

CASTLE NEWS

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

April 2016



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CASTLEDOWNS VARIETY SHOW "An Evening of Adult Comedy"

www.castledowns.ca

Box 31075 Namoo Center, Edmonton AB T5Z 3P3

Phone (780) 406-9070

CASTLE DOWNS VARIETY SHOW

WRITERS AND DIRECTORS NEEDED

It's that time of year already. We are looking for interested writers and directors for the 2016 Castle Downs Variety Show. The Castle Downs Variety Show is an Evening of Adult Comedy comprised mostly of skits, stand-up comedy & dance numbers.

Your submission should include all of the following:

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

Please submit package, including compensation expectations to:

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

Submissions must be received no later than May 15/2016.

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

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

varietyshow@castledowns.ca

Congratulations to the Carlisle U16 Girls for winning the Bronze medal and the Fair Play Award at the 2016 Indoor Provincial Championships



CONGRATULATIONS COCL GIRLS U12!!



After Silver in Calgary

Coach Malinda Rudyk, Kaidence Auld, Hailey Arneson, Sophia Calderon, Natalija Djuricic, Emily Astill, Sammy Green, Erica Philippon, Bench Attendant – Shawna Astill, Elyane Morin, Alorra Taylor, Ashya El-Issa, Maren Hulyk, Cailyn Lyseng, Sabrina Liao, Ariana Garcia, Kailey Rudyk, Coach Eric Lyseng, Ava Rudyk (missing Kiera Duggan)

Spring is here!



Baturyn News

Baturyn Community League Contacts

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

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

Get or renew your BCL membership

2015/2016 Memberships are available

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

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

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

Fees

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

Email membership@baturyn.ca if you have any questions

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>

Baturyn Hall Rentals

10505–172 Ave, Edmonton, Alberta



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

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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




ZIAD ABOULTAIF
Member of Parliament for Edmonton Manning

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IN EDMONTON AND OTTAWA**

If I can be of any assistance to you on any federal matter, please do not hesitate to contact my office. We offer information on services provided by the Government of Canada, including:

- ☒ The Canada Pension Plan
- ☒ Old Age Security
- ☒ Guaranteed Income Supplement
- ☒ Immigration Matters
- ☒ Citizenship Inquiries
- ☒ Canadian Passport/Consular Affairs
- ☒ Business Opportunities
- ☒ Grants & Funding
- ☒ Student Loans
- ☒ Taxation Issues

**Suite 204A, 8119-160 Avenue
Edmonton, AB
T5Z 0G8**

**Ph: 780-822-1540
Fx: 780-822-1544
ziad.aboultaif.c1@parl.gc.ca**

www.ziadaboultaif.ca



**CASTLEDOWNS
Dental Centre**



Dr. Tarek Tarchichi
www.castledownsdentalcentre.com
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11816-145 Ave



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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:





Thank You

To our departing Board Members

The Baturyn Board has had many changes this year. We have had the departure of long term volunteers and the arrival of many new volunteers.



We thank the dedicated efforts of the departing members and also thank the new volunteers for stepping up to support your community .

EFCL 100th donation page

Welcome to our 100th Anniversary Project donation page (efcl.org/efcl-100-club). The EFCL will be celebrating its 100 anniversary in 2021, and we are honoured to use this opportunity to commemorate the achievements, the efforts, the joys and the friendships of 100 years of volunteer service by our community leagues with a permanent structure and park space in Hawrelak Park.

We have created three options for those who would like to be a part of this legacy to community leagues: Project Patrons for individuals, Business Friends and the EFCL \$100 Club. To find out about all three options, please click on the Learn More buttons - and select the option that's right for you.

Along with our major partners and your support of the community league spirit, we can continue to promote and inspire future generations to stay engaged and active within their communities and the city as a whole.

Bedbugs: Avoid bringing back unwanted vacation souvenirs

Planning a vacation getaway? Before checking in to your hotel room, learn how to spot bedbugs and avoid bringing them home on your luggage, clothing and other personal items. Bedbugs bite people while they sleep and feed on their blood. While reactions to their bites are usually harmless, they can cause small skin reactions and, in rare cases, severe allergic reactions.

