

# CASTLE NEWS

Serving the community leagues of  
Baturyn, Caernarvon, Carlisle,  
Cumberland / Oxford, Dunluce, Lorelei / Beaumaris.  
July 2015



Published by Calder Publications. For advertising please call 780-434-9732 or email [info@communityleagueneews.com](mailto:info@communityleagueneews.com)



## CASTLEDOWNS VARIETY SHOW "An Evening of Adult Comedy"

[www.castledowns.ca](http://www.castledowns.ca)

Box 31075 Nanao Center, Edmonton AB T5Z 3P3

Phone (780) 406-9070

### 2015 Castle Downs Variety Show

#### **Cast, Crew and Committee Call**

31<sup>st</sup> Annual Variety Show

Wednesday August 26<sup>th</sup>, 2015 at 7:00 pm  
Caernarvon Hall 14830 -118 Street

If you would like to be on the committee, on stage or behind the scenes come on out and meet committee, the writers and directors, returning cast and crew members. Check us out to see if you would like to get involved. This is a Restricted Adult Comedy; you must be at least 18 years of age to participate.

If you have any questions please email: \_

[varietyshow@castledowns.ca](mailto:varietyshow@castledowns.ca)

Check us out on Facebook Castle Downs Variety Show or Website: [www.castledowns.ca](http://www.castledowns.ca) and click on Variety Show.

### **When temperatures rise, stay safe**

In addition to the risk of sunburn, rising temperatures also increase the risk of heat-related illness, including heat exhaustion and sunstroke. While children and the elderly are particularly susceptible to heat exhaustion and dehydration, it's important all Albertans follow these simple precautions to prevent sun and heat-related illness:

- Wear waterproof sunscreen of 30 SPF or greater, apply 20 minutes before going outside and reapply frequently.
- Wear a wide-brimmed hat and sunglasses.
- Stay hydrated. Drink lots of water and other non-alcoholic, non-caffeinated beverages. Proper hydration begins the night before.

- If planning to be out and about, consider preparing a backpack with sunscreen, bottled water, extra pair of shoes and healthy snacks, such as fruits and vegetables.
- Pay attention to your body and watch for symptoms of heat exhaustion and sunstroke. If you feel dizzy, nauseous and/or faint, you may have heat exhaustion. Drink plenty of water and move into shade. Symptoms of sunstroke include high body temperature, lack of sweat, disorientation, fainting and unconsciousness. Move people with sunstroke to shade, remove their outer clothing and shoes, wrap them in a wet towel and get medical attention promptly.

## Canada Day July 1

Castle Downs

## Party In The Park

**Free Fun For All**

12 noon to 4 pm

Jumpy Tents, Glitter Tattoo Artists, Balloon Artists, Music, Dance Troups, Popcorn, Cotton Candy, Photo Booth and more!

Castle Downs Playground/Waterpark  
(153 Ave west of the YMCA)

Over flow parking at the YMCA and take the hayride to the park.

# 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	<b>Phone</b>
RPO Castle Downs	Edmonton, Alberta	780-457-4347 - leave voice mail. Checked weekly
Edmonton, Alberta	Between Baturyn and St Charles Elementary School	<b>Website</b>
TSX 5V9		WWW.BATURYN.CA
		<b>Facebook</b>
		FACEBOOK.COM/BATURYNCOMMUNITYLEAGUE

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

## Baturyn Hall Rentals

10505–172 Ave, Edmonton, Alberta



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

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

### Additional Information

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

## Become a Fan of Baturyn Community League



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](mailto: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 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](mailto:communications@baturyn.ca). Any input is welcome.



the

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## 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](mailto:membership@baturyn.ca) to get more information



# CASTLEDOWNS

## Dental Centre




### Dr. Tarek Tarchichi

[www.castledownsdentalcentre.com](http://www.castledownsdentalcentre.com)

780-456-2990

11816-145 Ave




***New Patients Welcome.***

***Emergency & Walkins.***

***Apointments Available***

***Gentle Dentistry for the whole family.***



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




### Dental Centre Hours

Monday to Friday 8 am to 5 pm

Saturdays 9 am to 4 pm

We are closed on Sunday & Public Holidays

We Accept:

## Baturyn Rinks

Summer is hardly here and we are thinking about the rinks. You have told us that you want the Baturyn rinks available, and have told us that you would volunteer to set them up, and manage them through the winter season. We will be discussing this at our September meeting. If you are interested in volunteering please attend this meeting. The meeting is held at the hall on September 7th, 2015 at 7:00 PM



## Poison Prevention

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

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

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

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

For more information and to access the services of PADIS call 1-800-332-1414 or visit [www.padis.ca](http://www.padis.ca).



## Ly's Tailors & Drycleaning

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

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drycleaning.**  
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**Hemming while you wait.**

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



## Indoor Soccer Registration

Baturyn Community League is pleased to be offering the Indoor Soccer Program again this winter. We will be offering the online pre-registration again this year (information provided on the Baturyn website in July). You will be required to purchase a 2015-2016 membership to complete the registration.

You must attend one of the following payment sessions to complete the enrollment of your child into the selected soccer level.

