

CASTLE NEWS

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

October 2015



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COMMEMORATION OF 100th ANNIVERSARY OF JOHN McCRAE'S POEM *In Flanders Fields*

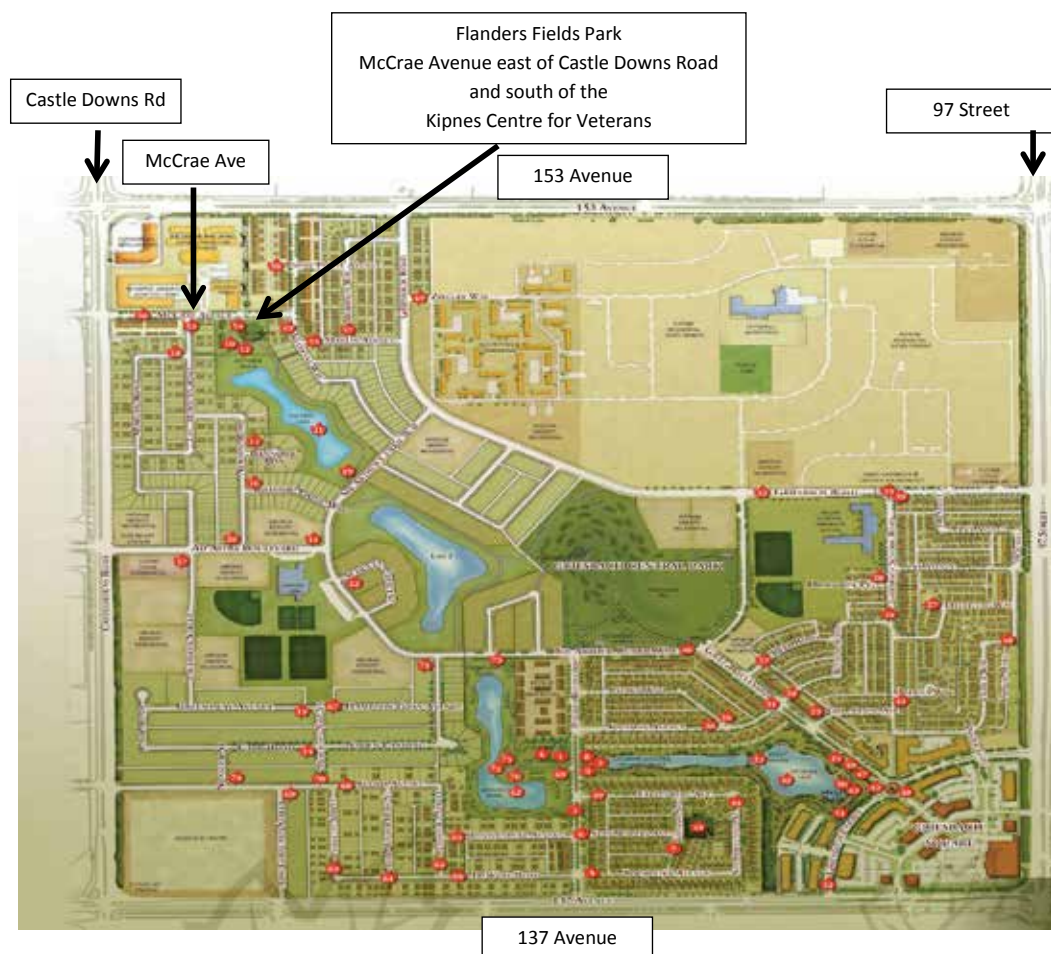
John McCrae wrote the poem *In Flanders Fields* in the spring of 1915 during the First World War. It is one of the most memorable war poems ever written. It is read at ceremonies across Canada on Remembrance Day and speaks to the need to honour those who sacrificed for their country. It also speaks to the need for peace.

Please join the Castle Downs Recreation Society, our Military Reserves, and elected officials in the unveiling of the official plaque and storyboards about the poem and the poppy as the symbol of remembrance.

When: 11:00 am, Sunday, November 1st

Where: Flanders Fields Park – the park is located on McCrae Avenue east of Castle Downs Road – McCrae Avenue is south of 153rd Avenue

Parking is limited close to the park so you may have to park on a residential street and walk over to the park.



