially-trained nurse or pharmacist who gives information and offers advice on how to best manage poisonings and exposures.

Medication and herbal advice is also available through PADIS offering up-to-date information for the safe use of over-the-counter products, prescriptions, medications and herbals. This includes potential interactions between medications and/or herbals and safe medication options for pregnant and breast-feeding women.

PADIS plays a key role in helping Albertans safely manage poison exposures and can offer advice on the most appropriate level of health care service should it be needed.

PADIS also operates a Drug Information Line for Health Care Professionals. This free service for health professionals provides drug information for clinical situations, with the support of an on-call Medical Toxicologist.

For more information and to access the services of PADIS call 1-800-332-1414 or visit www.padis.ca.

Cumberland/Oxford News

Alison Mould	CRC
Calvin Cazes	President
Jack Ballash	Vice President
Chris Cebula	Treasurer
Corina Michetti	Membership Director
Jackie Nicholls	Membership Director (new)
Shannon Parks	Bingo Director (new)
Denine Pelley	Bingo Director (new)
Jodi Arneson	Bingo Director (new)
Sina Marzoughi	Programs/Social Director
Christine Crowe	Secretary
Stephanie Bryson	Webmaster
Malinda Rudyk	Director at Large
Michelle Innes	Baseball Director
Peter Balaban	Soccer Director
Vanessa Forster	Variety Show Director
Pam Ushkowski	Volunteer Director
Christa Gagnon	Communications Director
Jean Deslauriers	Past President
Lynnette Thompson	CDRS Representative
Vini Buecken	CDRS Representative
Tim Atlee	Director at Large (Assisting with Soccer)
Todd Boyer	Director at Large
Christina Brown	Director at Large
Don Durda	Director at Large

Mailing Address:
14804 - 129 Street, Edmonton, AB, T6V 1C4

BINGO DATES

Castledowns Bingo Hall
12222 137 Ave
5pm – midnight

April 7 – Tuesday
May 12 – Tuesday
June 10 – Wednesday
July 7 – Tuesday

Thank you to all of our volunteers and to everyone that comes out to support COCL on these nights.

COMING SOON

SHRINE CIRCUS

WATCH FOR US



NORTHLANDS EDMONTON • EXPO CENTRE, HALL D



Follow us on Facebook and stay up to date on the latest news at the Shrine. Our Facebook pages are:
Al Shamal Shriners • Edmonton Shrine Circus



Follow us @AlShamalShriner

•FUN FOR THE WHOLE FAMILY•

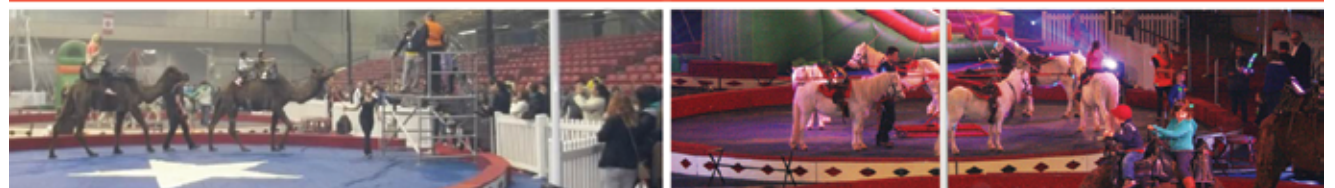
TICKETS: \$25 EACH

Available at the Shrine Centre Circus Office
Available beginning March

14510 - 142 Street • Phone 780-413-3400

All TicketMaster Centres - Phone 1-855-985-5000 • Online at www.ticketmasters.ca
(Ticketmaster service charge applies)

Proceeds of this event are for the benefit of Al Shamal Shriners local projects and activities

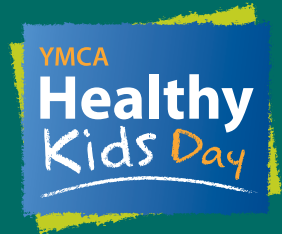


YMCA SUMMER DAY CAMPS

Just some of our camps offered this year for children and youth:

- Art-Rageous
- Circus Camp
- Glee Camp
- Aqua Explorers
- Y Chefs
- Y-Cycle
- Pow-HER-ful*
- Nature Agents*
- Aqua-Sports
- Lil' Sportsters
- Learn to Swim
- Lil' Dippers Swim
- Sports of all Sorts
- Community Quest
- Counsellors-in-Training
- A-Maze-ing Adventure*
- Learn to Babysit
- Lifesaving Bronze
- Kids in the Kitchen
- Youth Triathlon*
- Y-World of Sports

*New Program this year!



