

CASTLE NEWS

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

December 2015/January 2016



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

Commemoration of the 100th Anniversary of Lt-Col John McCrae' Poem "In Flanders Fields"

Background

In the spring of 1915 a Canadian, Lieutenant-Colonel John McCrae, was engaged in some of the toughest fighting in World War I. He was an artillery officer and medical doctor with Canadian troops in an area of Belgium called Flanders. He witnessed the brutality of the war firsthand.

In the midst of the fighting in the Second Battle of Ypres in Flanders he wrote the poem "In Flanders Fields." It was a response to the loss of a friend and fellow soldier, the staggering loss of life, and the hundreds of wounded he treated routinely each day.

He did not want their sacrifice and deaths to be in vain. Under these circumstances he wrote a 15 line poem that would capture the scene and moment forever. In its day the poem was a call to continue the fight out of respect for those who died. It encouraged the troops still fighting and carried a message back to the families of citizens in Canada and other countries.

Today it has become a call to remember those who served our country in World War 1, World War 2, and other conflicts, as well as those in peace keeping duties. It is especially important to remember those who died. It also speaks to the values of free nations around the world and the desire for peace.

In 2015 the poem is 100 years old. It is part of our Canadian cultural heritage and is heard at Remembrance Day ceremonies across the country on November 11th of each year

The Project

Canada Lands Company, the developer of the Village at Griesbach, has acted on its vision of incorporating military legacy features into community. They have worked with military associations to create features around the Royal Canadian Navy, the Royal Canadian Air Force, and the Princess Patricia Canadian Light Infantry.

In early 2014 Canada Lands once again showed its commitment with a proposal to create Flanders Fields Park in the northwest part of the neighbourhood. They built walkways with retaining walls made of blocks that resembled the trenches in World War 1. They planted red poppies in flower beds around the walkways. These flowers were magnificent this summer and will continue to bloom each year.

The Castle Downs Recreation Society has a great relationship with Canada Lands and we talked about how John McCrae wrote his poem in May 1915 and how it would be 100 years old in 2015.

The CDRS seized the opportunity to champion a project in the park to commemorate this occasion and create public awareness about John McCrae, the poem and remembrance. The park with its poppy beds and walkways was a perfect location.

Canada Lands and the CDRS connected with medical and artillery reserve units in the Canadian Armed Forces. The team identified the elements of the project:

- A bronze plaque with an image of McCrae's handwritten poem. The plaque is located in a "reflective space" where people can gather around the poem and imagine him writing it.
- A storyboard on how John McCrae came to write the poem. Many Canadians know the poem and its author but often we know little about the man and how he came to write it.
- A storyboard on how his poem became a touchstone for remembrance and how it led to the red poppy becoming the symbol of remembrance.
- Eight Royal Canadian Legion poppies embedded into the blocks along the walkways.



Royal Canadian Sea Cadets Warrior Marching Band



John McCrae storyboard

Story and more photographs continued on page 2

Continued from page 1

The Project Team

The members of the team were:

- Neil Chymko, CDRS Director and Project Coordinator
- Lynnette Thompson, President CDRS
- Marvin Neumann, Director of Real Estate, Canada Lands Company
- Tom Fowler, 20th Field Artillery Regiment Society
- Robert Briggs, 15 Field Ambulance
- Mark Noble, 15 Field Ambulance

The Project Supporters/Funders

The following groups or individual provided funding for the project and are recognized on a bronze plaque at the park:

- Castle Downs Recreation Society
- Canada Lands Company
- City of Edmonton and Edmonton Salutes (a committee of City Council)
- 1 Health Services Group
- 15 Field Ambulance
- 20th Field Artillery Regiment
- Honourary Lieutenant-Colonel (Ret'd) Sandi Munn
- Greisbach Community League

A special thank you to Consumer Strategies Group for developing and printing the program.



Remembrance storyboard



Cake for the Veterans at the Kipnes Centre



Reading of "In Flanders Fields" by Kaylem Nice (Major General Griesbach School)



Bronze plaque unveiled



Veterans and their families waiting for cake

Are Coyotes a Problem in Your Area?

To help prevent conflicts with coyotes

- Do not feed coyotes
- Do not leave garbage out (take it out only on the morning of collection)
- Do not leave fallen fruit from trees or bird seed spilled from feeders on the ground
- Do not leave pet food outside
- Do not walk your dog off leash in areas frequented by coyotes
- Do not leave a small dog out in the yard unattended for long periods of time
- Do not leave cats out roaming

For more information on coyotes and tips to follow when you encounter a coyote, call the Edmonton Coyote Information Hotline at 780-644-5744 or visit:

- www.edmonton.ca/coyotes

To report a problem coyote(s), call:

- City of Edmonton Park Rangers at 780-496-2950, or
- Alberta Fish and Wildlife at 780-427-3574

If someone is in danger, call Emergency 9-1-1.

Childhood Immunizations

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.



CASTLEDOWNS Dental Centre



Dr. Tarek Tarchichi
www.castledownsdentalcentre.com
780-456-2990
11816-145 Ave



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the whole family.***



Dental Centre Hours

Monday to Friday 8 am to 5 pm
 Saturdays 9 am to 4 pm

We are closed on Sunday & Public Holidays

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

- Root Canal Treatment
- White Fillings
- Wisdom Tooth Extractions
- Partial Dentures
- Dental Implants
- Sedation
- Crown & Bridges
- Veneers
- In office Zoom Teeth Whitening

We Accept:   



Now Recruiting Girls Softball Players for the 2016 Season Come and play for us!

The Edmonton Warriors Athletic Association delivers highly competitive play, funding support for teams, reasonable player rates, off-season training camps, experienced, qualified coaches, travel opportunities, emphasis on team-building, and amazing memories to last a lifetime!

Contact: Grant Taylor 780-340-2259
 Kevin Martin 780-995-0983
 George Juhaz 780-707-3190



REGISTRATION NOW OPEN
 FOR SKILLS DEVELOPMENT
 CAMPS STARTING JANUARY 2016 AT
EDM-Warriors.com
 Follow us on Twitter: @EdmWarriors

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 780-457-4347 - leave voice mail. Checked weekly
RPO Castle Downs Edmonton, Alberta T5X 5V9	Edmonton, Alberta Between Baturyn and St Charles Elementary School	Website 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	

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.