Castle Downs Recreation Society Fundraiser

31st Annual CASTLE DOWNS VARIETY SHOW

"I Really Like You"

\$15

• Adult Sketch Comedy • Live Band
• Licensed Bar & Snacks

**Caernarvon Community Hall
14830-118 St Edmonton**

2015 Show Dates:
October 16*, 17*, 23, 24, 30 November 6, 7, 13, 14

Tickets: \$15 *Opening Weekend Special - Only \$10*

**Advance Ticket Sales at: Caernarvon Community Hall
Sundays, 7 - 9 PM Starting September 13th**

*Reserved seating for groups of 8+. Outside food encouraged!
No Outside drinks. No minors. Doors at 6:30 pm Show at 8:00 pm*

www.castledowns.ca
Join us on Facebook

**Box Office:
(780) 406-9070**

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: Download 311 App

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

Baturyn News

Baturyn Community League Contacts

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

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

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

Become a Fan of Baturyn Community League

find us on **facebook**

Become a fan

Click here to see our page

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

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

Baturyn Hall Rental Representative Opportunity

If you are retired, stay at home parent, or looking to make some additional money, the Hall Rental Representative may be of interest to you. Reporting to the Hall Rental Coordinator, this role is a paid position to perform the following duties;

- Receive and log rental requests from the hall rental coordinator
- Evaluate renter request and associated risk of rental
- Meet with renter and show the hall
- Complete hall rental contract and collect needed deposits, fees, and damage deposit
- Update hall rental log indicating rental status
- Act as contact for renter questions and issues
- Meet with renter in advance of rental to provide keys and alarm instructions
- Complete hall check in/check out list and advise renter of deficiencies
- Process payments and deposits, and submit monies to the Treasurer
- Advise the Treasurer of damage deposit refund amounts
- Notify the custodian of cleaning requirements and notify the Director of Administration
- Estimated effort – 5 to 7 hours per week

If you are interested, please email recruitment@baturyn.ca.

Tell Us Your Thoughts?

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

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

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



Baturyn Hall Rentals

10505–172 Ave, Edmonton, Alberta



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

Standard Rates

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

Package Rates

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

Notes and exceptions

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

Membership Co-ordinator Required

We are needing a person to manage our membership distribution and database. There are major events where the league sells most of the memberships. We have an online membership purchase system where a large portion of memberships are sold. You will be responsible to package up and mail the membership hard cards purchased through the system. Roughly the commitment is on average about 3-4 hours per month. You will be required to submit to a police check.

If you have children in the Baturyn Sports programs this will act as your volunteer commitment.

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

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.

2015 Memberships are available

Do you have a current membership for Playschool or Fall Sports or just believe in the value of community membership? The 2015 memberships start on September 1, 2015 and end August 31, 2016


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


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






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 Fall Sports Registration

Indoor Soccer Registration has taken place. We will not be having any more scheduled registration events. For late registrations, please use the on-line registration system. It is important that you register your children in your home community league.

The registration system access is available through the Baturyn website (www.baturyn.ca). Look for the link to the ON-LINE Registration on the right side of the home page. The Soccer Director will contact you for a time and location to pay your fees, uniform deposit, and provide your volunteer commitment deposit.

You will need to purchase a current membership to register. The membership that begins with 14- is not valid for this registration.

In all cases you will need to provide evidence of child age (birth certificate, Health Care Card, Passport) to complete registration.

If you have any questions, please contact the soccer director at soccer@baturyn.ca



Ringling endorsement for new 811

Health Link phone number

More Albertans using 811 than the old number.

Just weeks after the launch of Health Link's new 811 phone number, more Albertans are dialling 811 for health information and advice.

Call statistics show just two weeks after the number was announced, 66 per cent of callers were using the number in place of the old 10 digit numbers.

Health Link is Alberta Health Services' free, 24/7 health information and advice line. This province-wide service helps callers by providing at-home treatment options and information on the most appropriate health care services.