Healthy Kids Day

FREE Pre-Camp Family Event
Sunday, June 7, from 12 - 3pm

Castle Downs Family YMCA

11510 153 Avenue | 780 476-YMCA (9622)

YMCA Members get a discount on all Summer Day Camps

2-week
swim lesson
camps!

northernalberta.ymca.ca



Dunluce News

DUNLUCE EXECUTIVE

Hall: 11620-162 Ave 456-3978
PO Box 36050; Castledowns RPO
Edmonton, AB T5X 5V9
www.dunlucecl.ca

PRESIDENT	Nadine Meads	780-456-6197
VICE PRESIDENT	Ahmed Assaf	
TREASURER	Loretta Wonitoy	780-457-9101
SECRETARY	Lorna Melnyk	780-456-4596
PAST PRESIDENT	Keoma McMurren	780-457-9101
CDRS REP	Ryan & Carla Korpesio	780 444-9212
VARIETY SHOW		
CASINO	Maureen Ewart Mark Gross	780-457-0708 780-456-5700
MEMBERSHIP	Christina Fletcher	780-484-3051
PUBLICITY	Bev Gross	780-456-5700
SOCIAL	Lorna Melnyk	780-456-4596
BINGO DIRECTOR	Laura Gass	780-690-2766
SOCCER	Ryan Korpesio	780-456-3978
SOFTBALL	Loretta Wonitoy	780-457-9101
PROGRAMS	Zuzana Bado	780-914-1775
WAYS & MEANS	Keoma McMurren	780 457-9101
SOCCER EQUIP.	Arlene Pettifer	780-456-3978
BUILDING & ASSETS	Al Chapman	780-456-9292
PLAYSCHOOL	Registrar	780-499-0232
COMMUNITY SERVICES	Trudy Raadik	
HALL RENTALS	Al Chapman	780-457-4342

Upcoming Bingos

If you have an upcoming Bingo please see dates below and you will also be receiving a call as a reminder. If you have any questions or you have not received a registration bingo date, Kristen: (780) 455-9177
April 1st, May 1st, June 16th, 2015
All Bingos are at Kensington Bingo Hall unless otherwise stated.



Hall Rental

Seating Capacity 120

Weekend rates:

Dunluce Community Members:

6pm Friday evening til 5pm Sunday evening \$300.00 plus \$350.00 damage deposit

Non-Dunluce Community Members:

6pm Friday evening til 5pm Sunday evening

\$350.00 plus \$350.00 damage deposit.

Daily rates:

Community Members: \$200.00 Damage deposit \$350.00

Non-Dunluce Community Members:

\$275.00 Damage deposit \$350.00

Hourly rate: \$30.00/Hr, minimum 3 hours

Damage deposit equals hourly rate

For more information contact Al Chapman at 457-4342.

www.dunlucecl.ca

Volunteers Needed

Have you ever considered volunteering for your community? Well now is the time. Dunluce Community League is looking for individuals that would like to join the executive as Castledowns Variety Show Reps. For information about the position, contact the league President, Nadine at: president@dunlucecl.ca or call: (780) 456-6197.

Dunluce Community Programs, Fall 2014 – Spring 2015

For more information or registration please phone,
Zuzana (780) 457-2759, or e-mail zuzana.bado@gmail.com

PROGRAM	AGE	TIME	FEE	DAY	DATE	LOCATION	NOTE
Dance Tinker bells	3-4	5:30-6:00	\$100	Tuesday	Sep. 30 -Dec.2 Jan.6-Mar.10	Dunluce hall	Black bodysuit with long sleeves, pink tights, pink ballet slippers and tap shoes
Dance Cool kids	5-6	6:00-6:45	\$120	Tuesday	Sep. 30-Dec.2 Jan.6-Mar.10	Dunluce hall	Black bodysuit with long sleeves, white tights, pink ballet slippers and tap shoes
Gymnastics	5-12	5:30 6:30	\$50	Wednesday	Oct.1-Dec.3	Carlisle hall	Body suit & bare feet
Fitness Classes	Teen-Adult	8:30-9:30	\$80/20 classes	Tuesday Thursday	Sep.2 Ongoing	Dunluce hall	Floor mat exercise ball
Spanish	Teen-Adult	7:30-8:30	\$50	Tuesday	Fall TBA	Dunluce hall	Learn or improve your Spanish
Little Kickers (Learn to kick)	3-4	5:30-6:30	\$45	Tuesday	TBA	Dunluce Hall	TBA
Music Lessons	All	TBA	\$99/ Month	Thursday	TBA	Dunluce Hall	