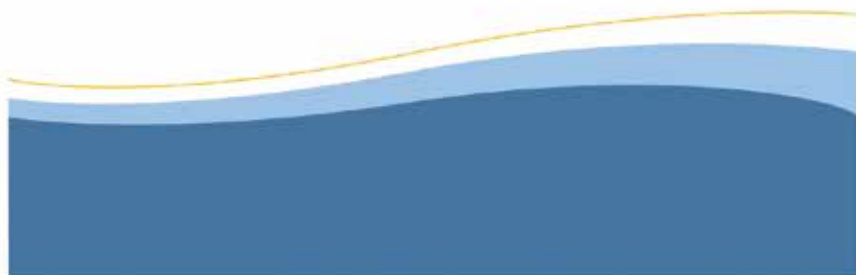
**August 12th, 2015, 6 p.m. to 8 p.m.**

**August 15th, 2015, 10 a.m. to 2 p.m.**

**August 23rd, 2015, 12 noon to 3 p.m. (late registration)**

**Baturyn Community Hall  
10505—172 Avenue, Edmonton**

Additional questions? Contact [soccer@baturyn.ca](mailto:soccer@baturyn.ca)  
[www.baturyn.ca](http://www.baturyn.ca)



## GREEN SHACK IS BACK!



*Three locations in our community!*

<b>Baturyn</b> 10505 – 172 Ave	2:30pm-6pm
<b>Canossa (Castlewood)</b> 17036 – 115 St	2:30pm-6pm
<b>Chambery Elsinore/ Chambery Park (Castlebrook)</b> 17604 – 104 St	10am-1:30pm

Green Shack playground program (ages 6-12) Join in games, sports, crafts, music, drama, and theme days every weekday, 5 days a week, for 3.5 hours each day! Children under the age of 6 are welcome as well but must be supervised by a parent or guardian at all times. Find a calendar of planned activities on the side of each Green Shack each week. If there's a game you'd like to play, just ask the Program Leader!

For more information on this and other City of Edmonton programs, check out the 2015 COMMUNITY SUMMER DROP-IN PROGRAMS publication.

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2A Riel Drive, St. Albert, AB, T8N 3Z7  
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Email: [stalbertgymclub@telus.net](mailto:stalbertgymclub@telus.net)  
[www.sagc.squarespace.com](http://www.sagc.squarespace.com)  
FAX: (780)458-0319

## Summer Camps

Currently accepting registrations for:

**Weekly Camps starting July 6, 2015**

**Ending August 28, 2015**

Full day camps Monday to Friday

Half Day Camps Monday to Friday (morning and afternoon)

Ages 3 and up

**Cheer/Tumble Camps (8 and up)**

Please check our website for current schedules: [www.sagc.squarespace.com](http://www.sagc.squarespace.com)



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THEME**

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572 Hermitage Road  
Edmonton, Alberta  
T5A 4N2  
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[www.dancetheme.com](http://www.dancetheme.com)

*The place to be!*

*"The perfect combination of fun  
and competition!" - Lisa F. (Parent)*

# Summer Camps

Throughout the summer, ages 3 and up!  
Check our website for more details!

[www.dancetheme.com](http://www.dancetheme.com)

Angelina Ballerina Camp / July 20 - 24 and August 5 - 7  
Blast off to Summer Fun / July 13 - 17  
Broadway Bound / July 13 - 17  
Magic Wonderland Camp / August 10 - 14  
You've Got Talent / August 10 - 14  
Summer Dance Extravaganza / August 17 - 21



**REGISTER  
NOW FOR  
2015/2016  
DANCE  
SEASON**



## SHORT TERM AND FULL YEAR PROGRAMS

Tap, Jazz, Ballet,  
Hip Hop (Co-Ed and Boys Only),  
Acro, Mini Stars,  
Angelina Ballerina,  
Broadway Bound

## PERFORMANCE AND COMPETITIVE (COMPANY) DIVISION

**STAY TUNED FOR OUR EXCITING  
NEWS FOR THE 2015/2016 SEASON!**

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Open 8am – 7pm Mon, Wed, Fri  
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Provide a Happy, Healthy Life  
To Your Pets Through Our  
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 **780-705-2131**

 [www.oxfordanimalvet.com](http://www.oxfordanimalvet.com)



## League Executive

Hall: 14830-118 St 456-3435

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

## New Website!

We now have a new website [www.CaernarvonCommunity.com](http://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!

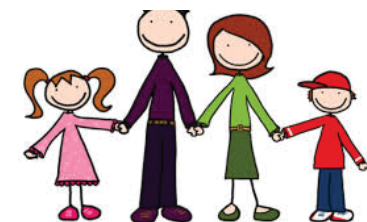


## Wem Choice Pass

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](mailto: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](mailto: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](mailto: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](mailto:bingo@caernarvoncommunity.com). Caerny Bucks are worth \$35 and are given to people who work extra bingos when they cannot be filled with sports registration. The Caerny Bucks can be used towards any Caernarvon event, such as; sports registration, programs, and social functions.



# Castledowns Dental

## General Dentistry

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

*Family Dentistry Just Minutes Away*

**New Patients Always Welcome**

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**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!

## City Services & General Information

Visit [www.edmonton.ca/311](http://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.

## SUMMER PROGRAMS

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

July 6 - 10: Toe Tapping Tots

July 27 - 31: Young at Art

Call 311 to register.



### Big Bin Event

There will be another Big Bin day this summer, free to the public! Stop by any time on July 4th from 10:00 AM to 4:00 PM.

## Upcoming Bingo Nights

**Next Bingo night is July 20th**

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.

## 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](http://ImmunizeAlberta.ca).

[ImmunizeAlberta.ca](http://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](http://ImmunizeAlberta.ca) has the info you need.

Visit [ImmunizeAlberta.ca](http://ImmunizeAlberta.ca) today.



## LCDS Preschool & Kindergarten

13931-140 St. (By Leon's)

Did you miss  
Preschool or  
Kindergarten  
registration?