811 replaces the existing local numbers in Calgary and Edmonton as well as the provincewide toll-free number. The old numbers will continue to direct callers to Health Link for the time being. In a medical emergency, Albertans should continue to dial 911 or visit the nearest emergency department.

For more information visit www.MyHealth.Alberta.ca/811.

League Executive

Hall: 14830-118 St 456-3435

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

New Website!

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

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



Wem Choice Pass

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

The Caernarvon Playground

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



Hall Rental

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

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

Also available is a Large BBQ and Theater Popcorn Machine.



Rates:

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

Caerny Bucks

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



Castledowns Dental

General Dentistry

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



2015/2016 Caernarvon Memberships are now for sale!
Contact Lynne at 780-641-4996. Memberships are \$25

BENEFITS OF MEMBERSHIP

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

- ☐ A great way to meet neighbours & make friends.
- ☐ Educational programs and recreation opportunities.
- ☐ Access to hall rentals, skating rinks, tennis courts, basketball courts, & more.
- ☐ Have a say in facility and park development, traffic management, & urban planning.
- ☐ Special community swim & skate times:

Swim Times:

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

Skate Times:

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

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.

“Safe Ride” Campaign

Edmonton Transit System is launching a series of Public Safety Campaigns under the theme “Safe Ride” for the future. ETS is starting this campaign with a zero-tolerance for sexual harassment campaign. The campaign was developed after extensive consultation with internal and external stakeholders, which represented riders/non-riders and cultural, gender, and sexual minorities, as well as students and seniors.

The Zero-Tolerance Campaign is a multi-faceted approach, and includes multiple different ways in which to eliminate sexual harassment on public transportation. In order to achieve these objectives, the campaign includes these initiatives, as well as others:

- Replacing passenger assistance decals on all LRT cars to ensure consistent branding and language
- A public awareness campaign identifying examples of inappropriate behavior and how to report it
- Reintroducing existing public safety programs such as Transit Watch, Safe Stranger, and Stop Request
- Training of frontline employees

The goal of the campaign is not only raise awareness, but to empower people to feel comfortable calling for help, whether they are directly affected or witness an event. When people are aware of issues, and aware of the avenues available to them, then we can all work together to stop unacceptable behavior, whether it be on Edmonton transit, or anywhere else.

The city's main priority is always citizen safety. We want everyone to feel comfortable taking transit, and that is why ETS is launching these Public Safety Campaigns. If you do see any type of inappropriate behavior, please report it. Call 9-1-1 for emergencies, push the passenger alarm button, or report suspicious activity through Transit Watch (780-442-4900). Only when such behavior is confronted and dealt with can it be stopped.



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

Managing Chronic Health Conditions Live well and feel better

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

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

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

Through the Alberta Healthy Living Program, AHS offers:

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

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

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

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

Childhood Immunizations

When it comes to childhood immunizations, Albertans have questions. But where is the best place to get good answers? Not only can you chat with your family doctor or local public health nurse about your child's immunization, you can also visit Alberta Health Services' new immunization website: ImmunizeAlberta.ca. ImmunizeAlberta.ca was designed for, and is based on, insight and feedback from Albertan parents. Whether it's a simple question about the childhood immunization schedule or what to expect after your child gets immunized, uncertainty about the real risk of diseases, or concerns about immunization safety: ImmunizeAlberta.ca has the info you need. Visit ImmunizeAlberta.ca today.

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

YOGA FOR EVERYONE

My name is YvonneMurphy I have been teaching HathaYoga for 15 years. I have been trained and certified by The Yoga Association of Alberta. HATHAyoga is gentle and can be modified for anyone. In this practice I will introducethe breath with great stretches. The class will have therapeutic sequences for back, knees, neck and shouldersand more. We will also be learning new classic postures every week. Come dressed with loose fitting clothes, bring a yoga mat and wrap as we will also be having relaxation at the end of practice. Hope to see you there.

Where: Carlisle Community Hall
14240-117 st.

When: Oct. 6th to Dec8th. There will be classes on Tues and Thurs for 10 weeks.

Time: 7:30 to 8:30

Cost: \$80.00 for 10 weeks 2 nights a week or \$40.00 for 1 night per week. \$10.00 for drop in.