Help your Community Fundraise

Baturyn Community League depends on Bingos to generate revenue to supplement the cost of delivering your child's sports programs, and other community based services.

You can help by volunteering to fill vacant spots in our Feb-ruary 29, 2016 BINGO. As our appreciation, we will give you a credit of \$50.00 towards an upcoming registration.

If you can help out, please e-mail Jan (volunteers@baturyn.ca) before January 30, 2016

Get or renew your BCL membership 2015 Memberships are available

Do you have a current membership? Your membership card should start with a 15 to represent that it is for the year 2015

Membership period for this year is from September 1, 2015 - August 29, 2016. Memberships are required to access programs of your Baturyn Community League. Your membership fees help support the delivery of your various community league programs.

We only offer on-line purchases of memberships, so go to the website www.baturyn.ca and look for the link

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

Email membership@baturyn.ca if you have any questions

Baturyn Hall Rentals

10505-172 Ave, Edmonton, Alberta



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

Standard Rates

Rental Period	Rates
Weekday Evenings	\$35/hr
Saturday 10:00 am – Sunday 10:00 am	\$425
Sunday 11:00 am – 5:00 pm	\$150

Package Rates

Rental Period	Rates
Friday 6:00 pm – Sunday 10:00 am	\$500
Saturday 10:00 am – Sunday 5:00 pm	\$550
Friday 6:00 pm – Sunday 5:00 pm	\$600

Notes and exceptions

1. Damage Deposit and final rental payment is due 30 days in advance of the event
2. Damage Deposit is equal to the rental rate and will be refunded upon inspection of the hall after the event
3. Sunday rate on a long weekend is \$250.00
4. Parking is constrained in the area and the parking lot is not available until after 5:00 pm during the school year
5. No hourly rates on the weekend
6. All rentals require a signed contract

League Executive

Hall: 14830-118 St 456-3435

President	Evan Hellyer	780-641-4996 president@caernarvoncommunity.com
Vice President	Pam Irwin	780-473-5563 vice@caernarvoncommunity.com
Treasurer	Teena Burrell	treasurer@caernarvoncommunity.com
Secretary	Kat Furtado	secretary@caernarvoncommunity.com
Ball	Sheldon White	softball@caernarvoncommunity.com
Bingo	Lynne Hellyer	bingo@caernarvoncommunity.com
Equipment	Will Hutt	equipment@caernarvoncommunity.com
Hall Rental	VACANT (Evan)	president@caernarvoncommunity.com
Maintenance	VACANT (Evan)	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
Programs	VACANT	programs@caernarvoncommunity.com
CDRS	Danny Burrell	cdrs@caernarvoncommunity.com
CDRS	Jennifer Schell	cdrs@caernarvoncommunity.com
Soccer	Will Hutt	soccer@caernarvoncommunity.com
Social	Lisa Goertz	social@caernarvoncommunity.com
Variety Show	Pam Irwin	varietyshow@caernarvoncommunity.com
Casino	Amanda Evans	casino@caernarvoncommunity.com
Casino	Rob Irwin	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

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Family Dentistry Just Minutes Away

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780-456-4441

UPCOMING BINGO NIGHTS

Next Bingo nights are December 14th, January 24th and January 29th.

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 MOVIE NIGHT

There will be a Family Movie Night on January 9th, starting at 6:00 PM. Admission is free! Concessions will be available for purchase.

HIT THE ICE!

As soon as the temperatures cooperate, Caernarvon's ice rink will be ready! Watch for updates on the Hall's sign for more information. Don't want to wait? Join the Castle Downs Community Skate every Saturday at the Castle Downs Recreation Centre, 11:45 am to 1:00 pm.

SANTA PANCAKE BREAKFAST

How excited are the little ones for the holidays? Bring them for a fun-filled family breakfast the morning of December 13th! From 9am to 11am, enjoy some good food and lots of cheer, while children of all ages can write letters to Santa and drop them in a special mailbox just for him!



VOLUNTEER NIGHT

Caernarvon volunteers, watch your inboxes! We're planning a fun night of pizza and bowling in the new year, just for you!

NEW YEAR'S EVE MASQUERADE PARTY



Are you ready to watch the ball drop on December 31st? We are! Come join the party and enjoy some great music, dancing and community!

The DJ will keep things jumping from 6pm to 11pm. Just \$20 per family includes food for the evening. Ball drops at 10pm to keep the little ones' bedtimes sane.

ANNUAL GENERAL MEETING

Caernarvon's next Annual General Meeting is scheduled for 6 pm, February 18th, 2016.

Have a healthy holiday season

Holiday parties are upon us. Over the next several weeks, families and friends will gather together to share the season but unfortunately, they may also share not-so-joyful germs. With seasonal illness circulating, remember to protect your health and prevent illness.

Get immunized: Immunization is the single most effective way of protecting yourself against influenza viruses already circulating in our communities. It's not too late to be immunized. Vaccine continues to be offered to all Albertans (six months of age and older), free of charge. Remember: it takes up to two weeks after receiving your influenza immunization to be protected against influenza, so make plans to get your vaccine today! For more information, visit www.ahs.ca/influenza or call Health Link at 811.

Cover your cough: Cover your nose and mouth with a tissue when sneezing or coughing. If you don't have a tissue, always cough or sneeze into your arm, not into your hands. Throw away tissues after wiping your nose or covering a cough, and wash your hands.

Clean your hands: Using soap and warm water wash your hands thoroughly and often, including after coughing, sneezing, using tissues or the washroom, and before eating or preparing food. Alcohol-based hand rub or sanitizer can also be helpful if hands are not visibly soiled. Clean or dirty: always try to keep your hands and fingers away from your eyes, nose and mouth.

Stay home if you are sick: If you're experiencing illness, including fever, cough, diarrhea and/or vomiting, stay home from work, school, daycare or any social function. Please also do not visit family, friends or loved ones in hospitals, care facilities or seniors lodges, until you have fully recovered.

Mind your food prep: If you are sick, do not prepare food for anyone, until fully recovered. When you are cooking, always keep safe food handling practices top of mind. To help you with the turkey task, follow AHS' Turkey Tips: www.albertahealthservices.ca/turkeytips.asp

Around the house: Keep household surfaces clean, using a household cleaner. Think creatively when hosting gatherings: put a bow on a hand sanitizer pump and leave it out for guests to use; choose pre-wrapped candies or single serve food items instead of offering bowls of unwrapped snacks to all. Always thank others for declining invites due to illness.