Is your child 3, 4  
or 5 years old?

LCDS has a few  
openings left for  
Preschool and  
Kindergarten  
**THIS FALL!**

- ✓ Spacious bright environment
- ✓ Friendly, experienced staff
- ✓ Classroom teacher holds a B.Ed. Degree
- ✓ All staff have appropriate certification and criminal record checks
- ✓ Choice of attendance days
- ✓ Regular field trips
- ✓ Class parties
- ✓ Mild speech & language services for children who qualify (deadlines apply)
- ✓ Great parking, easy access
- ✓ Non-denominational



**For More Information or to Register**  
780-473-7216 or [www.lcdskids.com](http://www.lcdskids.com)



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



**Carlisle Barbeque  
July 11  
Noon to 4 pm.  
Family fun day and  
Community Event  
Shredding.**

**Family Night**  
Carlisle Community League is starting a Family Game Night on Thursdays from 6 to 8 pm. Please contact Dianna DeCaluwe (780-263-1109) if you are interested in participating or donating games.

## 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  
Now Accept VISA & Mastercard**

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

Carlisle Community Programs, Spring 2015  
For More Information or registration, please phone Zuzana 780-457-2759  
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
FITNESS - CARDIO 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



Congratulations to the Carlisle U16 boys and coaching staff for winning Gold at the Millwoods Kickoff Classic Tournament May 22-24.

# Hockey School

The Castle Downs Recreation Society is running a hockey school;

Dates: August 24 – 28, 2015

Location: Castle Downs Recreation Centre

The Carlisle Community League will award scholarships for two children to attend the hockey school. A random draw will be made to select the winners.

Carlisle Community League Members must submit entries no later than July 31, 2015.

Entries must contain the following:

- 1) Parent(s) name & contact information
- 2) Child's name & age
- 3) Carlisle Community League Membership Number

To enter email:

Dianna DeCaluwe at [habichdich@yahoo.ca](mailto:habichdich@yahoo.ca)

## 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

-AFLCA Certified Instructor

## It's time to fight the bite Protect against West Nile virus

Summer has arrived in Alberta, and with it: the risk of West Nile virus.

Much like you protect yourself and your loved ones from harmful UVA and UVB rays, Alberta Health Services (AHS) reminds you to make a summer habit of protecting yourself and your loved ones from mosquito bites, and their potentially severe health consequences.

"With exposure to mosquitoes comes risk of West Nile virus," says Dr. Gerry Predy, Senior Medical Officer of Health, AHS. "Because some mosquitoes carry West Nile virus, it's important to avoid being bitten at all."

Whether gardening, golfing, fishing, travelling or even just relaxing outdoors, all Albertans should take these simple steps to prevent bites and protect themselves from West Nile virus:

- Wear a long-sleeved, light-colored shirt, pants, and a hat.
  - Use insect repellent with DEET.
  - Consider staying indoors at dawn and dusk, when mosquitoes are most active.
- "These steps can make it harder for mosquitoes to find you, and remember: if mosquitoes can't find you, they can't bite you," says Predy.

After being bitten by a mosquito carrying West Nile virus, humans can develop West Nile Non-Neurological Syndrome (formerly known as West Nile fever) or the more serious West Nile Neurological Syndrome.

Symptoms of Non-Neurological Syndrome can be uncomfortable, including fever, chills, nausea, vomiting, fatigue, skin rash, swollen glands and headache. For those individuals who do develop Neurological Syndrome, symptoms can be much more severe, including tremors, drowsiness, confusion, swallowing problems, high fever, unconsciousness, paralysis and even death.

From 2003 to 2014, more than 775 Albertans have suffered the consequences of West Nile virus infection. In 2013 alone, 21 cases of West Nile virus infection were confirmed in Albertan residents, 19 of which were acquired within Alberta.

"The data shows the very real and potentially severe risk of illness across the province," says Predy. "Protect yourself, and ensure your loved ones do the same."

To learn more about West Nile virus and reducing your risk, visit [www.fightthebite.info](http://www.fightthebite.info).



# Cumberland/Oxford News

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

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

## BINGO DATES

Castledowns Bingo Hall  
12222 137 Ave  
5pm – midnight  
July 7 – Tuesday

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

## Do you want to send your child to Hockey School this summer? For FREE?



COCL is excited to send two lucky kids from the community to the Castledowns Hockey School this summer. All you have to do to enter to win a spot is:

1. Have a current COCL membership
2. Have your child write a brief letter saying why they want to go to Hockey School (child must be between the ages of 6 and 12)
3. Sign the letter indicating you're on board with your child entering the contest
4. Include your contact information
5. Mail the letter (before July 3, 2015) to:

“Write to Win Hockey School”  
c/o Cumberland Oxford Community League  
14804 129 St NW  
Edmonton, AB T6V 1C4

Fine print:

- \* Entries must be received by July 3, 2015; winners will be announced July 17, 2015.
- \* Castledowns Hockey School runs August 24 to 29, 2015 at Castledowns Recreation Centre for Novice through Bantam players, aged 6 to 12 years. For more information, check out [www.castledowns.ca/HockeySchool.html](http://www.castledowns.ca/HockeySchool.html).