If you have any questions please call me at 780-297-3147

Yvonne.

Hall Rental



CARLISLE COMMUNITY HALL
14240 – 117 STREET

UPPER LEVEL CAPACITY SEATED 99
MEMBERS: 250 NON-MEMBERS \$275

Rental Inquiries Contact Hall Rental Director
John Paul Potestio @ 780-993-3503
Now Accept VISA & Mastercard

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

Carlisle Community Programs, Fall 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

Re-Elect Brent Rathgeber



Putting Constituents First.

"As a Member of Parliament, I will always take my constituents views and opinions into account. If you want somebody to represent you rather than represent a party to you, I ask you to vote Independent for a better democracy."



Your St. Albert – Edmonton Candidate
for the October 19th Federal Election



Independent



Brent Rathgeber



@brentrathgeber

#rathagainstthemachine

EMAIL reelectbrent@gmail.com

WEB www.brentrathgeber.com

Authorized by the Official Agent for Brent Rathgeber.

Highland Ballet

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

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?

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

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

Benefits Of Purchasing A COCL Membership

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

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

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.

COCL Upcoming Fall Events:

Saturday Oct 10th - Bottle drive: Volunteers will be coming door to door to collect for the community.

Friday Oct 30th - CDRS Variety show: This annual event is sure to please again this year, make sure to get your tickets early!

Saturday Oct 31st - Haunted forest: Come and visit our volunteers at 6pm at 139 St and 150 Ave, Edmonton, AB.

Please visit COCL.org for more information

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!



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- One lower bowl ticket to an Edmonton Eskimos home game in the BP Party Zone
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- A Molson Beverage

PRIZES INCLUDE

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Health Centre

Northtown Shopping Centre
(across from new London Drugs)
9314 - 137 Ave
Tel: (780)475-1183

Clareview (Besides Walmart)
3816 - 137 Ave
Tel: (780)497-7976

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Dunluce News

DUNLUCE EXECUTIVE

Hall: 11620-162 Ave 456-3978

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

www.dunlucecl.ca

PRESIDENT	Nadine Meads	780-456-6197
VICE PRESIDENT	Ahmed Assaf	
TREASURER	Loretta Wonitoy	780-457-9101
SECRETARY	Lorna Melnyk	780-456-4596
PAST PRESIDENT	Keoma McMurren	780-457-9101
CDRS REP	Ryan & Carla Korpesio	780 444-9212
VARIETY SHOW	Sabrina Boutilier Rhiannon Tuttle	
CASINO	Maureen Ewart Mark Gross	780-457-0708 780-456-5700
MEMBERSHIP	Christina Fletcher	780-484-3051
PUBLICITY	Bev Gross	780-456-5700
SOCIAL	Lorna Melnyk	780-456-4596
BINGO DIRECTOR	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



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

Bingo Director

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

Thank-You

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.

Upcoming Bingos

If you have an upcoming Bingo please see dates below and you will also be receiving a call as a reminder. If you have any questions or you have not received a registration bingo date, call Nadine: 780-456-6197 Oct. 7th, Oct.26th,Nov.7th All Bingos are at Kensington Bingo Hall unless otherwise stated.

FITNESS CLASSES

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

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

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

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

Dunluce Community Programs

**For more information or registration please phone,
Zuzana (780) 457-2759, or e-mail 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, pink 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, white 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 Family Halloween Dance



WHEN: Saturday, October 24, 2015
Doors open at 5:00 p.m.
Supper at 5:30 p.m.
(burgers & hot dogs)

TICKETS: \$7.00/ person (under 12
months free), cash bar/
concession, kids treat bags, door
prizes, costume parade
Call Lorna at 780-456-4596

* Advance tickets only, NO tickets available at the door
** Adults must accompany all children under 17 years
old

** Absolutely no outside food or drinks allowed



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- Cooperative/Community-based preschool: a great way to meet new families and get involved in your community

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

For more information, please contact our registrar at 780-499-0232 or email

dunlucepreschool@hotmail.com or check us out on Facebook!