Year-round: Keep yourself in good health by covering the basics: get enough rest, eat a balanced diet including at least five servings of fruit and vegetables each day, and exercise regularly. Finally, if you drink alcohol, do so in moderation and don't drink and drive.

For more information on these and other wellness topics, visit www.myhealth.alberta.ca, or call Health Link at 811.

Managing Chronic Health Conditions Live well and feel better

Do you live with a health conditions that requires ongoing management? These are called chronic health conditions and include things like diabetes, obesity, high blood pressure and even some cancers.

Approximately 30 per cent of Albertans report having at least one chronic health condition and for those over 65 years of age, that number more than doubles to over 75 per cent. It's projected that by 2031, one in five Albertans will be a senior which will increase the demand on our health care system to manage more chronic disease.

These stats highlight the importance of providing support and education around chronic disease management to Albertans across the province. Alberta Health Services (AHS) along with community partners and family doctors offer a wide range of resources to help those living with chronic conditions live a long, happy and healthy life.

Through the Alberta Healthy Living Program, AHS offers:

- disease specific and healthy lifestyle education classes
- supervised exercise programs
- self-management workshops, typically offered as the Better

Choices, Better Health® program which teaches people with a wide range of health conditions to take control of their own health and feel better.

The majority of the Alberta Healthy Living Program classes and resources are available free of charge and have been customized to meet local needs including targeted programming for diverse and vulnerable populations.

To find out the classes and resources offered in your community and those available online to help manage chronic conditions visit: <http://www.albertahealthservices.ca/10356.asp>. More information on chronic disease management is also available on www.myhealth.alberta.ca or by calling Health Link at 811.

MEMBERSHIPS

Join Us!

2015/2016 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, playschools, youth, seniors, you name it!

As co-chair of the Office of Traffic Safety, I understand the need to take a pro-active approach to safe roadways. The weather is getting colder and, as all Edmontonians know, the change in temperature brings the inevitable: snow. Snow means more dangerous driving conditions, and drivers and pedestrians need to remember the realities of winter driving.

Overall, more than half of vehicle collisions happen in the fall and winter months. November in particular has significantly more accidents than any other month of the year. In 2014, there were 600 more collisions in November than there were in December, the month with the next highest number of collisions. This number can largely be attributed to the first snow fall. Each year, the first day of snow results in an incredible increase in accidents. Last year, the first major snow fall resulted in 231 collisions in Edmonton.

As the weather cools down, I encourage all citizens to please be proactive. Drivers can take care in the winter by getting winter tires before the snow hits the ground, leaving earlier to get to appointments, leaving more room between vehicles, slowing down and braking early. Pedestrians need to be extra careful on the streets as well. Even if a driver can see you, it does not mean that they can stop.

My article last month focused on a new initiative of the City of Edmonton's Office of Traffic Safety called Vision Zero, which is an approach to traffic safety that aims for zero road fatalities. A key element of Vision Zero is the principle that all of us have a shared responsibility in road safety.

With the upcoming change in weather and road conditions, we all need to take extra precautions to make sure our roads continue to stay safe despite the driving conditions. If we can all take our time, slow down, and prepare for the driving conditions before the snow comes, we may be able to bring the number of collisions down. Be safe out there!

As always, I can be reached at 780-496-8128 or dave.loken@edmonton.ca.



**Message from
Dave Loken
City Councillor Ward 3
City of Edmonton
780-496-8128
dave.loken@edmonton.ca
Twitter: @daveloken**



**HAPPY HOLIDAYS!
And best wishes for the
New Year!
From Nicole Goehring, MLA
Edmonton Castle Downs**

**Join us on December 5 from
3PM – 5PM at our
constituency office for our
Holiday Open House.**



**Constituency Office
12120 161 Avenue
Edmonton, AB T5X 5M8**

edmonton.castledowns@assembly.ab.ca

Phone: 780-414-0705

Fax: 780-414-0707

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	Diane Neiman	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

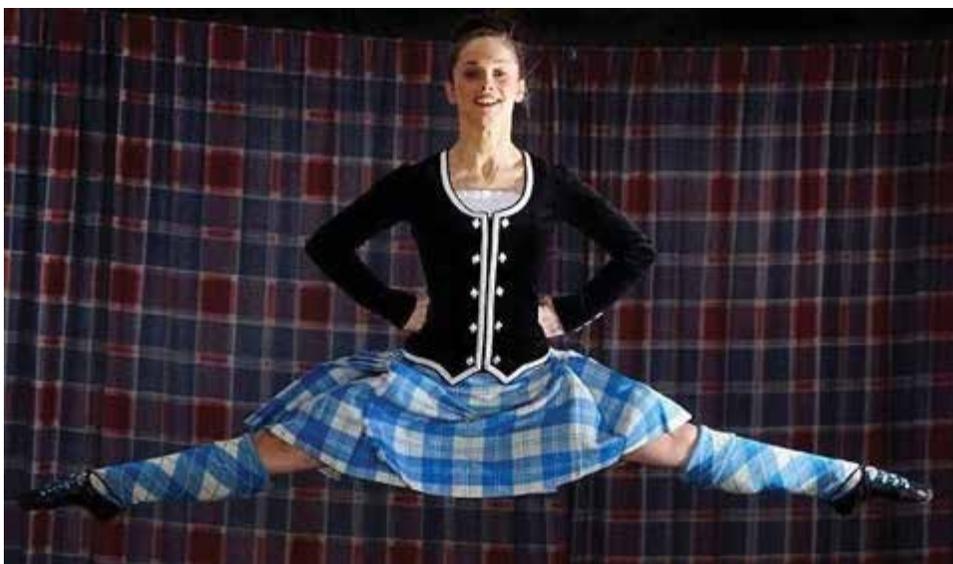
League Memberships Available
Please Contact Shelley Worsley 780-457-2377.

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.

Carlisle Highlands Dance



Carlisle Community League will be offering Highlands/Ballet Lessons for ages 6 & Up Wednesday at 4pm. First term beginning October 7th for 20 weeks; \$160/student. Classes may be divided depending on age and registration. For more information or to sign up please contact Fiona McDonald Connell at missfionasstudio@gmail.com.