## 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.

## Volunteers Needed and Appreciated

Volunteers definitely make the world a better place, but think what volunteers can do for your own community! Sharing a bit of your time or skills benefits the families and individual members of the community who enjoy the amazing facilities and programs offered by the COCL. Volunteering can also be a benefit to you! If you are a teen who is looking to fulfill volunteer hours for school requirements, or if you need to fulfill a volunteer commitment for a sports registration (instead of a bingo or casino for example) then contact the COCL for ways you can volunteer. Some areas requiring Volunteers as soon as possible include:

- A Variety Show Director (minimal time commitment until October and November)
- Cumberland Park Phase II committee (additional member required)
- Webmaster (administering COCL facebook page, managing emails, web management etc.)

If you are able to commit some time and enjoy the rewards of helping to improve our community, we'd love to hear from you!

## Bottle Drive Success- Thank You!

Another successful community bottle drive has passed and there are many people to thank for this. First, a huge thank you goes to the volunteers who gave up their Sunday morning to collect bottles and clean up the neighborhood. Over 45 garbage bags of trash were removed from our community parks and pathways through their hard work. Thank you to Elizabeth Finch School for allowing us the use of their parking lot as a staging, collecting and sorting area for the bottles. Thank you to Barrhead Bottle Depot for the use of the truck and services. Finally, a big thank you to the families of the COCL for their generous donations to our Bottle drive. \$3525 was raised for use in supporting our Sports and Parks development programs. With teamwork comes great success!

## 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?

# Hidden Talent Art School



## Summer Art Camp

Children Ages: 6 - 9 Yrs.

Fun!! Drawing, Pen and Ink, Acrylics, Watercolor

July 06-July 09 or July 13-July 16

or July 20-July 2 or Aug.10-Aug 15

**DIFFERENT PROJECTS EACH WEEK!**

**TEENS (12- 16) and ADULTS**

Fun! Creative drawing and Painting! 3 hour class!

(2 hour classes available for teens upon request)

Monday 9:30-12:30 July 06, 13, 20 Aug. 10, 7

Tuesday 9:30-12:30 OR 6:00-9:00:

July 07, 14, 21, Aug 11, 18

**Call 780-419-2055 to register!**



EAT.



RIDE.



CHEER.

**FROM THE LOWER BOWL**

EXPERIENCE IT ALL ON THE

# ESKS EXPRESS

## \$35

PER TICKET

### TICKET INCLUDES

- One lower bowl ticket to an Edmonton Eskimos home game in the BP Party Zone
- Transportation to and from Commonwealth Stadium from BPs
- A Molson Beverage

### PRIZES INCLUDE

- An opportunity to play BP Shuffle

ASK YOUR SERVER FOR MORE DETAILS



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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



**Call today for your FREE market analysis**



# Dunluce News

## DUNLUCE EXECUTIVE

Hall: 11620-162 Ave 456-3978

PO Box 36050; Castledowns RPO  
Edmonton, AB T5X 5V9

[www.dunlucecl.ca](http://www.dunlucecl.ca)

PRESIDENT	Nadine Meads	780-456-6197
VICE PRESIDENT	Ahmed Assaf	
TREASURER	Loretta Wonitoy	780-457-9101
SECRETARY	Lorna Melnyk	780-456-4596
PAST PRESIDENT	Keoma McMurren	780-457-9101
CDRS REP	Ryan & Carla Korpesio	780 444-9212
VARIETY SHOW		
CASINO	Maureen Ewart Mark Gross	780-457-0708 780-456-5700
MEMBERSHIP	Christina Fletcher	780-484-3051
PUBLICITY	Bev Gross	780-456-5700
SOCIAL	Lorna Melnyk	780-456-4596
BINGO DIRECTOR	Laura Gass	780-690-2766
SOCCER	Ryan Korpesio	780-456-3978
SOFTBALL	Loretta Wonitoy	780-457-9101
PROGRAMS	Zuzana Bado	780-457-2759
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

## WHY IS IT SO IMPORTANT TO CALL 311??

Community Liaison Officers stress the importance of calling the police if you witness and crimes or suspicious activity, and to get a detailed description of vehicles and licence plates whenever possible. The more reports they get, the more patrols will take place in our area.

## INDOOR SOCCER & PROGRAM REGISTRATION MEETING

**Tues., Sept. 1, 2015 6:30 pm**  
**Dunluce Hall, 11620 – 162 Ave.**

Registrations will be accepted for indoor soccer and community programs. Only cash and cheques will be accepted (credit cards or debit NOT available).

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

(2) Bring a \$200 undated volunteer deposit cheque. \*NEW\*\* one per child being registered. Failure to fulfill your volunteer commitment will result in your deposit cheque being cashed.

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

(4) Leave a \$100 soccer uniform deposit, returned at the end of season when your uniform is returned.

At this registration, 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. Volunteer coaches are also required.

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

Visit [dunlucecl.ca](http://dunlucecl.ca) for fees, ages and game nights

## 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**  
**Laura: 780-690-2766**  
**July 13th, Aug.10th, 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](http://www.dunlucecl.ca)

## Dunluce Community Programs

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

PROGRAM	AGE	TIME	FEE	DAY	LOCATION	NOTE
Dance Tinker bells	3-4	5:30-6:00	\$100	Tuesday	Dunluce hall	Black bodysuit with long sleeves, <b>pink</b> tights, pink ballet slippers and tap shoes
Dance Cool kids	5-6	6:00-6:45	\$120	Tuesday	Dunluce hall	Black bodysuit with long sleeves, <b>white</b> tights, pink ballet slippers and tap shoes
Gymnastics	5-12	5:30 6:30	\$50	Wednesday	Carlisle hall	Body suit & bare feet
Fitness Classes	Teen-Adult	8:30-9:30	\$80/20 classes	Tuesday Thursday	Dunluce hall	Floor mat exercise ball



## 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 plays
- monthly themes and hands-on activities... everything from stargazing to baking
- Learning through play-educational learning centres that ignite your child's passion for learning
- Exciting fieldtrips - onsite and offsite
- A program dedicated to meeting your child's individual needs
- Preparation for Kindergarten
- Cooperative/Community-based playschool: 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, by email at [dunlucepreschool@hotmail.com](mailto:dunlucepreschool@hotmail.com), or check us out on Facebook! We look forward to seeing you and your little ones! [www.dunlucepreschool.com](http://www.dunlucepreschool.com)

#### REGISTRATION NIGHT

Wednesday September 2, 2015 7:00pm (doors open at 6:45)  
Please contact our registrar for more information.