The advertisement for Boston Pizza Kids Meals features a collection of food items: a pepperoni pizza, a salad, a drink, a sundae, and three small bowls of toppings. To the left is a 'BP POWER PACK!' activity pack with cartoon characters and a QR code. The text 'ALL KIDS MEALS' is at the top right, followed by a large '\$6.99' price tag. Below the price, it says 'Comes with an activity pack and a create-your-own sundae.' At the bottom, the address and phone number are listed.

ALL KIDS MEALS

\$6.99

Comes with an activity pack
and a create-your-own sundae.

Boston Pizza - Namao 16521 97 St 780-456-5554



**REALTY
EXECUTIVES**

Progressive

Dennis Stolzmann
Realtor

Serving Edmonton and Area

Phone:	780-908-6651
Fax :	780-244-3530
Email:	info@dennissells.ca
website:	www.dennissells.ca



A photograph of Dennis Stolzmann, a man in a dark suit and light blue shirt, standing with his hands in his pockets in front of a city skyline across a river.



Call today for your FREE market analysis

FITNESS CLASSES

**Dunluce Community League has
Fat burning and stomach flattening
WORKOUT**

**At Dunluce Community Hall 11620 – 162 ave.
Tuesdays & Thursdays from 8:00 to 9:00 PM**

**A prepaid registration is only \$80 for 20 classes
or drop in for \$10**

**For more information please call Zuzana at: (780) 457-2759
AFLCA certified**



DUNLUCE PRESCHOOL

Time for Play!



- a qualified, experienced, energetic and creative Early Childhood Educator
- a great facility- well equipped with lots of room to play
- movement to music, drama, exercise, sports, singing and finger play
- monthly themes and hands-on activities... everything from baking to!
- Learning through play-educational learning centres that ignite your child's passion for learning!
- Exciting field trips - onsite and offsite!
- A program dedicated to meeting your child's individual needs!
- Preparation for Kindergarten!
- Cooperative/Community-based preschool: a great way to meet new families and get involved in your community

Accepting students for our 3 and 4-year old classes, starting September 2015.

**For more information, please contact our registrar at 780-499-0232 or email
dunlucepreschool@hotmail.com or check us out on Facebook!**

We look forward to seeing you and your little ones!

www.dunlucepreschool.com

Edmonton Leisure Access Program

(free admission to city of Edmonton Recreation facilities and attractions)

What is the Leisure Access Program?

The program gives low income adults, seniors, youth and children from Edmonton free use of City of Edmonton recreation facilities and attractions including: 9 swimming pools, fitness centres, Edmonton Valley Zoo, and Fort Edmonton Park. And it provides discounts on registered programs (day camps, art classes, swimming lessons, etc.) for one year.

Who can get a card?

You may qualify if you meet the following:

- if you are currently on an approved government program (AISH, income support, health benefits, etc.)
- have low income
- are a recently landed immigrant or refugee

How can I get a card?

You will have to apply for the program by submitting an application form and required documents.

How can I get an application form?

- at any City of Edmonton leisure sports & fitness facility
- www.edmonton.ca/lap
- 780-496-4918
- 14th floor, 10004 – 104 Avenue, Monday-Friday, 8:30am-4:30pm



MUSIC LESSONS

**Piano Lessons
Thursday Evenings
\$99 / Month**

**Information @
(780) 488-8515**

**Register @ (780) 457-2759
or e-mail Zuzana at,
programs@dunlucecl.ca**

**LOCATION:
DUNLUCE COMMUNITY LEAGUE
11620-162 Ave.**

Shift to healthy eating at work

March is Nutrition Month

Did you know that employees spend about 60 per cent of their waking hours at work and eat at least one meal while on shift? This means that making healthy food and drink choices at work can have an impact on our health and energy levels.

This year Alberta Health Services dietitians are sharing tips on how to Shift to Healthy Eating at Work.

