

THE CASTLE NEWS

Your Community Newspaper Serving the Community Leagues of Baturyn, Caernarvon, Carlisle, Cumberland/Oxford, Dunluce & Lorelei/Beaumaris

February 2015

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Castle Downs Recreation Society Executive

- **President**
Lynnette Thompson
- **Past President**
Mary Matthews
- **Vice-president**
Danny Burrell
- **Treasurer**
Loretta Wonitoy
- **Secretary**
Jennifer Schell

Advertising

To place an advertisement please phone 434-9732, or visit our **WEB SITE:** communityleague news.com



Caernarvon Annual Genral Meeting & Sports Registration

Caernarvon's AGM will be held at the hall on Thursday, February 19th @6pm, with sports registration to follow @ approximately 7pm. We welcome all community members to come out to meet and greet the executive board prior to the meeting (5pm) snacks will be provided. Please note that for sports registration, priority will be given to those people who do come to the AGM.

A second registration date is set for Thursday, February 26th, from 6:00pm to 9:00pm. People registering at the second date or after will be required to perform 2 volunteer commitments.

Please bring 3 cheques per child registering for sports. 1 for payment, 1 for volunteer commitment, and one for uniform deposit.

**Carlisle AGM –
March 1st at 1 p.m.
at Carlisle Hall**

COCL Spring Registration is Fast approaching!

COCL will be holding it's Spring registration for soccer and ball on February 22, March 1st and also March 8th.

Please check www.cocl.org for locations and times.

Dunluce Community League AGM, Soccer, Ball & Program Registration.

**Sunday, Feb. 22nd at 2:00 p.m.
Dunluce Hall 11620 - 162 Ave.**

Lorelei-Beaumaris Annual General Meeting & Spring Sports Registration

**Tuesday, March 3, 6:30 p.m.
Lorelei-Beaumaris Community Hall
(16220 – 103 Street)**



8 Locations to serve you.

(780) 406-7272

Indulgent Luxurious Affordable

WWW.SPASATION.COM

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 RPO Castle Downs Edmonton, Alberta T5X 5V9	10505 – 172 Ave Edmonton, Alberta Between Baturyn and St Charles Elementary School	Phone 780-457-4347 - leave voice mail. Checked weekly Website BATURYN.CA Facebook FACEBOOK.COM/BATURYNCOMMUNITYLEAGUE
Hall Rentals	rentals@baturyn.ca	780-457-4347
President	president@baturyn.ca	780-457-4347 (Kelly)
Hall Emergencies	Gary	780-498-5020
Membership	membership@baturyn.ca	780-457-4347 (Jody)
Volunteers	volunteers@baturyn.ca	780-456-9239 (Jan)
Soccer	soccer@baturyn.ca	780-457-4347 (Lynn)
Softball	softball@baturyn.ca	780-457-4347 (Colleen)

Please Consider Volunteering for the Baturyn Board

The Annual General Meeting (Spring Sports Registration) is just around the corner. Each year we have members 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.

Baturyn Community Playschool AGM and Pre-Registration

WHEN: Monday, March 2, 2015 at 7PM (doors open at 6:30PM)

WHERE: Baturyn Community Hall, 10505 172 Avenue

WHO: Parents wishing to register their 3 or 4 year old child for the 2015-2016 school year.

COST: \$40 non-refundable registration fee. Other payments will be handed in at the August final registration meeting.

The main focus of this meeting is to reserve a spot for your child in the playschool for the 2015-2016 school year. Registration will be completed at the August final registration meeting.

We offer a fun, play based program that builds both the social and academic skills of your child. Students are introduced to the joys of learning by going on regular field trips, taking part in pre-reading, science and math projects, crafts, games, songs and music, kinder-cooking and daily physical activity. Three year old and four year old classes are available.


Baturyn Playschool is parent run, therefore parental involvement is essential for a successful experience. Registration is available on a first come, first served basis. Please go visit our website for more information.



NEED MORE INFORMATION?

Email bcps.cochair@gmail.com

Visit our website at
baturynplayschoolEdmonton.weebly.com

Find us on 
Baturyn Community Playschool

Become a Fan of Baturyn Community League



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

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

Ly's Tailors & Drycleaning

12646 137 Ave 780-475-9103

Custom tailoring: suits, bridal dresses, skirts, pants & zippers. Leather and fur repair available.