## 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



## JUNE 24<sup>TH</sup> MEETING CANCELLED

City of Edmonton representatives will be providing information to Dunluce Community residents about the planned townhouse



Please RSVP your attendance to [secretary@dunlucecl.ca](mailto:secretary@dunlucecl.ca)

#### IMPORTANT NOTICE OF MEETING

#### TOWNHOUSE CONSTRUCTION ON HERB LINK SPORTS FIELDS

Please plan to  
attend

Get your  
questions  
answered

Come and learn  
how this will  
impact your  
community

#### DUNLUCE COMMUNITY LEAGUE

11620 – 162 Avenue

[www.dunlucecl.ca](http://www.dunlucecl.ca)

June 24 @ 7pm

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

Edmonton is proud to host the 2015 Women's FIFA tournament this summer. This tournament is an exciting opportunity for Edmontonians and visitors alike to enjoy some good, international sports entertainment. This tournament helped put Edmonton on the National Geographic's top places in the world to visit this summer. Especially after the success of the FIFA U-20 World Cup in 2007, I know that we can count on Edmontonians to show their support for team Canada.

Patrick Roberge, who is putting on the opening ceremonies here in Edmonton, is trying to focus on the spirit of women in sports, and the tournament's unique values. This tournament's slogan is "To A Greater Goal", which celebrates and encourages individuals to "strive to be the best and to consistently reach beyond one's potential". As part of their commitment to this statement, FIFA provides different programs for students, women, girls, coaches, and are introducing a program for Aboriginal communities, to develop individual's soccer skills and provide social, environmental, and wellness programs. These programs aim to represent the good values and opportunities that come with involvement in sports. As Edmonton has the privilege to host the tournament, we too are going to do our best to promote these positive experiences.

Edmonton is hosting 11 of the matches, including team Canada matches on June 6th and 11th. Tickets for all 11 matches are on sale online now. Tickets include free transportation there by bus, LRT, or park and ride for two hours before and after the game. And, for "double headers", one ticket gets you into both games.

If you can't make it to a match, there will be a huge outdoor screen in Centennial Plaza, behind the Stanley A. Milner Library downtown, that will be showing the matches. Other family-friendly, soccer themed fun and games will make the match that much more exciting, and food trucks will be available to fuel our team spirit.

This is an exciting event for Edmonton. I encourage everyone to participate in some part of the tournament, whether it is attending a game, participating in soccer themed events in the city, or wearing red and white to support Canada. Go Canada, go!





## Special Savings on Quality Produce

*Locked In Pricing for the Month. While quantities last*

**DATES**  
1 kg  
**\$5.99**

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

Maple Lodge  
Halal  
Hot Dogs  
**\$2.49/Doz**

Fresh  
Baked  
Baklava  
Wide  
Variety

Compliments  
Canola Oil  
**\$6.99**  
3L bottle

Fresh loaf  
bread  
**99¢ each**  
White/Brown/  
Whole Wheat

Reggie  
Pasta  
**99¢**  
/Pkg

Lebanese fresh  
baked meat pies.  
Spinach &  
cheese 3 cheese  
family pack \$9<sup>99</sup>

**Emma**  
Extra Virgin  
Olive Oil  
1lt  
**\$5.99**



## Elsafadi Bros. Supermarket

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

## CITY HALL

*is hitting the road  
this summer!*

**The City Hall Express team is  
coming to your neighbourhood!**

This summer, City experts will be cruising  
around Edmonton in a City Hall Express  
van on a mission to help you find the City  
information you want and access the City  
programs and services you can use.

Visit [www.edmonton.ca/CityHallExpress](http://www.edmonton.ca/CityHallExpress)  
to learn more.

**CASTLEDOWNS PLAYGROUND**  
Thursday, July 16, 2-7pm



[www.edmonton.ca/CityHallExpress](http://www.edmonton.ca/CityHallExpress)

Edmonton

## BRENT RATHGEBER, MP

EDMONTON - ST. ALBERT

ACCOUNTABILITY TRANSPARENCY FISCAL RESPONSIBILITY



### Constituency Office Services Offered

My office staff are available to assist you with any matter pertaining to the Federal Government. If you need help navigating the federal bureaucracy, do not hesitate to give them a call at **780-459-0809**.

Canada Revenue Agency: Income Tax, GST Rebate Program; Employment Insurance; Canada Pension Plan / Old Age Security; Veteran's Affairs;

Citizenship and Immigration Canada (CIC): We can assist you with a myriad of immigration matters. Please note that any requests for action on any file, including status updates, can only be made by the individual directly involved with the file; or individuals who have been designated *Authorized Representatives* with CIC. It would be inappropriate for me to use my position to attempt to use political influence to sway the decision of a CIC officer. This would be in contravention of the *Immigration and Refugee Protection Act*. Requests of this nature will not be granted.