We look forward to seeing you and your little ones!

www.dunlucepreschool.com

Nicole Goehring

Your MLA for Edmonton Castle Downs

12120 161 Avenue NW

Edmonton AB, T5X 5M8

edmonton.castledowns@assembly.ab.ca

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



If you have questions or require assistance with provincial government programs or agencies, do not hesitate to contact us.

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help you.*



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DATES 1 kg \$5⁹⁹	Maple Lodge Halal Hot Dogs \$2.49/Doz	Fresh loaf bread 99¢ each White/Brown/Whole Wheat	Emma Extra Virgin Olive Oil 1lt \$6.99
	Fresh Baked Baklava Wide Variety	Reggie Pasta 99¢ /Pkg	
20Lb New Red or White Potatoes \$6.99	Compliments Canola Oil \$6.99 3L bottle	Lebanese fresh baked meat pies. Spinach & cheese 3 cheese family pack \$9 ⁹⁹	

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

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- Bladder stone surgery
- Blocked cat procedure
- Blood work
- Porcupine quill removal
- Allergy testing
- Hill's & Medi Cal prescription Food



Lorelei Beaumaris News

Girl Guides in Lorelei-Beaumaris

Girl Guides is for girls 9-11 years old and offers weekly meetings where they explore a variety of experiences and topics relevant to today's youth. For more information or to register contact:

Guider Sonya: 780-862-1653 or sonya_harriott@yahoo.ca
Guider Andreia: 780-232-6504 Edmonton Area Office: 780-451-2263
or visit the website www.guidesedmonton.ab.ca

Scrapbooking and Paper Crafting Funshops

How can you get a handle on all those photos and capture the memories? Come to a funshop & use all of Tannis' tools for free ~ including Cricut Expressions machine, and cartridges, Cuttlebug and dies, and scanner for conversion to a digital file (must have your own USB). A funshop gives you the time and space to scrapbook your favorite pictures with fellow scrappers either traditional or digital (& get lots of advice from them) (or do your card making, paper crafting and stamping!)

Upcoming Dates: Sat., October 17
Sat., November 14

Time: 9:00 am to 9:00 pm
Cost: \$35 Early bird pre-registered with payment
\$50 Regular registration. Fee Includes: Space, unlimited use of tools, coffee, muffins in the morning, light snacks in the afternoon and lasagna/salad for supper. For more information please contact: Tannis photos@telusplanet.net (780) 885-1647

Shout Outs

Jennifer Roppelt has dedicated many, many hours over the past three years as our Soccer Director and Memberships Director. Unfortunately, she has moved out of our area and had to resign both positions. Thank you Jenn for all you have done to make our community stronger!

We would like to thank **Sonya Harriott** for stepping up to add Memberships Director to her already held position as Social Co-Director. Thanks Sonya for taking that on. We would also like to welcome to the board **Kim Yellownee** who volunteered to take over as Soccer Director. Thanks Kim for stepping up in such an important role!

Thank you to **George Harriott** and **Duncan Hoult** for hosting drop-in basketball and ball hockey this summer. This was a great idea for a free program for our community yet it had to wrap up early due to lack of participation. Thanks anyways to the Harriott and Hoult families for trying to make it work.

If you would like to join our great group of volunteers, we have positions available on our board and can always use fresh ideas and helpful hands! Please contact presidentlbcl@gmail.com for more information.



What's Going On In Lorelei-Beaumaris

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

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

Website – Check out the new look and layout! Visit us at www.lbcl.ca

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

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

Teen Driver Safety

Driving is a risky experience for all of us but it is most risky for teenagers in their first year of unsupervised driving. Car crashes are the leading cause of death among teens in Alberta. Not all risk is bad; risk is a necessary part of healthy teen development. It is important that teens take Smart Risks when driving. For more information on the smart risk approach visit: www.alberta-healthservices.ca/4938.asp Encourage your teen to look first. This means being prepared to drive, every time, by checking road conditions and mapping routes before they get into their car. It is also important to check tires, adjust seats and

rear-view mirrors before driving. Remind your teen to buckle up, no matter how short the drive. It is the law. Teens can get trained by taking a driver's education course from an unbiased expert who has years of experience teaching new drivers. Enforce with your teen that it is the law to drive sober. Set a rule against drinking and driving. Aside from encouraging your teen to take smart risks when driving, there are many things you can do to help keep your teen safe:

- 1) Set a good example behind the wheel by modeling the smart risk behaviours above. Always wear your seatbelt, never speed and

be respectful of other drivers and pedestrians on the road.