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 Potestio @ 780-993-3503
Now Accept VISA & Mastercard

Fitness Classes

Come and Join us

Carlisle Community Hall at 1420 – 117 street
For fat burning and stomach flattening
Cardio & Pilates



All levels welcome – beginner to pro

Monday and Wednesday 7:30 – 8:30 pm

Prepaid registrations is \$80 for 20 classes or \$10 drop in

For more information please call Zuzana at 780-457-2759

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**DANCE
THEME**

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T5A 4N2
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holiday season from the
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WINTER SESSION SHORT TERM PROGRAMS

10 WEEK PROGRAMS STARTING JANUARY

- Shakers & Movers: 3-4yrs, 5-6yrs
- Hip Hop: 4-5yrs, 6-8yrs, 9-11yrs, 12+yrs
- Everybody Dance: 6-8yrs, 9-11yrs, 12+yrs
- Angelina Ballerina: 3-4yrs, 5-6yrs
- Acro & Cheer: 6-8yrs, 9-11yrs
- Baby Stars: 12mos-3yrs*

* 8 week class

JANUARY - JUNE PROGRAMS

FOR 3-5yrs:

- Mini Stars
- Angelina Ballerina

*Winter Magic
Day Camp!*

**Sunday,
December 6th**

AGES 3-11yrs:

A great way to have a day to yourself to prepare for the holidays while your child is having fun! Dancing, movies, singing, cookie decorating and making gifts for parents (and wrapping them too!)



Celebrating 35 years of
high quality dance training.

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

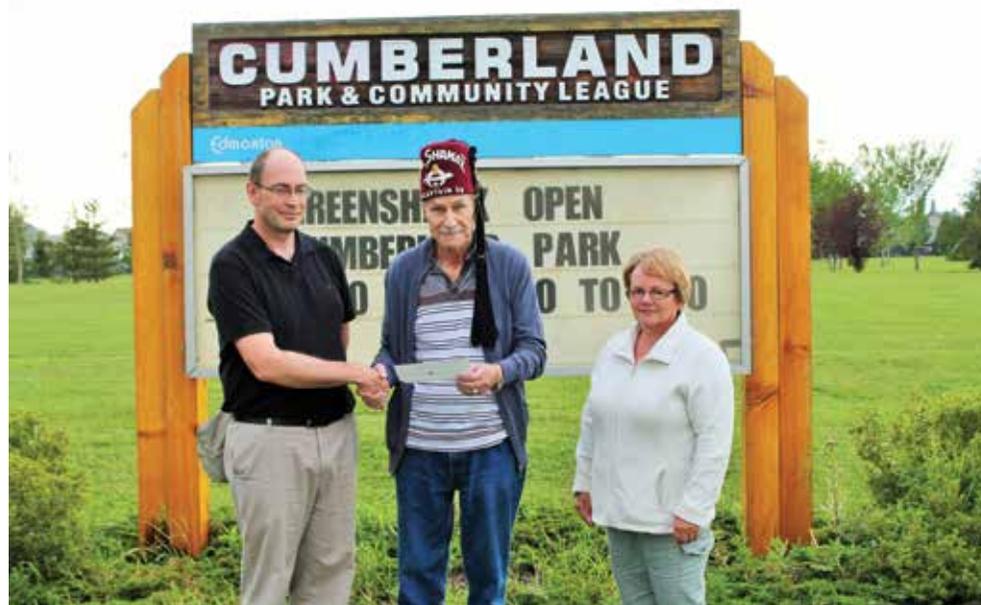
Mailing Address:
14804 - 129 Street, Edmonton, AB, T6V 1C4



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Daycare and OSC
Providing quality childcare since 1980
Fun educated program
15143-121 St.
Space Available 10mths to 12yrs
Open 6:30am-6:00pm Mon-Fri
www.kidschoicechildcare.com
780-456-4450

Cumberland Park \$5000 Donation

COCL would like to thank the Edmonton branch of the Al Shamal Shriners for their \$5000 donation towards phase II of the Cumberland Park project. In the photo, you see Lynnette Thompson, the Cumberland Park Phase II Committee Chair, Jean Deslauriers representing the Al Shamal Shriners, and Calvin Cazes, the COCL President. More information on Phase II of the Cumberland Park Project can be found on the COCL website (cocl.org).



Would you like to see what your community league has planned?

Why not come and attend the next community league meeting December 16th at 7 pm. More details about location can be found on the website at www.cocl.org. We will also be reviewing our bylaw and signing off on it.

Would you like to know about all upcoming events in COCL?

Head on over to our facebook page, Cumberland Oxford Community League and click like.

Fundraising Initiative

COCL is partnering with Holes this Christmas in an effort to raise funds. Please visit cocl.org to see details and the items available.



Benefits Of Purchasing A COCL Membership

The benefits of having a COCL membership go beyond being able to register your child in sports programs or community play schools. With a valid community membership, you are able to take advantage of free community swimming year-round at these local pools: Castledowns YMCA, Grand Trunk and O'Leary. In the winter, lace up for free skating at the Castledowns Recreation Centre thanks to your membership. To top it off, the City of Edmonton provides community members discounts to their Leisure, Sports and Fitness Facilities. A \$25 family COCL membership can save you \$185 on an annual all facility pass.

Most importantly, having a community membership helps you network with your neighbours and create a sense of belonging. Knowing your neighbours is not only beneficial to the community to get parks, trails, community halls, etc. constructed but also to your family to feel safe and welcome.