All kinds of alterations & drycleaning.
Invisible mending.
Hemming while you wait.

Hours: Mon-Fri 9am to 7 pm
Sat 10am to 5 pm,
Sun & holidays closed



Get or renew your
BCL membership

► 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



**New Patients Welcome.
Emergency & Walkins.
Apointments Available
Gentle Dentistry for
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:





BATURYN COMMUNITY LEAGUE INVITES YOU TO JOIN US FOR OUR

AGM & SPORTS REGISTRATION!

SUNDAY, MARCH 1, 2015 NOON TO 3:00 PM
BATURYN HALL 10505 - 172 AVENUE
REGISTRATION TO FOLLOW MEETING
VISIT WWW.BATURYN.CA FOR MORE INFO

THANK YOU



Baturyn Community League sincerely thanks all of the indoor soccer coaches for volunteering this season.

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)

Edmonton 311 App

Report your concerns on the go!

With the free Edmonton 311 app, you can use your smartphone 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

For more information:

Online Contact 311 Online

Telephone

In Edmonton: 311

Outside Edmonton: 780-442-5311

TTY 780-944-5555

Email 311@edmonton.ca

WINTERFEST FUN

FEB. 16, 2014

The Baturyn Community League is partnering with the #191 Scouts to enjoy the Winter Season.



Come to the hall with your family to enjoy a sleigh ride, snow shoes, relay races, and crafts.

There will be hot chocolate and hot dogs at the fire pit.

When: Monday, Feb. 16

Time: Noon - 3:00 pm

Where: Baturyn Hall
10505-172 Avenue

What: Family Fun

Who? you and your family



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



Your Baturyn Community League board has heard your feedback on the long lineups and frustration to complete registration of your child in one of the Baturyn sports programs. Our dedicated group of volunteers have developed an online registration capability which we feel will improve this process.

Check our website for the link to the system starting around February 7, 2015. It will close on February 28, 2015

IMPORTANT—You must attend the Annual General Meeting to complete payment of the fees so your child is confirmed in the selected sports program. All applications that are not paid at the AGM are discarded and your child will not be registered.

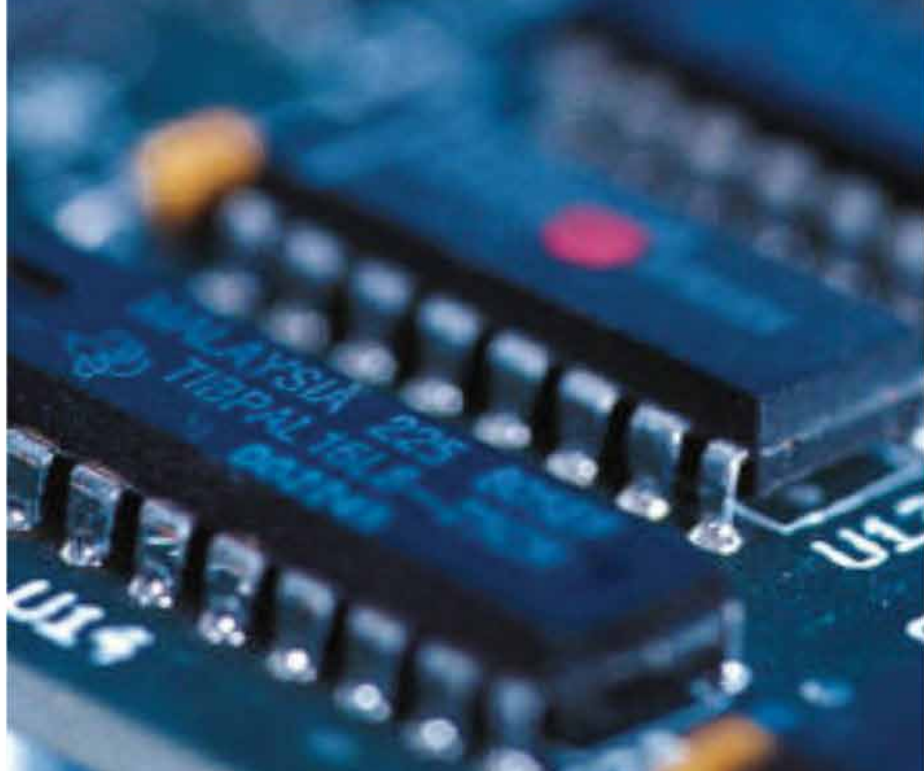
▶ BCL Online Sports Registration

▶ BENEFITS

- Complete your sports program application in the comfort of your home
- Reduces the time in lineups at the registration meeting
- Secure storage of personal data