- 2) In addition to driver's education, teach your teen how to drive under your supervision in low risk conditions before moving up to more risky situations.
- 3) Stay informed about Alberta's Graduated Driver Licensing (GDL) laws and start a conversation with your teen about it.
- 4) Using the Parent/Teen Driving Agreement with your teen can help you with all of these things. This agreement will help you start and keep an open, honest dialogue with your teen about their driving behaviour. It will also help you work together to set boundaries and build trust.

Lorelei-Beaumaris Community



Classes Offered (9:00am-11:15am): 3/4 year olds Tues & Thurs \$90.00
4 year olds Mon/Wed/Fri \$135.00
4 year olds Mon to Fri \$225.00
* No duty days required for 2015-16 enrolment

To register, please contact Chelsea (Registrar) by email: chelsea_benjamin@hotmail.com or phone: (780) 554-9750. For information please visit the playschool website at www.loreleibeumarisplay-school.com or their Facebook page at: <https://www.facebook.com/pages/Lorelei-Beaumaris-Play-school/1413656922252856>



Lorelei-Beaumaris Indoor Soccer

Thank you to those who registered in the second week of September for Indoor Soccer. The season starts October 17 (schedules released Oct. 13). Regular season runs until late February. Good luck to all of our Tiger teams and to all players who registered with us but may be playing in a neighbouring community. Inquiries may be made by email to soccerlbcl@gmail.com

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	VACANT	bingolbcl@gmail.com	
Casino Chair	Lorna	casinolbcl@gmail.com	
CDRS Representatives	Lorna & VACANT	cdrslbcl@gmail.com	
Variety Show Reps	Rob & Mark	varietyshowlbcl@gmail.com	
Sports Director	Stephanie	sportslbcl@gmail.com	
Soccer Director	Kim	soccerlbcl@gmail.com	
Social Directors	Sonya & Maria	sociallbcl@gmail.com	
Memberships	Sonya	membershpslbcl@gmail.com	780-756-1653
Communications	Arlene & Sean	commlbcl@gmail.com	780-478-1282
Volunteer Coordinator	Chelsea	volunteerslbcl@gmail.com	
Community Safety Directors	Sean & Jennifer	communitysafetylbcl@gmail.com	
Director at Large - Softball	Crystal	softballlbcl@gmail.com	
Director at Large	Rosemary		
Playschool Information		website: www.loreleibeauamarisplayschool.com	
Playschool Registrar	Chelsea	Chelsea_benjamin@hotmail.com	780-554-9750
Hall Manager	Tina	hallrentalslbcl@gmail.com	780-686-4415
City of Edmonton Community Recreation Coordinator	Alison Mould	alison.mould@edmonton.ca	
LBCL Website: www.lbcl.ca		Facebook: https://www.facebook.com/loreleibeauamaris	
		Twitter: https://twitter.com/LBCommLeague	

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

2015-16 Lorelei-Beaumaris Community Memberships

2014-15 memberships are now expired. The new 2015-16 Memberships are now available and are valid until August 31, 2016. Family memberships are \$25 and singles or seniors are \$15. To purchase a Lorelei-Beaumaris community league membership please email memberships@lbcl.ca or call Sonya at 780-756-1653. You may also purchase family memberships online by visiting EFCL online memberships (single or senior memberships are not available online). Here are some of the benefits of Community Memberships:

Free Swim

- YMCA Castle Downs - Saturdays 6:00 - 8:30 pm
- Grand Trunk - Sundays 4:15 - 5:45 pm (Closed October 5- December 30)
- O'Leary - Saturdays 3:45 - 5:45 pm
- Londonderry - Sundays 4:15 - 5:45 pm (Closed October 5- December 30)

Free Skate

- Castle Downs Rec. Centre - Saturdays 11:45 am - 1:00 pm (October to March)
- Recreational skate time; no sticks or pucks are allowed. We recommend a helmet for all skaters. CDRS has hired a city employee to supervise this skate time. Please bring your membership card for easiest access.
- Various outdoor community rinks - check availability with each community. Skate tags: These can be threaded onto your skate laces and are proof of membership for use at any EFCL community outdoor rink and at the community skate at Castle Downs Rec. Centre during the Saturday skate time.)