What you should do

If you find signs of bedbugs, notify the front desk and ask for another room, or stay somewhere else. If you change rooms in the same hotel, make sure your new room is not next to the possibly infested room.



Learn to spot bedbugs

Bedbugs are brown and have small, flat, oval shaped bodies that are similar in appearance to an apple seed.

Bedbugs are able to hide in extremely small places: under wallpaper, behind picture frames, in electrical outlets, inside box springs, in mattress pads, and in night tables. The best way to avoid bedbugs when you are travelling is to follow these tips:

- Put your luggage on a tile floor or in the bathtub, instead of on the bed or carpet.
- Inspect the room for bedbugs. Use a credit card or something with a hard edge for checking along edges and a flashlight for dark areas including closets, cracks and crevices.
- Check the luggage stand (including where the straps are attached to the metal bars) before using it, then keep your luggage on the stand instead of unpacking your belongings and placing them in the drawers. Make sure the stand is kept away from any upholstered surfaces.
- Inspect the sleeping area. Slowly lift up each corner of the mattress and examine any creases or ridges on the mattress and box spring, behind the headboard and the wall behind the bed, the pillows, bed coverings and bed skirt, the bed frame and legs.
- Check the furniture and walls, including mirrors, paintings and cushions.
- Take a close look at electrical outlets, light switches, phones and clocks as well as all carpeting/rugs.
- During your stay, place your shoes in an open area. Do not store anything under the bed.

When you return home

Bedbugs are good hitchhikers, so it is also important that you carefully check your luggage and all of its contents when you return home. It is also a good idea to wash and dry all clothing and fabric items at a high temperature.



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to our Namaso office!




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 **innovation**
PHYSICAL THERAPY

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587-524-8200
www.innovationphysio.com

League Executive

Hall: 14830-118 St 456-3435

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

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.

Volunteer Night

Our Volunteer Appreciation Night is scheduled for April 23rd. Details should have been e-mailed to all our volunteers, so if you didn't receive anything, call Lynne at 780-641-4996.

New Website!

Our website at www.CaernarvonCommunity.com has had some new updates lately! Please take a moment to check it out! It's still a work in progress, so 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!



Upcoming Bingo Dates

April 17, May 13

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.

UPCOMING CASINO DATES: VOLUNTEERS NEEDED

Our casino dates are May 28th and 29th. please HELP OUT BY EMAILING casino@caernarvoncommunity.com

United Cycle Discount

Show your Community League Membership Card at United Cycle and receive 10% off storewide! Valid February 1 - March 31.

3-Pitch Tournament

It's that time of year again! The 3-Pitch Tournament is scheduled for May 13th-14th, so start assembling your teams now! For more information and registration details, please keep an eye on the website and Facebook page.

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

MEMBERSHIPS

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

A stylized logo with the words "Join Us!" in a blue, bubbly, handwritten-style font.

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)
- Londonderry 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!

Family Fun Bingo

Come join us for some Bingo! The doors to the Hall open on March 19th at 6:30 pm. Admission is free, and concessions will be available for purchase.

Uber update

As of March 1, Uber has temporarily ceased operations in Edmonton due to a lack of provincially approved insurance policy. When the ride sharing bylaw was passed by Council on January 27, one of the requirements was that drivers would need to comply with a valid insurance scheme set out by the province. The provincial government has announced that, while the basic framework of the insurance agreement has been approved, the full insurance scheme for drivers who work for ride sharing services will not be ready until July 1.