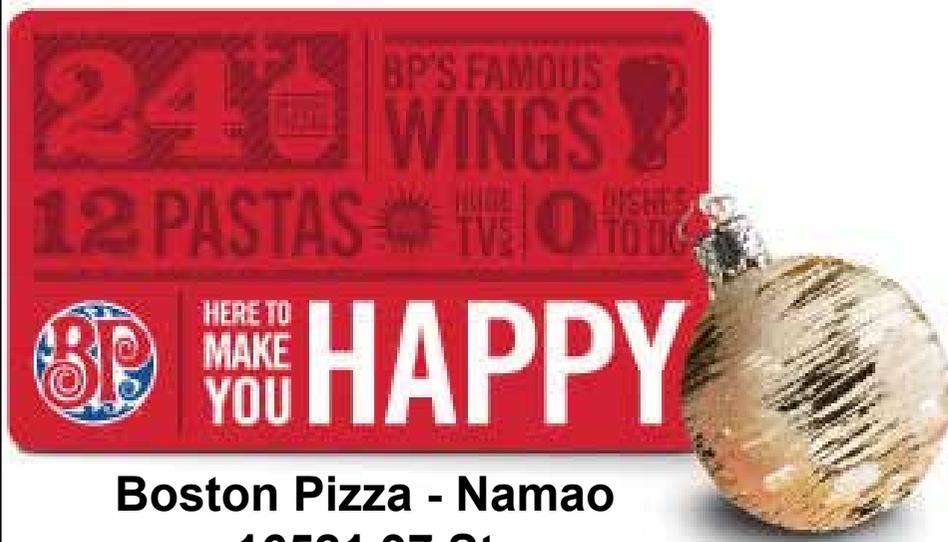
COCL is in need of Volunteers for upcoming events.

Your volunteer commitment will be kept on file and can be used for a future volunteer commitment.

- Dates where help is needed:
- **Casino** on Feb. 24 and 25
 - **Bingos** January 7th and February 1st.

If you would like to volunteer for any of these dates please contact webmaster@cocl.org

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insurance services in the Castle Downs area since 1978**



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Dennis Stolzmann
Realtor

Serving Edmonton and Area

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



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Healthy After School Snacking

Whether your kids spend their after school time at home or on the way to an extra-curricular activity, they may be hungry for a snack. Planned healthy snacks will help children get the extra energy they need to grow and be active.

- Try to offer snacks at least 2 hours before a meal to prevent your child from being too full at meal time.
- Aim to choose foods from 2 of the 4 food groups from Canada's Food Guide at snack time.
- Wash and slice vegetables and fruits; store them in a container in the fridge so they are easy to grab on the go.
- Keep a small supply of non-perishable snacks such as un-salted nuts, pretzels, or whole grain crackers in a sports bag so your child can have a quick snack before activities or sporting events.

Plan ahead by stocking your fridge and cupboard with items that can be used to make these quick and healthy snacks:

- Low-fat cheese to eat with whole grain crackers, mini whole grain pitas, or apple slices.
- Peanut butter spread on a whole wheat tortilla and rolled around a banana.
- Low-fat yogurt with fresh, frozen, or canned fruit.
- Pair snacks with water, milk, fortified soy beverage, or 100% fruit juice. Limit juice to ½ cup (125 mL) per day.

For more information about healthy snacking, please visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-snacking.pdf> healthservices.ca/2914.asp

Youth and video games

Research has shown that playing video games (or “gaming”) can affect youth in both good and bad ways.

Playing certain video games can help youth develop thinking and fine motor skills and manage anger and stress. However, gaming can also result in lower grades and reduce the time spent with family and friends. Video game play can take away time from other healthy activities and sometimes may encourage youth to act aggressively.

It is up to parents to help their teen learn to enjoy video games safely and responsibly. The following questions will help parents decide whether video games are a problem for their young person:



- Is your teen playing too much? Does gaming interfere with chores, school, work, family time? Too much gaming takes time away from sports, hobbies, sleep and other healthy activities.
- Does the game fit with the household norms or values? Games that include aggression, bullying, violence and discrimination can influence a young person's developing beliefs.

Here are some ways in which parents can teach their youth to play video games appropriately:

- Make sure play comes AFTER important tasks like chores, school, work, meals and family time.
- Ensure play happens in a central location, not a bedroom, so it can be monitored.
- Set and enforce a time limit on play.
- Discuss with your teen the types of games that are acceptable to you.
- Play together. Playing video games as a family can be fun and allows parents to role model appropriate behaviour and monitor play.
- Balance video game time with other fun family activities. Invite your teen to go for a walk or a coffee, throw a ball around, go for a bike ride, play a board game, cook a meal, watch a movie or do a puzzle together.

Stay on your feet and stay active

Let's face it; falls can happen to anyone at any time but the reality is that as we get older our risks of falling are greater. The statistics paint an alarming picture; one in three Alberta seniors will fall every year. Not only are falls the leading cause of serious injuries in older adults they also result in reduced mobility as fears can increase over getting up and moving around.

While staying in one place may reduce the risk of falling, it also negatively affects your quality of life. That's why the theme for this year's Senior's Fall Prevention month is Keep Balance – Increase Your Strength and Balance.

“We're asking seniors to help reduce their risk of falls by participating in the “Seniors' Keep Active Challenge”, says Jodie Breadner, Clinical Coordinator, Falls Risk Management Program, Calgary. “People can participate by themselves, with friends or through fitness classes. It's as simple as signing up through UWalk on the Finding Balance website, then counting and recording steps or minutes of physical activity from November 1 – 30.”

While Fall Prevention Month is geared to seniors, it's a good opportunity to remind all Albertans about the risk of falling. As temperatures drop, the risk of snow and ice increases. Every year, thousands of Albertans are hurt falling on icy roads and walkways.

Injury prevention experts say the best way to avoid falls on ice and snow is to waddle like a penguin.

- Stay low
- Feet pointed out
- Walk flat footed
- Use your arms for balance

It's not the fastest or most graceful way to walk, but it will help keep you on your feet. Learn more about walking on slippery sidewalks at <http://www.albertahealthservices.ca/10958.asp>.

For more information about the “Keep Active Challenge” and other programs visit www.findingbalancealberta.ca or call 1-888-492-6014.

Does an offer seem too good to be true? Could be a scam

The Better Business Bureau (BBB) has launched a handy Scam Tracker that makes it easy for Canadian residents to stay informed about scams that may be occurring in their area.

The tracker allows you to click on your province via an interactive map and review a list of common scams.

The free interactive online tool – found at bbb.org/scam-tracker – offers a heat map showing where scams are being reported. Users can search using a variety of filters to see what scams are happening in their area, or track a particular type of scam, or even see how much money has been lost. Users can also report scams that they hear about, whether or not they have fallen victim.



In 2012, two local BBBs – one in Edmonton, Alberta, and one in Las Vegas, Nevada – were credited with helping bring down Jesse Willms, the notorious fraudster who bilked more than four million people.