[www.brentrathgeber.ca](http://www.brentrathgeber.ca)

E-mail: [Brent.Rathgeber.A1@parl.gc.ca](mailto:Brent.Rathgeber.A1@parl.gc.ca)



## Edmonton North Animal Hospital

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



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

New Clients & Walk-ins Welcome

We do:

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



## DYNAMYX GYMNASTICS SUMMER CAMPS

**½ Day Camps - \$139**  
Time: AM 9:00 – 12:00 & PM 1:00 – 4:00  
Ages: TOT 3 - 5 years & REC 6 - 9 years

July 6 – 10 – Indiana Dynamyx and the Raiders of the Lost Foam  
July 13 – 17 – Beach Week  
July 20 – 24 – Creative Artists  
July 27 – 31 – Passport to Adventure  
August 4 – 7 – Rigabamboo  
August 10 – 14 – Glow in the Dark  
August 17 – 21- Water Wonders  
August 24 – 28 – Aliens and UFOs


**Full Day Camps- \$279**  
Time: 9:00am – 4:00pm  
Ages: 8 – 12 years

July 6 – 10 Gymnastics Art Camp  
July 6 – 10 Gymnastics Meets Martial Arts  
July 13 – 17 – Gymnastics Fitness  
July 20 – 24 – Gymnastics Cheer  
August 4 – 7 Gymnastics Meets Martial Arts  
August 17 – 21 – Gymnastics Skill Building

**I Can Camps - \$139**  
Time: 9:30 – 11:30  
Ages: 3 and up

July 13 – 17 – Beach week  
July 20 -24 – Creative Artists  
August 10 – 14 Glow in the Dark  
August 17 – 21 – Water Wonders

Register online [www.dynamyxgymnastics.com](http://www.dynamyxgymnastics.com) or in person



## 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

## BLUE SPRUCE MEDICAL CENTRE

Family Practice & Walk-ins

Accepting New Patients

Female Physician Available

Open 7 days/week

**780-457-1351**

[bluesprucemedicalcentre.com](http://bluesprucemedicalcentre.com)



**16729-100 St.**

**Hours: Mon. - Fri. 9-6 pm; Sat. & Sun. 10-1 pm**



# Lorelei Beaumaris News

## Beaumaris Lake Concerned Citizens

A group of concerned residents met on site with Councillor Dave Loken in September 2014 to express concerns regarding the deteriorating infrastructure around Beaumaris Lake and adjoining City of Edmonton Water Park. Councillor Loken has shared the following information with the "Friends of Beaumaris Lake":

1. In response to the on-going issues regarding the conditions of Beaumaris Lake the City of Edmonton has initiated a task force to respond to the concerns.
2. Under this initiative Beaumaris Lake will be the first facility to have an overall condition assessment completed. This initiative will be used as a pilot model to address other issues regarding lakes in the city in the future.
3. The task team is divided into two working groups. Each working group is a collaboration between the drainage, transportation, and parks departments in the city. The initiative is headed by the drainage department.



4. The first working group will focus on short-term and immediate concerns regarding Beaumaris Lake. This working group will be responding to regular maintenance needs of Beaumaris, as well as responding to any concerns that arise in the interim. As an example, this group will address concerns regarding the stairways and the brick pavers.
  5. The second working group will focus on the medium and long term needs of Beaumaris. This working group will conduct the overall condition assessment of the lake, and will develop a pro-active approach to rehabilitation of the assets. This group will look at permanent solutions to infrastructure that experiences ongoing repairs, and using the results of the overall condition assessment, will develop a prioritized list of rehabilitation needs. This group will facilitate capital planning and ensure that the recommended projects have an approved budget in place to be able to implement these projects.
- This group of citizens has been working hard to share the voice of many to ensure that the infrastructure is returned to its original pristine state so we all can enjoy the beauty of Beaumaris Lake. Thank you to Ed Rasko, (#324, Sierras on the Lake) and all "Friends of Beaumaris Lake"!

July 2015

## City of Edmonton Programs in Lorelei-Beaumaris

### Green Shacks

*The Green Shack program is returning to Lorelei Park for the summer from July 2 – August 25. The Lorelei Green Shack will tentatively run in the morning time slot and the leader will be shared in the afternoon with a new Green Shack location in Beaumaris Park.*

### Youth Shack Summer Program

*With the success of a City of Edmonton YEG youth program at Mary Butterworth School this spring there will be a Youth Shack at Mary Butterworth this summer for two days a week on Tuesdays and Fridays from 12:00 – 7:30pm. Encourage your teen to get out and meet new people, join up with friends, or just get out of the house and head over to the Youth Shack this summer.*

### Other Programs

*There are also many drop in programs and other summer camps available through the City of Edmonton. For more information please call 311 or visit their program guide webpage at [http://www.edmonton.ca/activities\\_parks\\_recreation/program-guides.aspx](http://www.edmonton.ca/activities_parks_recreation/program-guides.aspx)*

## Community Members and Ideas Needed

### New Ideas and Activities

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

### Family Fun Day Ideas

Would you like to help provide entertainment or run an activity at our Annual Family Fun Day? Would you like to set up a craft table or play a game with the kids or entertain the crowd with your talents? Please let us know if you have a talent to share and if you would like to volunteer to help make our Family Fun Day even more fun! Contact Arlene at [comm1bcl@gmail.com](mailto:comm1bcl@gmail.com) or phone 780-478-1282.