▶ FEATURES

- With this system you can;
- Purchase your membership
- Select your volunteer commitment
- Complete all necessary registration information on your computer or tablet



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	Vacant	secretary@caernarvoncommunity.com
Ball	Sheldon White	softball@caernarvoncommunity.com
Bingo	Lynne Hellyer	bingo@caernarvoncommunity.com
Equipment	Carolyn Scott	equipment@caernarvoncommunity.com
Hall Rental	Evan Hellyer	rental@caernarvoncommunity.com
Maintenance	Victor Springer	maintenance@caernarvoncommunity.com
Membership	Lynne Hellyer	membership@caernarvoncommunity.com
Neigh. Watch	Martin Rowe	neighbourhoodwatch@caernarvoncommunity.com
Newsletter	Angela Muir	newsletter@caernarvoncommunity.com
Signs	Kati Weir	signs@caernarvoncommunity.com
Program	Kyle Bundun	programs@caernarvoncommunity.com
CDRS	Danny Burrell	cdrs@caernarvoncommunity.com
CDRS	Jennifer Schell	cdrs@caernarvoncommunity.com
Soccer	Carolyn Scott	soccer@caernarvoncommunity.com
Social	Lisa Goertz	social@caernarvoncommunity.com
Variety Show	Pam Irwin	varietyshow@caernarvoncommunity.com
Casino	Anita Riva	casino@caernarvoncommunity.com
Casino	Rob Irwin	casino@caernarvoncommunity.com
Website	Rob Irwin	webmaster@caernarvoncommunity.com
Book Keeper	Sue Jorgenson	bookkeeper@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.

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



Castledowns Dental

General Dentistry

Dr. Matthew G. Ploboda D.D.S.

Family Dentistry Just Minutes Away

New Patients Always Welcome

Direct Billing • Invisalign

Cerec • Nitrous Oxide



#202, 15961 - 97th Street NW

780-456-4441

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, playschools, youth, seniors, you name it!

Caernarvon Annual Genral Meeting & Sports Registration

Caernarvon's AGM will be held at the hall on Thursday, February 19th @6pm, with sports registration to follow @ approximately 7pm. We welcome all community members to come out to meet and greet the executive board prior to the meeting (5pm) snacks will be provided. Please note that for sports registration, priority will be given to those people who do come to the AGM.

A second registration date is set for Thursday, February 26th, from 6:00pm to 9:00pm. People registering at the second date or after will be required to perform 2 volunteer commitments. Please bring 3 cheques per child registering for sports. 1 for payment, 1 for volunteer commitment, and one for uniform deposit.

3rd Annual Family New Year's Party

Caernarvon's 3rd annual New Year's Party was a huge success again this year! Thank you to everyone who made this a fun, safe, family friendly event! We are looking forward to being even bigger and better next year!

Skating Rink

Our skating rinks are now open! The Skating hours are Mon- Fri, 4:30pm - 9:00pm Sat & Sun 12:00pm - 5:00pm. Bring your skates and have some family fun! The ice will be closed if the temperature goes above +2 or below -20.

Caernarvon's Annual Ball Tournament

Caernarvon's annual ball tournament is being held on Friday, May 8th, and Saturday, May 9th. Space is limited so register early. Contact Evan @ president@caernarvoncommunity.com

Upcoming Bingo's

Next Bingo is February 28th and March 15th
Kensington Bingo Hall 12538-132ave

Please be there for 5pm

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

Sledding Safety

Alberta Health Services, EMS would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects such as trees and rocks or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk - especially children. Educate your family how to stay safe by following these simple reminders and have a fun day on the toboggan hill.

Equipment

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

Hazards

- Avoid hills that are too steep, or too icy - you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.

Plan ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up out of the cold.
- Ensure frostbite hasn't affected any exposed skin.
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.