Discounts

- Discounted or free entry into special events such as Family Fun Day, Halloween Party, Christmas Party, Smartie Pants Dances, etc...)
- Discounted Lorelei-Beaumaris Community Hall Rentals
- City of Edmonton Recreation Centre Pass Discounts
 - * 10% off new Annual Passes
 - * 10% off new Multi-Admission Passes
 - * 10% off Continuous Monthly Passes

Limited Time Offers

FC Edmonton has created a special offer for all 2015-2016 Community League members to attend the Sunday, Sept. 27 match against the New York Cosmos at the preferred rate of just \$20 per seat for the best seating available at the time of purchase. As an added value for this match, community league members will also receive a complimentary concession voucher (up to \$10 value) per seat purchase. Come out to see the Eddies take on Spanish soccer legend, Raul and the New York Cosmos at Clark Field. To purchase these tickets, members must contact an FC Edmonton Ticket Sales Rep at 780-700-2600.

Show your new membership card at United Cycle and receive 10% off any retail priced item in store. *Offer expires October 31, 2015.

Upcoming Bingos



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

Monday, October 19th (4:45-9:00pm)

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

Presently we have no bingo director but we will do our best to follow up on inquiries at email bingolbcl@gmail.com or call Arlene at 780-478-1282.

If you, or anyone you know, would be interested in volunteering as Bingo Director please contact our president Cody at presidentlbcl@gmail.com.



Casino Help Needed

We could not function as a community without the income that casinos and bingos bring in. We get one casino ever 18-24 months and we are scheduled for one on Monday, November 23 & Tuesday, November 24 at the Yellowhead Casino. We are looking for volunteers for both day and evening/night shifts in all positions (banker, chip runner, cashier, countroom, etc...). No experience is necessary but you must be 18 years or older. If you would be willing to help us out for a casino shift please contact Lorna at 780-457-1039 or email casinolbcl@gmail.com.

Hall Rentals

16220 – 103rd Street

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

- Hall dimensions are approximately 60 ft x 52 ft (bar to wall)
 - Accommodation for 448 guests (non-fixed seats), 354 (non-fixed tables & seats), 280 (dining and beverage).
 - Air conditioned, pot lighting, coatroom, wheelchair accessible washrooms
 - Raised stage setting (stage dimensions 13 ft x 20 ft wide)
 - Stage risers for the floor area (Risers consist of 5 units (ea 4' x 8') for a total raised floor stage setting of 20' x 8', grey carpeted & black skirting - \$100 with main hall rental)
 - Black lecturn (podium)
 - 30 - 5ft round tables, 40 - 6ft rectangular tables 2 - 3ft accent tables
 - Full, commercial kitchen with natural gas stove & ovens
 - Spacious wet-bar area with bar-fridge and ice machine
 - Large BBQ available (cooks up to 65 burgers or 126 hotdogs all at once)
 - Multi media system available for power-point, slideshows, videos, etc...
 - We do not have linens or chair covers.
- Event rental companies will be able to assist you with these items.

All Rates include GST:

- \$710 – Fri 4:00pm – Sunday noon (Note: Sept.- May full weekend bookings must be made at least 8 weeks in advance)
- \$450 – Friday or Saturday
- \$240 – all day Sunday
- \$40 hourly rate (weekdays & Sundays)
- \$300 – media system rental
- \$35 – music (if recorded music of any sort is played - Socan & Resound tariff)
- \$100 - 20'x8' floor level stage risers (carpeted and skirted)
- \$75 – Large BBQ (cooks up to 65 burgers or 126 hot dogs at once)
- \$50 – dishes rental (plates, cutlery, glassware, limited small wares)
- Deposits on ALL Rentals: Hall \$500 Media \$800 (Hall + Media = \$1300)

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

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

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Before



After



Before



After