Fueling for your Workday

- ☐ Kick start your day with a nutrition packed meal such as: low fat yogurt, fruit and a oatmeal
- ☐ Energize your day with a healthy mid-shift meal. Have a wrap or sandwiches paired with veggies.
- ☐ If eating out, choose restaurants that offer healthy choices. Downsize large portions by packing half to bring home for later or split an entrée with a co-worker.

Rethink your Drink

- ☐ Keeping well hydrated will help you stay alert. If you find water “boring,” try flavouring it with lemon, cucumber or fresh mint.
- ☐ Limit sugary drinks such as regular pop, sports drinks, and sweetened hot drinks such as hot chocolate or slushy drinks.

Survive the Mid-Shift Slump

The mid-shift slump is often caused by the body’s internal clock sending signals which cause drowsiness at night and during the mid-afternoon. Healthy habits can help keep you energized throughout your shift.

- ☐ Don’t skip meals.
- ☐ Choose healthy foods, including protein (lean meats or nut butters) at meals and breaks.
- ☐ During your break, go for a brisk 10 minute walk or longer if possible.
- ☐ Connect with others. Chat with a co-worker also on break.
- ☐ Opt for a walking meeting, when possible.

The food and drink choices you make while at work play a major role in maintaining your health and energy levels.

For more ways to Shift to Healthy Eating at Work visit:
healthyeatingstartshere.ca.

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.



Edmonton North Animal Hospital

15387 Castle Downs Rd.
 Next to Sobeys &
 Edmonton Public Library
 780-476-3444



**NOW
OPEN
7:30 a.m.
Mon-Fri.**

*New
Clients &
Walk-ins
Welcome*

We do:

- Vaccinations
- Spay/Neuter
- Dental cleaning
- Radiograph
- Soft tissue surgery
- Dog bite wound repair
- Abscess repair
- Laceration repair
- Bladder stone surgery
- Blocked cat procedure
- Blood work
- Porcupine quill removal
- Allergy testing
- Hill's & Medi Cal prescription Food



PLAY BALL!

DUNLUCE SOFTBALL 2015

LEVEL	COST	YEAR OF BIRTH
U6 (T-Ball)	\$45.00	Born 2009 and earlier
U8 (Coach Pitch)	\$45.00	2007-2008
U10 (Mite)	\$60.00	2005-2006
U12 (Squirt)	\$60.00	2003-2004
U14 (Peewee)	\$60.00	2001-2002
U16 (Bantam)	\$60.00	1999-2000
U18 (Midget)	\$60.00	1996-1997-1998

Still accepting registrations.

Check out our website at <http://dunlucecl.ca> for further information or send an email to:

softball@dunlucecl.ca

Lorelei Beaumaris News

Farewell Ice!

We bid farewell to our outdoor rinks which saw many hours of fun for young and old! Thank you to Duncan for all his hard work and tireless efforts to maintain ice throughout the winter. He did an amazing job and is a fantastic rink attendant to boot. Thank you to his family for putting up with his long days and nights clearing, flooding, and taking care of all our rink visitors! We hope to see everyone back next winter!

Talents to Share?

CDRS Rep Vacant Board Position:

We had a great turnout for our AGM and filled most of our board positions but we really need a second Castle Downs Recreation Representative. If you are interested in the overall picture of what is happening in Castle Downs from park upgrades, LRT extension, YMCA happenings, to the Pavilion, and Griesbach development, as well as special events and programs then this would be a great position for you. It does not require a ton of time but you will find it very rewarding to be part of something bigger. If you would be interested in joining our Board of Directors as a CDRS Rep please contact Arlene at 780-478-1282 or email: communications@lbcl.ca

Do You Like to Build?

We are looking for someone to build some sandwich board signs for the community league. We want to use them for additional advertising of events and for use during events/activities. If you are interested in volunteering your time and skills to build them for us please contact Lorna at 780-457-1039.

New Ideas and Activities

Are you interested in starting a bridge club, a fitness group, a new parents group? Do you have an idea for a social event? Are you willing to organize a block party or special event? We are open to your ideas, your passions, and your skills and would love for you to join us and bring more ideas, activities and events to our community. Please contact us to share!