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

Carlisle Executive

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	Rick Zaplachinski	780-457-9000
Bingo Chairperson	Chantal Brown	780-238-6234
Casino Chairpersons	Krista Hennigar	780-951-7627
Sports Equipment	Rob Lewis	780-486-2893
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 Faiza Khayal	780-914-1775 780-428-0947
Member at Large – Fitness	Diane Neiman	780 457-6239
Variety Show Representatives	Terry Bubar	780-716-2571
CDRS representatives	Neil Chymko Krista Hennigar	780-975-0421 780-951-7627
Hall Rental Director	John Paul Potestio	780-993-3503
Social Director	Tess Potestio & John Paul Potestio	780-974-3503 780-993-3503

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.**



February is outdoor soccer registration month

Community soccer is a fast paced, fun filled activity the whole family can enjoy. Soccer remains one of the most affordable activities available to youth and the regular season runs from early May until June 30th.

Players learn new skills and get to team up with friends for a more complete and enjoyable experience.

We offer a community soccer program for children of all ages beginning at U4 that focuses on fun and fair play time.

Preregistration can be completed online, however; payment is completed at your local community league.

For more information start with your local community league website or the EMSA north website at <https://www.emsanorth.ca>

If you don't know your community league then visit the Edmonton Federation of community leagues and select "find my community."



XTREME FC
THE MOST SUCCESSFUL CLUB

If you are ready for a more competitive style of soccer; then consider Xtreme FC, EMSA norths' premiere program.

Skill development and teamwork is a priority at Xtreme FC and in return for a sincere commitment players can expect to play a more demanding style of soccer.

Try-Outs take place at the East Soccer Centre March 17th, 18th and 19th (to be confirmed.)

For more information on Xtreme FC
visit the website at
<http://www.edmontonxtremefc.com>



PRESCHOOL & KINDERGARTEN

Open House & Registration

Wed., March 4 6:30 pm - 8 pm

Come see us, spots fill fast



Check our website www.lcdskids.com | 13931-140 St. | 780-473-7216

Cumberland/Oxford News

COCL Executive Contact List

Name	Position
Alison Mould	CRC
Calvin Cazes	President
Brittany Yerichuk	Vice President
Chris Cebula	Treasurer
Corina Michetti	Membership Director
Kimberley Johnson	Bingo Director
Sina Marzoughi	Programs/Social Director
Christine Crowe	Secretary
Stephanie Bryson	Webmaster
Malinda Rudyk	Fundraising Director
Michelle Innes	Baseball Director
Peter Balaban	Soccer Director
Vanessa Forster	Variety Show Director
Jean Deslauriers	Past President
Lynnette Thompson	CDRS Representative
Vini Buecken	CDRS Representative
Tim Atlee	Director at Large (Assisting with Soccer)
Christa Gagnon	Communications Director
Todd Boyer	Director at Large
Christina Brown	Director at Large
Don Durda	Director at Large

Mailing Address:

14804 - 129 Street, Edmonton, AB, T6V 1C4

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.

BINGO DATES

COCL has some upcoming bingo dates at Castledowns bingo hall, please come out and support your local community!

Feb 6 – Friday
March 6 – Wednesday
April 7 – Tuesday
May 12 – Tuesday
June 10 – Wednesday
July 7 – Tuesday

COCL Spring Registration is Fast approaching!

COCL will be holding it's Spring registration for soccer and ball on November 22, March 1st and also March 8th.

Please check www.cocl.org for locations and times.

Are you looking to get more involved in your community?

COCL is currently looking for volunteers to help out in various ways. This does count as a volunteer commitment that can be used at registration.

Please contact Calvin Cazes at president@cocl.org



EVERYONE'S A WINNER!

PEEL & WIN

FOR A GOOD CAUSE!

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website: www.dennissells.ca



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BRENT RATHGEBER, MP

EDMONTON - ST. ALBERT

ACCOUNTABILITY TRANSPARENCY FISCAL RESPONSIBILITY



Town Hall Meeting: Veterans' Issues

Please join me on February 9, 2015, at the St. Albert Legion Hall 7 Tache Street in St. Albert at 7:00 pm for a discussion on issues of importance to our Veteran community and current government policy regarding our veterans.

For more information please feel free to contact my assistant Joe Becigneul in my St. Albert Office: 780-460-2873.

I Hope to see you there!