## Mark Your Calendar

**- Indoor Soccer Registration** - Indoor soccer is a fast paced game with lots of action and lots of fun. If you have not considered it before you might be surprised at what a great game it is. The substitutions are made "on the fly", the ball is in play most of the time, and the action is non-stop. If you are interested here is the basic information for registration:

When: **Thursday, September 10 from 7-9pm**

**Saturday, September 12 from 2-4pm**

Where: Lorelei-Beaumaris Community Hall – Rink Shack 16220-103 St.

Late Registration:

Tuesday, September 15 from 7-9pm (2 volunteer commitments for late registrations)

**- Family Fun Day** - This year we will hold our Annual Family Fun Day on the day after EFCL's Community League Day. We will be hosting our **Family Fun Day on Sunday, September 20, 12pm-3:00pm**. We will have a barbeque, popcorn, cotton candy, jumpy tents, face painting, games, and more! Please mark your calendar and join us for a fun time!

Please watch our website ([www.lbcl.ca](http://www.lbcl.ca)) & our facebook page ([www.facebook.com/loreleibeumaris](http://www.facebook.com/loreleibeumaris)) for more information.

## Lorelei-Beaumaris Community



Register today for the 2015-16 school year for a great playschool program for your little one!

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

**3/4 year olds**

Tues & Thurs \$90.00

**4 year olds**

Mon/Wed/Fri \$135.00

**4 year olds**

Mon to Fri \$225.00

\* NO duty days required for 2015-16 enrollment

To register, please contact Heidi (Registrar) at: 780-475-7750. For information please visit the playschool website at [www.loreleibeumarisplayschool.com](http://www.loreleibeumarisplayschool.com) or see what they have been up to by visiting their facebook page at: <https://www.facebook.com/pages/Lorelei-Beaumaris-Play-school/1413656922252856>

## Memberships and Email News

**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 [memberships1bcl@gmail.com](mailto:memberships1bcl@gmail.com) 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).

**Email News** If you would like to receive our email news please email a request to [comm1bcl@gmail.com](mailto:comm1bcl@gmail.com) or complete the consent form by visiting our website at [www.lbcl.ca](http://www.lbcl.ca) Note: You can unsubscribe at any time.

## 2015-16 Lorelei-Beaumaris Board of Directors

President	Cody	presidentlbcl@gmail.com	
Vice President	Angela	vicepresidentlbcl@gmail.com	
Secretary	Amber	secylbcl@gmail.com	
Treasurer	Chelsea	treasurerlbcl@gmail.com	
Ways and Means	VACANT	waysmeans@gmail.com	
Bingo Chair	Barb	bingolbcl@gmail.com	780-920-3303
Casino Chair	Lorna	casinolbcl@gmail.com	
Facility Coordinator	Belinda		
CDRS Representatives	Lorna & VACANT	cdrslbcl@gmail.com	
Variety Show Reps	Jeremy, Rob, & Mark	varietyshowlbcl@gmail.com	
Sports Director	Stephanie	sportslbcl@gmail.com	
Soccer Director	Jennifer	soccerlbcl@gmail.com	
Social Directors	Sonya & Maria	sociallbcl@gmail.com	
Memberships	Jenn	memberships lbcl@gmail.com	587-520-7243
Communications	Arlene & Sean	commmlbcl@gmail.com	780-478-1282
Volunteer Coordinator	Chelsea	volunteerslbcl@gmail.com	
Community Safety Directors	Sean & Jennifer	communitysafetylbcl@gmail.com	
Director at Large - Softball	Crystal	<a href="mailto:softballlbcl@gmail.com">softballlbcl@gmail.com</a>	
Director at Large	Rosemary		
Playschool President	Shaylenne	website: <a href="http://www.loreleibeauamarisplayschool.com">www.loreleibeauamarisplayschool.com</a>	
Playschool Information	Heidi	playschoollbcl@gmail.com	780-475-7750
Hall Rentals	Tina	hallrentalslbcl@gmail.com	780-686-4415
City of Edmonton Community Recreation Coordinator	Alison Mould	<a href="mailto:alison.mould@edmonton.ca">alison.mould@edmonton.ca</a>	
<b>LBCL Website:</b> <a href="http://www.lbcl.ca">www.lbcl.ca</a>		<b>Facebook:</b> <a href="https://www.facebook.com/loreleibeauamaris">https://www.facebook.com/loreleibeauamaris</a>	
		<b>Twitter:</b> <a href="https://twitter.com/LBCommLeague">https://twitter.com/LBCommLeague</a>	

If you are concerned about your whether your email was received please contact Arlene 780-478-1282 or email commmlbcl@gmail.com

## Lorelei-Beaumaris on the Web

**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/loreleibeauamaris> (Lorelei-Beaumaris Community League)

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

**Website** – Check out the new look and layout! Visit us at [www.lbcl.ca](http://www.lbcl.ca) (same address, new format)

**Gmail** – All of our emails have now been switched over to gmail addresses. Please be patient with us as we adjust to our new email addresses. If you don't get a reply within a week please email commmlbcl@gmail.com (Communications) for assistance or call Arlene at 780-478-1282.