General Community Information

Memberships are available and are valid until August 31, 2015. Family memberships are \$25 and singles or seniors are \$15. To purchase a Lorelei-Beaumaris community league membership please email memberships@lbcl.ca or call Jenn at 587-520-7243. You may also purchase family memberships online by visiting <http://efcl.org/EFCL/JoinNow/tabid/433/Default.aspx> (\$2 administration fee) and we will deliver the card to you (single or senior memberships are not available online).

Facebook is where you will find the most recent updates and a forum for you to comment or add something of interest for our community members. Here is the facebook address <https://www.facebook.com/loreleibeumaris>

Email News If you would like to receive our email news please email a request to communications@lbcl.ca or complete the consent form by visiting our website at www.lbcl.ca Note: You can unsubscribe at any time.

Successful AGM & Spring Sports Registration

Thank you to all who attended our Annual General Meeting. We were able to give an update of our highlights, our challenges, and successfully passed our new bylaws which will help govern our community board until 2024. We were also able to fill our board positions with returning and new faces and look forward to a great year ahead! After the AGM we were able to hold our sports registration and appreciate everyone's cooperation in getting it done as quickly and painlessly as possible. We have since held 2 late registrations and had a good turnout to those as well. Sports updates will be posted on our website and in our email news as information is released.

We would like to extend a big thanks to all present and past board members and their families for their time and effort during the 2014-15 year; your help made our community a better place to be! We also appreciate all the help received in preparing for our AGM. We would like to recognize Lisa McCulloch, Lorelei-Beaumaris Playschool teacher, for opening up and supervising the playschool room during our AGM and Beaumaris Sobey's for donating the baked goods that we enjoyed as part of our light meal at the AGM.

If you have any questions about sports registration please contact Jenn at soccer@lbcl.ca or Arlene at communications@lbcl.ca

City of Edmonton Summer Programs in Lorelei -Beaumaris

Summer Survivor

Take an adventure through the rugged outback of your neighbourhood. You will meet new and fun challenges and develop summer survival skills like shelter building, outdoor cooking and team work. You'll learn how to battle boredom and get creative as you uncover the mysteries of your neighbourhood through hikes, games and other adventure filled activities. We will even take our adventure off site on a field trip. Registration begins April 28 by calling 311.

Ages 6-9 years

July 20-24

9:00 am-4:00 pm

Green Shacks

The Green Shack program is returning to Lorelei Park for the summer from July 2 – August 2. The Lorelei Green Shack will tentatively run in the morning time slot and the leader will be shared in the afternoon with a new Green Shack location in Beaumaris Park. Note: Other Green Shack locations in Castle Downs include: Dunluce, Caernarvon, Carlisle, Hudson, Cumberland, Oxford, Carlton, Chambery/Elsinore (Castlebrook), and Canossa (Castlewood).

There are also many summer camps available through the City of Edmonton including camps at various recreation centres, the zoo, arts centre, museums, Fort Edmonton, river valley, Muttart Conservatory and more! Please see the City of Edmonton Summer Day Camp Guide http://www.edmonton.ca/activities_parks_recreation/documents/PDF/SummerDaycampsGuide2015.pdf for information.

Lorelei-Beaumaris Community Playschool



Now taking registrations for the 2015-16 school year.

Separate entrance at Lorelei-Beaumaris Hall at 16220-103st.

Classes Offered (9:00am-11:15am):

3/4 year olds Tues & Thurs

\$90.00

4 year olds Mon/Wed/Fri

\$135.00

4 year olds Mon to Fri

\$225.00

* NO duty days required for 2015-16 enrollment

To register, please contact Heidi (Registrar) at: 780-475-7750 or email corey.heidi@yahoo.ca

For information please visit the playschool website at www.loreleibeumarisplayschool.com or to see what they have been up to you can visit their facebook page at:

<https://www.facebook.com/pages/Lorelei-Beaumaris-Playschool/1413656922252856>

Scrapbooking and Paper Crafting

Come join the scrappers at Lorelei hall 16220-103 street for an upcoming mini-retreat on:

Saturday, April 18

10:00am – 9:00pm

Saturday, May 23

10:00am – 9:00pm

Registration is \$35 when you pre-register and pay two weeks ahead (\$50 after that). A crop gives you the time and space to scrapbook (traditional, digital, or other paper crafting), access to many tools, coffee, light snacks in the afternoon, sandwich/salad bar at supertime, and lots of free advice. For information or to register call Tannis at 780-456-1647, FB Tannis's Scrapaholics, or e-mail photos@telusplanet.net