The Province's plan involves 3 key areas. The first is the issue of insurance, which will be available by July 1. The second area of the plan requires that drivers working for ride share services, such as Uber, have a Class 4 drivers license, something that Uber had requested to have waived. The Class 4 license is mandatory for commercial passenger transportation in most provinces in Canada, including Alberta. Transportation Minister Brian Mason stated that the Class 4 requirement is essential for the safety of passengers and drivers, that the requirement of a Class 4 license and the new insurance plan ensures that "the people who transport have the necessary skills and knowledge, and that there is insurance in place in the event of an accident." A Class 4 license test is a more rigorous road test, and it requires a medical test. And finally, drivers would also be required to get a police information check, which is deeper than a criminal record check. These actions would be required by all ride-for-hire drivers across the province, not just in Edmonton.

The city bylaw stipulates that Uber must abide by the provincial insurance scheme. Since the new insurance scheme will not be ready until July, for operations to be legal, drivers needed to get the current commercial license and insurance that is available. The fines for operating without a license increase to \$5,000 per driver under the new rules. For these reasons, Uber has said it is not going to be operating until the provincial insurance scheme is in place.

For more information regarding the new provincial insurance plan visit alberta.ca



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

A logo consisting of a stylized 'C' and 'D' intertwined, with an upward-pointing arrow above the 'D'.

Castledowns Dental


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A photograph of a family of four (father, mother, and two children) smiling and brushing their teeth together.

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

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

Bottle Drive

Carlisle will be holding a bottle drive Sat April 9th 11am to 4pm at the Carlisle Community Hall to support our U18 Girls Soccer Team represent Edmonton at a soccer tournament on the May long weekend in Kamloops, BC. Please help support the girls if they come to your place that day or feel free to drop off your bottles at the community hall. We thank you in advance for your support.

Carlisle U18 Girls Soccer Team.

Hall Rental



**CARLISLE COMMUNITY HALL
14240 – 117 STREET**

UPPER LEVEL CAPACITY SEATED 99

Members \$300 and Non-Members - \$350

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

Carlisle Highlands Dance



Carlisle Community League will be offering Highlands/Ballet Lessons for ages 6 & Up Wednesday at 4pm. For more information or to sign up please contact Fiona McDonald Connell at missfionasstudio@gmail.com.

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

Preschool Recreational Programs for ages 2 and up

FIT KIDS -10:00 -11:00 am Thursdays

At the Carlisle Community Hall

This program provides fine motor and social skills development.

Fit Kids: Soccer .basketball, gymnastics, dance and more.

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

Yoga For Everyone

HATHA yoga is gentle and can be modified for anyone.

In this practice I will introduce the breath with great stretches. Will have Therapeutic sequences for back, knees, neck and shoulders and more. 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.

Where: Carlisle Community Hall 14240-117 St.

When: March 8th to May 10th. 2016 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 780-297-3147

Little Kicker Preschool Soccer.

Registration March 6 at 1 Pm

Please contact Zuzana at 780-457-2759

Taking time for yourself is important for your mental health

It sounds obvious but many of us may forget to take time for ourselves. People have all sorts of expectations for themselves and the drive to meet those can make it hard to take time.

Taking a little “me” time is an important part of managing life’s stresses.

While most of us may not enjoy feeling stressed, it’s not always a bad thing. Stress is a biological reaction to what is going on around us and it is a part of how we function.

Some stress is good, but chronic stress is not. When you begin to feel overwhelmed or burnt out, one of the best things you can do is call a timeout, step back and take a moment for yourself.

When you take time for yourself, you are really making space for yourself in your life — giving your mind and body a break and time to re-energize. It’s meant to be about you.

There is no reason to wait until you are feeling burnt out to make time for yourself a priority. Building breaks into your days can help keep stress from mounting.

Whether it is a busy day at the office, at home or life in general, take the time to step away from whatever you are doing and focus on yourself. Make it a part of your everyday schedule and don’t skip it — those breaks are just as important as any deadlines, homework, errands or other activities you have going on.

For more information on stress, stress management and how to identify stress, contact Health Link Alberta at 1-866-408-LINK (5465) or visit www.myhealth.alberta.ca.