Brent.Rathgeber.A1@parl.gc.ca 780.459.0809 Visit us at www.brentrathgeber.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	Loretta Wonitoy Mark Gross	780-457-9101 780-456-5700
VARIETY SHOW	Nadine Meads Mark Gross	780-456-6197 780-456-5700
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	Kristen Eek Tammy Hall	780-455-9177 780-457-9132
SOCCER	Marlene Miskiwi	780-456-3978
SOFTBALL	Loretta Wonitoy	780-457-9101
PROGRAMS	Zuzana Bado	780-914-1775
WAYS & MEANS	Kristen Eek	780-455-9177
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
February 1st, March 3rd, April 1st, 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



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>

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

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**

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

Reduce your risk

Heart attack risk factors include:

- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.

DUNLUCE COMMUNITY LEAGUE AGM, SOCCER, BALL & PROGRAM REGISTRATION

Sunday, February 22, 2015 @ 2:00 pm

Dunluce Hall, 11620 – 162 Avenue

Following elections of board members, 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 membership fee (cash/cheque), valid Sept 1/14 to Aug 31/15, one per household.
- (2) Bring a \$200 undated volunteer deposit cheque. ***NEW** one per child being registered.** Failure to fulfill your volunteer commitment as assigned will result in your deposit being cashed.
- (3) Pay soccer, ball or program fees by cash/cheque (see website for info)
- (4) Leave a \$100 soccer uniform deposit (*does not apply to softball), 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 cheques payable to "Dunluce Community League"

Visit Dunlucecl.ca for fees, ages and game nights



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

Registration for 2015-2016 School Year OPEN HOUSE

Wednesday March 18th at 7:00 pm (doors open at 6:45)

Dunluce Community Hall 11620-162 Ave

Please bring \$40 registration fee and child's Alberta health care number

Registration will be on a first come first serve basis.

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



Dunluce Community League

Is having a **CASINO** on Friday Feb. 6th, & Saturday Feb. 7th, 2015 at Century Casino and is looking for people who would like to work one or both of these days. You can work the casino in lieu of a volunteer commitment or just to support the community we all live in.

If you are interested please contact
casino@dunlucecl.ca



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
 - www.srd.alberta.ca/FishWildlife/HumanWildlifeConflict/Coyotes.aspx
 - www.edmontonurbancoyotes.ca
- 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.



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

REGISTRATION DAY: SUNDAY, February 22 at 2:00 PM
Dunluce Hall 11620 – 162 Avenue

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

softball@dunlucecl.ca



CORONATION SCHOOL

An IB World School



Open House March 4th

Did you know?

Coronation School is one of two public schools in Edmonton offering the IB Primary Years Programme?

Find out what makes this school so unique.

 **780.455.2008**
10925 139 St NW
Edmonton, AB T5M 1P8

www.CoronationSchool.ca



Lorelei Beaumaris News

2014-2015 Community Memberships

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). Our rink will be open soon and you have unlimited access to the open skate times with your community membership/skate tag! Watch our facebook page or website for rink hours.



Indoor Soccer

Our Indoor Soccer teams are heading into the final bunch of games. The U8 Mixed (Ewanyshyn) team will play in the EMSA main wrap-up on Saturday, February 14. The U16 Girls (Rath) team won GOLD at the Polar Cup in December and will continue in regular round 3 games as well as play in the FC Memorial Cup tournament. The U18 Girls (Ryks) finished 3rd in the Polar Cup and are also into round 3 of regular games and will soon play in a tournament in Camrose. Good luck to all of our teams!

Soccer inquiries should be made to Jenn via email at soccer@lbcl.ca

Outdoor Rinks in Lorelei

Recreational Skating or Shiny at Lorelei-Beaumaris

Tuesdays	6:00 - 9:00pm
Thursdays	6:00 - 9:00pm
Saturdays	1:00 - 6:00pm
Sundays	1:00 - 5:00pm

Access to the rink is free with your 2014-15 skate tag or community membership card; drop-in for non-members is available for \$2. We have some skates and helmets available to lend if you need some gear. We will do our best to have the rink open as scheduled weather permitting.

Please check our facebook page: <https://www.facebook.com/loreleibeumaris> for rink updates and closures.

Lorelei-Beaumaris Community League Annual General Meeting & Spring Sports Registration

**Tuesday, March 3
6:30 pm**

**Lorelei-Beaumaris Community Hall
(16220 – 103 Street)**

Note: Sports Registrations only happen if all critical board positions are filled with people willing to commit to the positions.)