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		VACANT
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	Sabrina Boutillier Rhiannon Tuttle	
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		VACANT
SOCCER	Ryan Korpesio	780-456-3978
SOFTBALL	Loretta Wonitoy	780-457-9101
PROGRAMS	Registrar	780-457-2759
WAYS & MEANS	Myah Westergreen	780-289-7706
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



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

Season's Greetings

The Dunluce Community League Executive would like to wish everyone the very best for the upcoming holiday season and a safe and prosperous 2016.



Volunteers Needed

Dunluce Community League is currently looking for a Vice President and Bingo Director. If you would like to volunteer for either of these positions, or require any further information please contact the President, Nadine @ (780) 456-6197

Thank-You

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, call Nadine: 780-456-6197
Dec 3, Jan 5, Feb 11
All Bingos are at Kensington Bingo Hall unless otherwise stated.

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

PROGRAM	AGE	TIME	FEE	DAY	LOCATION	NOTE
Gymnastics	5-12	5:30 6:30	\$50	Wednesday	TBA	Body suit & bare feet

Dunluce Community Spring Agm, Soccer, Ball & Program Registration

Sunday, March 6, 2016 @ 2:00 pm

Dunluce Hall, 11620 – 162 Avenue

Following the meeting and elections, register for outdoor soccer, softball and spring programs. Only cash and cheques accepted (credit cards or debit NOT available). You will:

(1) Purchase a \$25.00 Dunluce Community League membership fee (cash/cheque), valid Sept 1/15 to Aug 31/16, one per household.

(2) Bring a \$200 undated volunteer deposit cheque for EACH child being registered. Failure to fulfill your volunteer commitment(s) as assigned will result in your deposit being cashed.

(3) Pay soccer or ball fees by cash/cheque (see website for info). Bring photocopy of each child's Birth Certificate.

****ALL THREE STEPS MUST BE COMPLETED BEFORE YOU LEAVE THE MEETING OR YOUR CHILD WILL NOT BE PLACED ON A TEAM****

A \$100 soccer uniform deposit (*does not apply to softball) is required, and returned at the end of season when your uniform is returned.

At this meeting, you must sign up for one volunteer commitment PER CHILD. After this date, you must sign up for two volunteer commitments PER CHILD. Separate Deposit Cheques required for each child.

Registrations accepted after this meeting will be subject to a \$50.00 late fee. All checks payable to "Dunluce Community League"

Visit dunlucecl.ca for fees, ages and game nights

Think before you drink

Protect against tooth erosion

It's no secret; most of your favorite beverages contain a lot of sugar. Sugar in beverages, along with bacteria in the mouth, creates acids that can decay teeth. But did you know that many popular beverages such as pop, fruit juices and sport drinks, also contain acids that can damage teeth and lead to tooth sensitivity and pain? This is known as tooth erosion – the irreversible loss of tooth enamel caused by lengthy and repeated exposure to acidic substances.

Teenagers can be particularly prone to tooth erosion because of their tooth enamel and the impact of lifestyle choices, including drinking acidic beverages and poor oral hygiene. Because tooth erosion cannot be reversed, prevention is important:

- Drink water for thirst and milk with meals
- Reduce number of acidic beverages and use a straw for drinking them
- Rinse your mouth with water to remove acids
- Wait 30 minutes to brush your teeth after drinking an acidic beverage to prevent tooth enamel damage
- Brush twice a day with toothpaste containing fluoride to strengthen teeth and floss daily
- Visit your dentist regularly for check-ups and additional preventive treatments

The Eggsperiment - Calcium is a major part of tooth enamel. Check out how acid affects calcium, the mineral that keeps an eggshell hard. Gently place a hard-boiled egg with it's shell into a container of vinegar until it is completely covered. Let the egg sit for at least 24 hrs. Observe what happens to the shell, how is this similar to tooth erosion?



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Time for Play!



- a qualified, experienced, energetic and creative Early Childhood Educator
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- 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

Youth head injuries during sport and recreation

According to the Alberta Centre for Injury Control and Research, sport-related injury is the leading cause of emergency department visits in Alberta among teens aged 15-19 years.

Concussion is a common sport related injury that often occurs during hockey, football, skiing and snowboarding. A concussion is a brain injury that occurs when the brain suddenly shifts inside the skull and knocks against the skull's surface. It may be caused by a direct or indirect hit to the head or body.

After suffering a concussion, a person may experience many different symptoms. These could include, headache, ringing in the ears, nausea and/or vomiting, disorientation, emotional and personality changes, dizziness, poor balance and/or coordination, poor concentration, light sensitivity, irritability, fatigue and sleep complications.

In order to reduce the risk of a concussion, encourage your teen to look first when engaging in a risky activity, such as hockey. Preparation, good sportsmanship and fair play all help to reduce the risk of injury, including concussion.

Teens should also wear the gear, such as a helmet that fits correctly and is secured on the head throughout the sport. Always replace your child's helmet after impact or as instructed by the manufacturer. In high impact sports such as hockey, teens should wear a face and mouth guard. To manage a concussion, encourage your teen to seek help from a coach, teacher or parent immediately after an injury has occurred. Consult a physician immediately after being notified of an injury in order to determine if a concussion has occurred. Finally, ensure that your teen does not return to activity or play until it has been approved by their doctor.

Risk is a part of life, and while not all risks can be eliminated, most can be managed. Taking smart risk means recognizing the risks of an activity and choosing to manage risk to prevent injuries. For more information on smart risk visit: <http://www.albertahealthservices.ca/4880.asp>

For more information on concussions go to www.myhealth.alberta.ca.



Michael Cooper, MP
St. Albert - Edmonton

Season's Greetings

*Wishing you a joyous &
safe holiday season.*

Constituency Office:
#220, 20 Perron Street
St. Albert, AB
T8N 1E4
Tel: 780-459-0809
Fax: 780-460-1246





ADULTS TEENS AND CHILDREN

Taught by Laura Watmough, Professional Artist, recipient of the Mayor's Award for Excellence in Art Teaching and as seen on CTV2 Art Connector. www.laurawatmough.com

LESSON START THE WEEK OF JAN. 11TH!

ADULTS Painting and Drawing NO EXPERIENCE NECESSARY!