Neil & Val Chymko Education Award

The Education Awards provides financial assistance Carlisle Community League Members who want to start or continue their post-secondary education in any field or study or career (i.e. after completing grade 12 or qualifying as an Adult/ Mature Learner). Carlisle Community Leagued is looking for interested candidates. The Candidate must submit their application form to the community league by April 30th of 2016. Please see Carlisle Community League website ([ww.calislecle.com](http://www.calislecle.com)) for more information.

Congratulations to the Carlisle U18 Girls for winning Silver at the 2016 Indoor Provincial Championships



North Central Early Years Coalition

Physical Health and Well-being in childhood is very important to lifelong health. Research shows 28.1% of children in our communities experience difficulty in this area. Here are some fun winter activities to promote physical development:

Make snow angels, build a snowman, play snow soccer, snow tag, sledding, go skating-at your local community league or at a city rink or park. Don't know how to skate? Call 311 to find out about FREE learn to skate programs and other activities.

Too cold outside? What about building an indoor obstacle course? Use items on hand- pillows, blankets, chairs-to create a space for your child to climb, crawl, jump and be active. Ask for their help and ideas in creating the course. For more fun, do it with them or follow the leader.

To learn more about the Coalition or to get involved please contact us at: ncearlyyears@gmail.com or visit our website www.earlychildhoodedm.ca/northcentral/

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Cumberland/Oxford News

COCL Executive

Board of Directors

Last Name	First	Position
Atlee	Tim	Director at Large (Assisting with Soccer)
Balaban	Peter	Soccer Director
Ballash	Jack	Vice President
Boyer	Todd Boyer	Director at Large
Brown	Christina	Director at Large
Buecken	Vini	CDRS Representative
Cazes	Calvin	President
Cebula	Chris	Treasurer
Cimino	Carol	Director at Large
Crowe	Christine	Secretary
Forster	Vanessa	Director at Large
Gagnon	Christa	Communications Director
Innes	Michelle	Baseball Director
Marzoughi	Sina	Social Director
Michetti	Corina	Director at Large
Mould	Alison	CRC
Nicholls	Jackie	Membership Director
Pelley	Denine	Bingo Director
Rudyk	Malinda	Director at Large
Sibanda	Rosemary	Director at Large
Thompson	Lynnette	CDRS Representative
Ushkowski	Pam	Volunteer Director
vacant		Fundraising Director
vacant		Registration Director
vacant		Variety Show Director
Clark	David	Neighbourhood Watch
	Carla	Building Committee Chair

Upcoming Bingo Dates

Please come out and support COCL at our upcoming Bingo dates:
Castledowns Bingo Hall,
12222 137 Ave.
5pm – midnight.

Saturday, April 30
Thursday, May 19
Tuesday, June 28



Building Committee Volunteers Needed

The Cumberland Oxford Community League Building Committee is working to construct a facility in our community to house events and programming that serves the residents of Pembina, Hudson, Cumberland, Oxford, Carlton and Albany. Some possible ideas for the building include child care, fitness classes, senior's events, community clubs and a skating rink. There are many other possibilities. For more information visit www.cocl.org

To ensure that this project moves ahead smoothly and efficiently, the following positions need to be filled:

Community Communications Liaison

The Cumberland Oxford Community League Building Committee is looking for a Community Communications Liaison. This person would provide communication to our community about the project through the use of traditional and/or new media. This could involve print, electronic or face to face. If you are a social butterfly that likes chatting and making friends then this could be just what you're looking for! Please contact president@cocl.org for more information.

Revenue Coordinator

The Cumberland Oxford Community League Building Committee is looking for a Revenue Coordinator. This person would investigate and understand the various financial grants available for this project. Grants come from various levels of government as well as private sources. They would work with the City of Edmonton's Community Recreation Coordinator assigned to COCL in order to familiarize themselves with the grant opportunities. As well, there may be other sources of revenue not grant related that the coordinator would investigate. If you like organization and finance this may be of interest to you. Please contact president@cocl.org for more information.

EDMONTON

Family Fun!

Join the Run Walk
Ride for Vision Zero
and raise awareness
about traffic safety.



Family-friendly 5K run/walk. Bicycles, strollers and dogs are welcome. First 250 registrants receive sling backs and safety lights. Everyone gets a medal.