Late Registrations:

Wednesday, March 11 7:00 - 9:00pm and Saturday, March 14 11:00am- 1:00pm

Note: Late registrants will be required to complete 2 parental commitments

We will be looking to fill board positions, please consider joining the board to help strengthen our community. We have a great, core group of people who have been working well together and we would love to have more people to share ideas, and share in the joy of knowing we make a difference!

Spring Sports Registration

Assuming all critical board positions are filled during the Annual General Meeting on Tuesday, March 3 at 6:30pm we would then be able to offer spring sports registrations.

For Lorelei-Beaumaris spring sports registrations you would need the following:

1. Valid Community Membership for Sept. 2014 – Aug. 2015 (available for \$25)
2. Deposit for \$200.00 Per Parental Commitment
3. A cheque or cash for Registration Fees

Please Note:

a) Registration cannot be accepted without all pieces of information or without all financial commitments being made in the form of cash or cheques.

b) There are no refunds once registration has been done.

c) We are unable to accept debit or credit card payments (sorry!)

d) Parental Commitment (Bingo volunteers are most of what we have available)

2 commitments are required per registrant for registrations after March 3 (1 commitment per registrant for registration at AGM on March 3)

e) We are not responsible for the quality of your child's coach or team. We meet the requirements of EMSA. We rely on volunteers to fill the positions of coach, assistant coach, manager, etc...If you would like to volunteer to coach or assist to help ensure that your child has a great experience, please indicate so on your registration form.



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/loreleibeumaris>

Lorelei-Beaumaris Board of Directors 2014-2015

President

Rosemary
president@lbcl.ca

Vice President

Vacant

Secretary

Cody
secretary@lbcl.ca

Treasurer

Chelsea
treasurer@lbcl.ca

Ways and Means

Zora

Bingo Chair

Barb
bingo@lbcl.ca
780- 920-3303

Facility Coordinator

Belinda

CDRS Representatives

Lorna & Sabrina
castledownsrec@lbcl.ca

Variety Show Reps

Donna & Sabrina

Sports Director

Stephanie
sports@lbcl.ca

Soccer Director

Jennifer
soccer@lbcl.ca

Social Directors

Michelle & Sonya
socials@lbcl.ca

Memberships

Jenn
memberships@lbcl.ca
587-520-7243

Communications

Arlene
communications@lbcl.ca
780-478-1282

Past President

Sean

Directors at Large

Jonas
director@lbcl.ca

Playschool President

Shaylenne
website: www.loreleibeumarisplay-school.com

Playschool Information

Heidi
780-475-7750

Hall Rentals

Tina
hallrentals@lbcl.ca
780-686-4415

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

Lorelei-Beaumaris Communication

We welcome you to bring **your ideas, questions and concerns forward to us**. You can send an email to communications@lbcl.ca or you can come to our "Open Forum" from 7:00-7:30pm at our monthly board meetings. If you would like to come to the open forum with questions or concerns please let us know by calling 780-478-1282 or email communications@lbcl.ca

Website

We do our best to keep our website up to date and easy to navigate. Please visit it on a regular basis for information, events, and programs at www.lbcl.ca

Facebook

This 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. Our facebook page can be located at <https://www.facebook.com/loreleibeumaris> (Lorelei-Beaumaris Community League)

Email News

If you know of someone who would like to receive our email news please have them email a request to communications@lbcl.ca or ask them to complete the consent form at https://docs.google.com/a/su.ualberta.ca/forms/d/1fbK-NqFY0fkgTqKbrKpf_oqJrZ-77RzdmCTXoz0dVJQg/viewform

Note: You can unsubscribe at any time by replying to our email sent with "unsubscribe" in the body or subject line.

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

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.

Scrapbooking and Paper Crafting

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

Saturday, February 21, 10:00am – 9:00pm

Saturday, March 21, 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 supper-time, 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

Lorelei-Beaumaris Community Playschool

Are you looking for a playschool for your child? Are you looking for something right now or are you looking for next fall? Lorelei-Beaumaris Playschool is a great option for your preschooler with active learning and tons of fun!

Program location: Lorelei-Beaumaris Community Hall 16220-103 Street

For additional information please visit the playschool website at www.loreleibeauamarisplayschool.com or call Heidi at 780-475-7750

Special Note:

Lorelei-Beaumaris Playschool would like to thank Home Depot for their support in replacing the countertops and cabinets in the playschool. THANKS HOME DEPOT!