SMARTIE PANTS DANCE Spring Fling

For Kids Aged 6-12

SATURDAY, APRIL 11, 2015

6:30PM-9:00PM

\$3 LBCL members
\$5 non-members

DOOR PRIZES • SNACKS FOR SALE

Drop off and Pick up person must be over 18

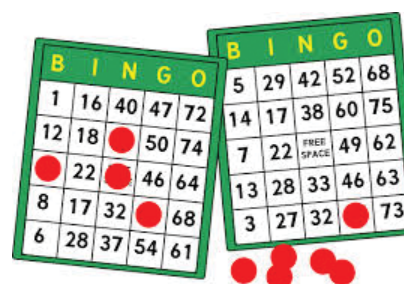


16220 - 103 STREET

Using Neighbourhood Interactive Map

Explore Edmonton using the neighbourhood interactive map. http://edmonton.ca/for_residents/neighbourhoods/neighbourhood-maps.aspx
 Find the City amenities - swimming pools, sports fields, parks, playgrounds, golf courses and spray parks - that are in your neighbourhood.
 Locate fire stations, police stations and bus stops anywhere in the city.
 You can mark your current location or home address with a red pin and search for City amenities within a 0.5km to 10km range.
 Type in your address, click on the red pin and get your property assessment and waste collection schedule.

Upcoming Bingos



Our next bingo dates, held at Kensington Bingo Hall are:

Thursday, April 23 (4:45-10:00pm)

Monday, May 11 (4:45-10:00pm)

If you are scheduled for a bingo, Barb will give a courtesy phone reminder about a week prior (to the number you wrote down at registration time. You also have your parental commitment date on your copy of the registration form). For bingo inquiries please contact Barb at 780-920-3303 or email bingo@lbcl.ca.
 Advice when volunteering at Bingo: Wear comfortable shoes, as most jobs require you to walk around the bingo hall for the shift. Please don't plan on texting friends or standing on the sides; we are expected to focus on our job and circulate throughout the room. You will get a 25 minute break which allows you to sit and relax and you can have a meal from the concession stand for free. Do call-backs quickly (calling out the bingo winner's number) which speeds up the games and gets you out earlier. Have fun; visit with your community members as you walk around, and think of all the good you are doing for your community and your body (it is exercise too!).

Hall Rentals

Lorelei-Beaumaris Hall Rentals
 16220 - 103rd Street

Lorelei-Beaumaris Community League has the largest Hall facility in Castle Downs.

Hall dimensions are approximately 60 ft x 52 ft (bar to wall)
 Accommodation for 448 guests (non-fixed seats), 354 (non-fixed tables & seats), 280 (dining and beverage).

Air conditioned, pot lighting, coatroom, wheelchair accessible washrooms
 Raised stage setting (stage dimensions 13 ft x 20 ft wide)

Stage risers for the floor area (Risers consist of 5 units (ea 4' x 8') for a total raised floor stage setting of 20' x 8', grey carpeted & black skirting - \$100 with main hall rental)

Black lecturn (podium)

30 - 5ft round tables, 40 - 6ft rectangular tables 2 - 3ft accent tables

Full, commercial kitchen with natural gas stove & ovens

Spacious wet-bar area with bar-fridge and ice machine

Large BBQ available (cooks up to 65 burgers or 126 hotdogs all at once)

Multi media system available for power-point, slideshows, videos, etc...

We do not have linens or chair covers. Event rental companies will be able to assist you with these items.

All Rates include GST:

\$710 - Fri 4:00pm - Sunday noon

(Note: Sept. - May full weekend bookings must be made at least 8 weeks in advance)

\$450 - Friday or Saturday

\$240 - all day Sunday

\$40 hourly rate (weekdays and Sundays)

\$300 - media system rental

\$35 - music (if recorded music of any sort is played - Socan & Resound tariff)

\$100 - 20'x8' floor level stage risers (carpeted and skirted)

\$75 - Large BBQ (cooks up to 65 burgers or 126 hot dogs at once)

\$50 - dishes rental (plates, cutlery, glassware, limited small wares)

Deposits on ALL Rentals: Hall \$500

Media \$800 (Hall + Media = \$1300)

**** Please note that all contracts signed for hall rentals will be required to purchase Renters Insurance for their event date at Lorelei Hall. We will give them the link to FPB Insurance to do this online. ****