## Scrapbooking and Paper Crafting

Explore your creative side and make keepsakes that anyone you love will enjoy! Join the crafty crew at Lorelei hall 16220-103 street for an upcoming mini-retreat on:

**Saturday, July 4 10:00am – 9:00pm**  
**Saturday, August 8 10:00am – 9:00pm**

You can come and go throughout the time or plant yourself for the day. Registration is \$35 when you pre-register and pay two weeks ahead (\$50 after that). Fee covers the time and space to scrapbook (traditional, digital, or other paper crafting), access to many tools, coffee, light snacks in the afternoon, a meal at supertime, and lots of free advice. For information or to register call Tannis at 780-456-1647, FB Tannis's Scrapaholics, or e-mail photos@telusplanet.net

## Girl Guides in Lorelei-Beaumaris Continuing in Fall

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. Today's Guiding is a safe, inclusive, all-girl environment that invites girls to challenge themselves, find their voice, meet new friends and make a difference in the world. Girl Guides has over 70,000 girls and young women members, with leadership provided by more than 18,000 dedicated volunteers. For more information or to register please contact:

Guider Sonya: 780-862-1653 or [sonya\\_harriott@yahoo.ca](mailto:sonya_harriott@yahoo.ca)  
 Guider Andreia: 780-232-6504  
 Edmonton Area Office: 780-451-2263 or visit the website [www.guidesedmonton.ab.ca](http://www.guidesedmonton.ab.ca)

## Upcoming Bingos



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

**Wednesday, July 8 (4:45-10:00pm)**

**Sunday, August 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 parental commitment date on your copy of the registration form). For bingo inquiries please contact Barb at 780-920-3303 or email [bingo@lbcl.ca](mailto:bingo@lbcl.ca).

Advice when volunteering at Bingo: Wear comfortable shoes, as most jobs require you to walk around the bingo hall for the shift. Please don't plan on texting friends or standing on the sides; we are expected to focus on our job and circulate throughout the room. You will get a 25 minute break which allows you to sit and relax and you can have a meal from the concession stand for free. Do call-backs quickly (calling out the bingo winner's number) which speeds up the games and gets you out earlier. Have fun; visit with your community members as you walk around, and think of all the good you are doing for your community and your body (it is exercise too!).

## Hall Rentals

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 our NEW email at [hallrentalslbcl@gmail.com](mailto: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](http://www.lbcl.ca) or on our Facebook page located at <https://www.facebook.com/loreleibeauamaris>

## Lorelei-Beaumaris Sports

Most Softball and Soccer teams will be wrapping up their seasons at the end of June or early July. Thanks to everyone for their support of our spring sports.

Please feel free to send us your great sports shots that capture our LBCL Tiger's moments to commmlbcl@gmail.com for us to post on our website or facebook page.

Our **Drop-in Basketball program** will once again be offered this summer. Come learn some skills appropriate for your age and put them into action. Watch for more information on our website or facebook page for start date, days, and times.

Mark your calendar... **Fall Indoor Soccer Registration** for Lorelei-Beaumaris will be held on Thursday, September 10 from 7-9pm and Saturday, September 12 from 2-4pm at Lorelei-Beaumaris Community Hall. Late registration will take place on Tuesday, September 15 from 7-9pm and late registrations require 2 parental commitments.



# YOUR NEXT GREAT ADVENTURE IS CLOSE (remember to breathe)



## PLAYCATION DISCOUNT TICKETS



Four Calaway Park tickets for \$92 plus GST! Save 39%! Your ticket to 32 rides, live entertainment, and much more! Purchase online at [calawaypark.com](http://calawaypark.com) only.

[calawaypark.com](http://calawaypark.com)  
403-240-3822

Valid for any one 2015 operating day. Not valid with any other discount, offer, family or group rate, or after 2pm rate.

## HISTORY ALIVE FOR \$25



Ukrainian Cultural  
Heritage Village  
Село спадщини  
української культури

Immerse yourself in the daily life of east central Alberta from 1892-1930. Family admission is \$25 and includes a complimentary one-hour guided tour.

[ukrainianvillage.ca](http://ukrainianvillage.ca)  
780-662-3640

Offer valid for regular daily admission. Family admission includes two adults and their children 7 to 17 years of age.

## EXTEND YOUR STAY



Your base camp for family adventure. Stay one night and receive 50% off on your second night. Use promo code PAFP when making your booking.

[deltalodgeatkananaskis.com](http://deltalodgeatkananaskis.com)  
1-888-591-6240

Book by July 15, 2015 for stays up to November 13, 2015. Two night minimum stay required.

## 50% OFF ATTRACTIONS



Full price at first attraction, 50% off next two attractions. Make memories with a fun getaway, book your room on [VisitLethbridge.com](http://VisitLethbridge.com) using promo code ATT.

[VisitLethbridge.com](http://VisitLethbridge.com)  
403-915-2869

Valid July 1-September 30, 2015 at LLA Properties, Nikka Yuko Japanese Garden, Fort Whoop Up, and The Galt Museum.

For more summer adventures, visit [travelalberta.com](http://travelalberta.com)





**www.beamingbeauty.ca**

Beaming Beauty Skin Care Studio

780-456-9333/780-328-7090 10219-164 Ave



## Laser Tattoo Removal Starting at \$50



## “Pain free laser Hair removal”

**\$99** for 6 treatments on any small area

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Pain free! With our brand new Alma Laser machine!



- **Now offering** medical grade skin care, treating acne, large pores, brown spots, & anti aging, & Rosacea, (red face)
- Try our **V-Steam treatment**, an ancient royalty treatment for ladies who are interested in regulating hormones.
  - **A-Steam** also available for men.
  - **\$49 Scalp Treatment.** Includes a deep conditioning hair treatment. (\$125 value)
- **IPL photo-facials** (treats brown spots)
  - **Microdermabrasion**
  - **Chemical peels**
  - **Eye brow shaping & tinting**
- **Weight loss Capsule**- excellent for detox & skin rejuvenation
  - **Weight loss massage.**