Can you only draw stick men? Amazing Program! Amazing Results! 10 WEEKS

Mon. 12:30 - 3:30 OR 6:30 - 9:30

Tues. 9:30 - 12:30 OR 12:30 - 3:30 OR 6:30 - 9:30

Thurs. 9:30 - 12:30 OR

Sat. 12:00 - 3:00

CHILDREN 6-12 YRS OLD

Class size limited to only 12 students to ensure personal guidance. SUPPLIES INCLUDED: Canvas is extra. Eligible for the Children's Art Tax Credit .

Mon. 4:30 - 5:30 OR 5:30 - 6:30

Tues. 4:30 - 5:30 OR 5:30 - 6:30

Wed. 4:30 - 5:30 OR 5:30 - 6:30

Sat. 11:00 - 12:00

TEENS- AGES 12 - 16 Yrs Old

Come join our award winning Young Rembrandts SUPPLIES INCLUDED: Canvas is extra. Eligible for the Children's Art Tax Credit

Mon. 6:30 - 8:30 OR 7:00 - 9:00

Tues. 6:30 - 8:30 OR 7:00 - 9:00

Sat. 12:00 - 2:00

Missed registration? Join at any time if space permitting!

ALL THE DETAILS AT :www.hiddentalentartschool.com

Call (780) 419-2055 to Register!

Campbell Road Exit #107, 25 Chisholm Ave., St. Albert •

Better Choices, Better Health now available online

Free workshop for Albertans managing chronic conditions

Do you live with a chronic health condition like diabetes, obesity, arthritis or chronic pain? Do you want to feel better and take control of your own health?

Making that happen is now just a mouse click away with the launch of the Better Choices, Better Health®-Online program. This free electronic workshop is helping remove barriers and improve access to important tools and support for those living with chronic disease.

In-person Better Choices, Better Health® workshops have been available throughout Alberta since 2011 and were offered in more than 100 communities last year. The online version of this program will help improve access to all Albertans, including those in rural and remote areas of the province, those with medical conditions that prevent them from getting out and people who can't access transportation. The online workshop is also a good fit for those individuals who may be working and unable to find an in-person workshop to meet their schedule.

Better Choices, Better Health®-Online workshops are easy to follow and participants can join from any computer with an internet connection. With up to 25 people in each workshop group, interactive sessions are posted each week for six weeks.

Once signed up, individuals login at their convenience two or three times a week for a total of about two hours a week. All participants can remain anonymous and the workshop takes place on a dedicated, secure website.

Led by trained volunteers, many with health conditions themselves, Better Choices, Better Health®-Online helps participants set goals and make a step-by-step action plan towards feeling better.

Based on Stanford University's Chronic Disease Self-Management Program, the

Better Choices, Better Health®-Online workshop covers:

- Practical ways to deal with pain, fatigue, and stress
- Better nutrition and exercise choices
- Ways to make informed treatment decisions
- Better ways to talk with doctors and family about your health
- Getting the support you need

To register for a Better Choices, Better Health®-Online workshop, visit: <https://betterchoicesbetterhealth.ca/online/>

For information on both the online and in-person workshops visit: www.albertahealthservices.ca/bcbh.asp or call Health Link Alberta at 1-866-408-5465.

Special Savings on Quality Produce

Locked In Pricing for the Month. While quantities last

	Maple Lodge Halal Hot Dogs \$2.49/Doz	Fresh loaf bread 99¢ each White/Brown/Whole Wheat	
	Fresh Baked Baklava Wide Variety	Reggie Pasta 99¢ /Pkg	
	Compliments Canola Oil \$6.99 3L bottle	Lebanese fresh baked meat pies. Spinach & cheese 3 cheese family pack \$9 ⁹⁹	

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Two Locations 11316 - 134 Ave & 10807 Castledowns Rd
 780 - 475-4909 Local Community Owners

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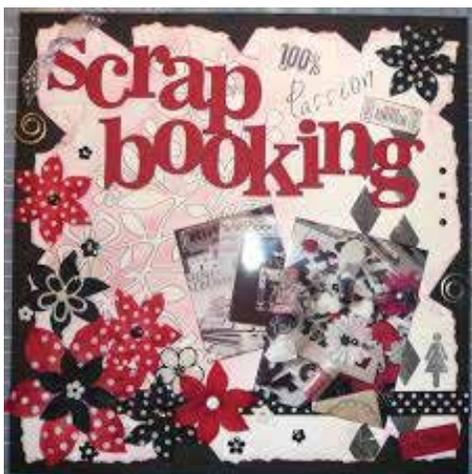
- Vaccinations
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- Soft tissue surgery
- Dog bite wound repair
- Abscess repair
- Laceration repair
- Bladder stone surgery
- Blocked cat procedure
- Blood work
- Porcupine quill removal
- Allergy testing
- Hill's & Medi Cal prescription Food

Lorelei Beaumaris News

Girl Guides in Lorelei-Beaumaris

Girl Guides is for girls 9-11 years old and offers weekly meetings where they explore a variety of experiences and topics relevant to today's youth. For more information or to register contact:
Guider Sonya: 780-862-1653 or sonya_harriott@yahoo.ca
Guider Andreia: 780-232-6504 Edmonton Area Office: 780-451-2263
or visit the website
www.guidesedmonton.ab.ca

Scrapbooking and Paper Crafting Funshops



How many photos do you have hidden out of sight on a computer or in a box? How many vacations and special events are just a faint memory? How many could be used to build a special scrapbook? Have no fear Power layouts will have you caught up in no time. A funcrop gives you the time and space to scrapbook your favorite pictures with fellow scrappers either traditional or digital (& get lots of advice from them) (or do your card making, paper crafting and stamping!) Digital Tid-bits: Digital Tid-bits will now be included free in Funcrops, instead of being at a separate paid event. You will have unlimited use of all Tannis' tools - including Cricut Expressions machine, and cartridges, Cuttlebug and dies, and scanner for conversion to digital file (must have your own USB), a limited amount of supplies will be available for purchase. Coffee, muffins in the morning, light snacks in the afternoon and some kind of tasty food for supper. Dates to be confirmed. Please contact Tannis for more information photos@telusplanet.net (780) 885-1647

Casino – Thanks!

We could not function as a community without the income that casinos and bingos bring in. Our casino was held on November 23 and 24. We want to thank Lorna Lewis for her work as Casino Director and we would like to thank all of our volunteers, some of whom were fulfilling commitments and others who just came in to help us out because they could! THANK YOU to all!