Lorelei-Beaumaris Winter Festival Success

Thanks to all who attended our Winter Festival on Friday, December 5. We had a great turn out with over 150 people enjoying this free event. Our event included beverages and snacks, cookie decorating, paper crafts, story time, games, sparkle tattoos, photos with Santa & Mrs. Claus, door prizes, skating/shinny, and a magic show. Thank you to all of our volunteers and to our Social Directors, Sonya and Michelle for all their hard work!

We enjoy hosting events and are always looking for extra hands to help out with these special events. If you are interested in getting involved please contact our Communications Director, Arlene at communications@lbcl.ca or phone 780-478-1282.

Volunteers

Upcoming Bingos

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

Monday, February 2 (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 volunteer commitment date on your copy of the registration form). For bingo inquiries please contact Barb at 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!).

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.



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



Join the Party in 2015

Every table or take out order this year will receive a "Join the Party" ticket. This contest card gives you three chances to win.

First you can win a monthly Grand Prize by texting us the unique number under the middle tab.

Secondly, you will automatically be entered into our big December finale, the 30 Days of Joey's contest.

Every Day in December (except Christmas, there's already enough presents that day) we will make a draw for great prizes like Smart Phones, Tablets, Go-Pro Cameras, Cash and more.

Finally, there is a fun 1985 trivia question on every card and another chance to win.

Details at joeys.ca/contests.html



\$5⁰⁰ Off

Take out: Family Pack or Super Family Pack!

Family Pack:
10 pieces of fish,
3 orders of chips,
1 order of Creamy Cole
Slaw.

Super Family Pack:
15 pieces of fish,
4 orders of chips,
2 orders of Creamy Cole
Slaw.

No substitutions.
Must present coupon at time of
order.

Take-out only.
Valid only at White Oaks &
Capilano Locations.
Expires Feb.22/15

Coming soon... Fish & Chips & Coke \$9

(February 1 - 22)

Enjoy a 2-piece Famous Fish & Chips
or Fish Taco Dinner served with
a Coke fountain beverage.



If we had the technology back then
like we do today, this contest would
have been running since 1985.

\$50 #ilovejoeys Instagram Photo Contest

- 1 Follow @joeyscanada on Instagram
- 2 Take a fun photo at Joey's
- 3 Post your photo(s) to Instagram,
tag @joeyscanada and #ilovejoeys
- 4 Joey's will pick a winner of \$50 in Joey's
Gift Certificates every Monday

Scan here for
full rules or go to
joeys.ca/contest



Ryan & Lisa Gizowski

Joey's White Oaks
12222 - 137th Ave
Edmonton, AB
780.473.5639

Kyle & Trish Gizowski

Joey's Capilano
5004 98th Ave
Edmonton, AB
780.461.7966



WINTERLUST: A YEARNING TO CONQUER MOUNTAINS (remember to breathe)



YOUR CLOSEST ROCKY MOUNTAIN RESORT



Ski Package from \$312 per night. One night accommodation. Two single day Nakiska Lift Tickets. Right in Alberta's backyard. Make Delta your base camp for adventure.

deltalodgeatkananaskis.com
1-888-591-6240

Offer valid November 1-April 15. Discounted rates will vary and are subject to availability. Promo Code PSP0.

THIS WINTER, THINK SPRING!



This spring, grab your sunscreen and ski gear and enjoy free nights and resort credits with our Lake Louise Spring Break offers.

fairmont.com/SpringBreak

Offers include free nights and resort credits, to be used towards dining, activities, and spa treatments. Subject to availability. Call 888-765-8322.

SAVE 25% WITH ZOO AND BRUNCH COMBO



Visit the zoo prior to noon on Sundays and save 25% with our Safari Brunch Combo. Includes day admission to the zoo and brunch.

calgaryzoo.com
403-232-9300

Purchase combo prior to noon at the north entrance. Combo price is valid in 2015. Subject to change without notice.

WEEKEND GET-A-WAY FROM \$99.00



Weekend Stays in a comfort room, Friday through Saturday starting at \$99.00 per night plus taxes.

calgaryplaza.com
800-661-1464

Applicable to Friday, Saturday, Sunday nights only. Blackout dates apply. Fees and taxes additional. Valid until February 28, 2015.

For more winter adventures, visit travelalberta.com