Call Tina 780-686-4415 for questions or an appointment to view (please leave a message). Email hallrentals@lbcl.ca If you would like to see photos of the hall from various angles to get a feel for it please visit our photos on our Facebook page located at <https://www.facebook.com/loreleibeauamaris>

NEW 2015-16 Lorelei-Beaumaris Board of Directors

President	Cody	president@lbcl.ca	
Vice President	Angela		
Secretary	Amber	secretary@lbcl.ca	
Treasurer	Chelsea	treasurer@lbcl.ca	
Ways and Means	Rosemary		
Bingo Chair	Barb	bingo@lbcl.ca	780- 920-3303
Casino Chair	Lorna		
Facility Coordinator	Belinda		
CDRS Representatives	Lorna & VACANT	castledownsrec@lbcl.ca	
Variety Show Reps	Jeremy, Rob, & Mark		
Sports Director	Stephanie		
Soccer Director	Jennifer	soccer@lbcl.ca	
Social Directors	Sonya & Maria	socials@lbcl.ca	
Memberships	Jenn	memberships@lbcl.ca	587-520-7243
Communications	Arlene & Sean	communications@lbcl.ca	780-478-1282
Volunteer Coordinator	Chelsea		
Community Safety Directors	Sean & Jennifer		
Past President	Rosemary		
Directors at Large	VACANT		
Playschool President	Shaylenne	website: www.loreleibeauamarisplayschool.com	
Playschool Information	Heidi	corey.heidi@yahoo.ca	780-475-7750
Hall Rentals	Tina	hallrentals@lbcl.ca	780-686-4415
City of Edmonton Community Recreation Coordinator	Alison Mould	alison.mould@edmonton.ca	

(*Please be patient as we update our email access and contacts for our new & changed board members.)

Website: www.lbcl.ca **Facebook:** <https://www.facebook.com/loreleibeauamaris>



Smoking in Outdoor Shared Spaces

The City of Edmonton is proud to be one of more than 30 municipalities across Canada that has implemented outdoor smoking regulations.

Residents and visitors to the City of Edmonton are not allowed to smoke within 10 metres, at all times, at or around playgrounds, water spray parks, sports fields and courts and temporary, seasonal outdoor ice skating rinks. Public Places Bylaw

An amendment to the Public Places Bylaw was passed on April 4, 2012 with the intention of keeping areas that are frequented by children, smoke free.

The smoking restrictions are in effect at all times but only apply to the outdoor structures and places listed above.

Not complying with the bylaw will result in a \$250 fine.

Enforcement

If you witness a violation of the bylaw, feel free to discuss your concerns with the smoker. You can also record the address and description of the violation and report it to 311.

The ability to enforce individual infractions is limited but areas with high reports can be targeted and patrolled by enforcement officials. Enforcement of the bylaw through targeted blitzes will be used in problem areas on a complaint basis only.

Please be aware, smoking is not permitted within 10 metres at or around sports fields in accordance with the Public Places Bylaw 14614. Failure to comply will result in loss of field privileges. For more information: 311



How can I help you?

Thomas A. Lukaszuk

MLA, Edmonton - Castle Downs

12120 161 Avenue

Edmonton, AB T5X 5M8

Phone 780-414-0705 Fax 780-414-0707

Email: edmonton.castledowns@assembly.ab.ca

www.thomasmla.com



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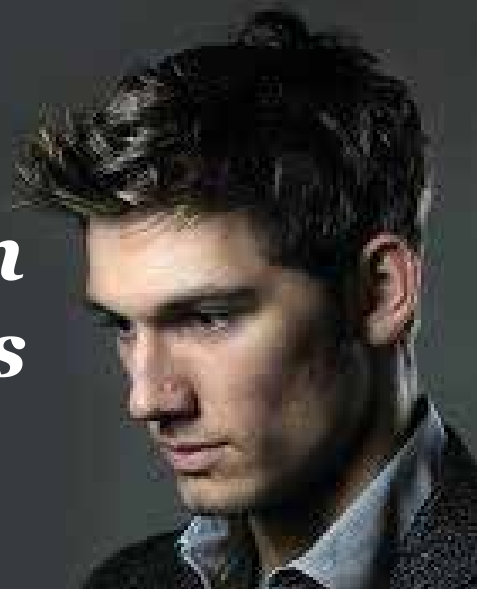


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