Lorelei-Beaumaris Celebrating Winter in January

We have decided to forgo a December winter party this year and we will be looking to host something in late January instead. Watch for information in the next Castle News edition or on our website. If you would like to assist with this event please contact [Arlene commlbcl@gmail.com](mailto:Arlene.commlbcl@gmail.com)

Bingos & Help Wanted



Our next bingo date, held at Kensington Bingo Hall is:
Thursday, December 17

We also have dates in January, February, and March. If you are scheduled for a bingo, we will try to give you a courtesy phone reminder about a week prior (to the number you wrote down at registration time. You also have your commitment date on your copy of the registration form).

Presently we have no bingo director but we will do our best to follow up on inquiries at email bingolbcl@gmail.com or call Arlene at 780-478-1282. We are also in need of volunteers to work our winter bingos. If you, or anyone you know, would be interested in volunteering please contact our president Cody at presidentlbcl@gmail.com.

Lines of Communication

Facebook – Find the most recent updates and a forum for you to comment or add something of interest for our community members, and don't forget to "like" us at <https://www.facebook.com/loreleibeumaris> (Lorelei-Beaumaris Community League)

Twitter – Find the short and sweet updates at <https://twitter.com/LBCommLeague> Don't forget to follow us!

Website – Check us out! Visit us at www.lbcl.ca

Gmail – All email addresses are now gmail addresses. You can find our email links on our website (here: <http://lbcl.ca/new-page-2>) If you don't get a reply within a week please email commlbcl@gmail.com (Communications) for assistance.

Email News - If you know of someone who would like to receive our email news please have them email a request to commlbcl@gmail.com. Note: You can unsubscribe at any time by replying to our email sent with "unsubscribe" in the body or subject line.

Outdoor Rinks in Lorelei

Are you looking for somewhere to play shinny or somewhere to practice skating where you can hang on to the boards, or somewhere you can work on that single axel?

Lorelei-Beaumaris is planning to have ice rinks available for you! Access to the rink is free with your 2014-15 skate tag or community membership card; a drop-in fee for non-members will be available. We have some skates and helmets available to lend if you need some gear.

Rink hours had not been confirmed at time of article submission. Once days/times have been confirmed, we will do our best to have the rink open as scheduled weather permitting. (The rink will be closed at -20°C w/ windchill or above $+1$, or in heavy snow conditions.) Please check out our website: www.lbcl.ca or our facebook page: <https://www.facebook.com/loreleibeumaris> for rink times and opening date.



Variety Show

The 31st Annual Castle Downs Variety Show has now wrapped up. We would like to extend our thanks to Donna McMurray for stepping in when our community league representatives stepped down. She was the liaison between Lorelei-Beaumaris and the Castle Downs Recreation Society's Variety Show committee. We would also like to thank all our volunteers who filled our designated nights as servers, bartenders, ticket sales, raffle sales, coat check, 50-50 sales, and kitchen help.

Lorelei-Beaumaris Community



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
For information please visit the play-
school website at [www.loreleibeau-
marisplayschool.com](http://www.loreleibeau-
marisplayschool.com) or their Facebook
page at:
[https://www.facebook.com/
pages/Lorelei-Beaumaris-Play-
school/1413656922252856](https://www.facebook.com/
pages/Lorelei-Beaumaris-Play-
school/1413656922252856)

Lorelei-Beaumaris Board of Directors – November 2015

President	Cody	presidentlbcl@gmail.com	
Vice President	VACANT	vicepresidentlbcl@gmail.com	
Secretary	Amber	secylbcl@gmail.com	
Treasurer	Chelsea	treasurerlbcl@gmail.com	
Ways and Means	VACANT	waysmeans@gmail.com	
Bingo Chair	VACANT	bingolbcl@gmail.com	
Casino Chair	Lorna	casinolbcl@gmail.com	
CDRS Representatives	Lorna & Donna	cdrslbcl@gmail.com	
Variety Show Reps	Donna & VACANT	varietyshowlbcl@gmail.com	
Sports Director	Stephanie	sportslbcl@gmail.com	
Soccer Director	Kim	soccerlbcl@gmail.com	
Social Directors	Sonya & Maria	sociallbcl@gmail.com	
Memberships	Sonya	memberships1bcl@gmail.com	780-756-1653
Communications	Arlene & Sean	comm1bcl@gmail.com	780-478-1282
Volunteer Coordinator	Chelsea	volunteerslbcl@gmail.com	
Community Safety Directors	Sean & Jennifer	communitysafetylbcl@gmail.com	
Director at Large - Softball	Crystal	softballlbcl@gmail.com	
Directors at Large	Rosemary & Jenn		
Playschool Information		website: www.loreleibeau-marisplayschool.com	
Playschool Registrar	Chelsea		
Hall Manager	Tina	hallrentalslbcl@gmail.com	780-686-4415
City of Edmonton Community Recreation Coordinator	Alison Mould	alison.mould@edmonton.ca	
LBCL Website: www.lbcl.ca		Facebook: https://www.facebook.com/loreleibeau-maris	
		Twitter: https://twitter.com/LBCommLeague	

If you are having problems with contacting anyone please contact Arlene 780-478-1282 or email comm1bcl@gmail.com

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 & 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 hallrentalslbcl@gmail.com 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 website at www.lbcl.ca or on our Facebook page located at <https://www.facebook.com/loreleibeau-maris>

Join Us!

Lorelei-Beaumaris Community Memberships

2015-16 Memberships are valid until August 31, 2016. Family memberships are \$25 and singles or seniors are \$15. To purchase a Lorelei-Beaumaris community league membership please email memberships1bcl@gmail.com or call Sonya at 780-756-1653. NEW: You may now purchase Lorelei-Beaumaris Community Memberships at Mac's Convenience Store - Beaumaris (by Lakeside Landing – 113Astreet & 153 Ave). You may also purchase family memberships online by visiting EFCL online memberships (single or senior memberships are not available online).

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Register online or in person at:
www.dynamyxgymnastics.com



Check out our WINTER DAILY CAMPS - Dec 21, 22, 28 & 29th
\$40/day for ages 3-10 - runs 10am to 2pm

CHRISTMAS FAMILY EVENT on December 13th from 12 to 2 pm
Tickets - \$10/member \$15 non-member



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