Date: Saturday, April 23, 2016

Time: 9am - Noon. Race starts at 10am

Where: Concordia University College

Information and Registration:

www.rwr4trafficsafety.com

Race proceeds go to the Memorial and Traffic Safety Fund which supports community traffic-safety initiatives.

VISION ZERO: zero traffic fatalities and major injuries



CHEF LOU'S KITCHEN

*Fine authentic Asian & Western cuisine
Breakfast - lunch - dinner*

**Dine in
Take out**

Chef Lou is Red Seal Certified with 30 years experience
5 Star current rating - Urban Spoons
4 Star - Edmonton Sun

**Great food
Friendly service**

- Specialize in Canadian, Chinese, Vietnamese cuisine
- Catering from 15 to 50 people

**Banquets
Special occasions**

10% off
Dine in or
Take out with
this coupon

**15131 - 121 St
Tel: 780-457-5630 Cell: 780-709-2511**



CONGRATULATIONS!!

Our COCL U12 Girls had a wonderful 2015-16 Indoor Soccer season. Winning Silver in the Polar Cup and Bronze at the FC Memorial. The girls worked hard and finished the season by winning Gold in T5 Cities and then traveling to Calgary to win Silver at InterCities. Thanks for a great Indoor Season!



After Silver in Calgary

Coach Malinda Rudyk, Kaidence Auld, Hailey Arneson, Sophia Calderon, Natalija Djurisc, Emily Astill, Sammy Green, Erica Philippon, Bench Attendant – Shawna Astill
Elyane Morin, Alorra Taylor, Ashya El-Issa, Maren Hulyk, Cailyn Lyseng, Sabrina Liao, Ariana Garcia, Kailey Rudyk, Coach Eric Lyseng
Ava Rudyk (missing Kiera Duggan)



Winning Gold for City Finals

Hailey Arneson, Natalija Djurisc, Sabrina Liao, Emily Astill, Sammy Green, Kiera Duggan, Erica Philippon
Elyane Morin, Maren Hulyk, , Sophia Calderon, Alorra Taylor, Ava Rudyk, , Cailyn Lyseng, , Ashya El-Issa
Ariana Garcia, Kailey Rudyk

Bicycle Helmet Safety

Head injuries are a leading cause of serious injury and death to children riding bicycles*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tri-cycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.



Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a “Y” below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.



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As our respected partner for over 25 years, DeLuca Insurance Services Ltd. has the knowledge and experience to provide superior service and support to Wawanesa Insurance policyholders.

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Fax: 780-472-9806

info@delucainsurance.ca

Edmonton North Animal Hospital

15387 Castle Downs Rd.
Next to Sobeyes &
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



YOUR VOICE —IN OTTAWA—

MICHAEL COOPER, MP
ST. ALBERT—EDMONTON

#220 20 PERRON ST.
ST. ALBERT, ALBERTA
T8N 1E4

MP@MICHAELCOOPERMP.CA WWW.MICHAELCOOPERMP.CA 780-459-0809



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	Sabrina Boutilier	780-232-1925
TREASURER	Loretta Wonitoy	780-457-9101
SECRETARY	Lorna Melnyk	780-456-4596
PAST PRESIDENT	Keoma McMurren	780-457-9101
CDRS REP	Ryan Jena Rix-VanDusen	780 444-9212 780-668-1055
VARIETY SHOW	Denyse Ward	587-983-9401
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	Angela Paris	780-920-8999
SOCCER	Ryan Korpesio	780-456-3978
SOFTBALL	Loretta Wonitoy	780-457-9101
PROGRAMS	Registrar	780-457-2759
WAYS & MEANS	Myah Westergreen	780-289-7706
SOCCER EQUIP.	Arlene Pettifer	780-456-3978
BUILDING & ASSETS	Al Chapman	780-456-9292
PLAYSCHOOL	Registrar	780-499-0232
COMMUNITY SERVICES	Trudy Raadik	
HALL RENTALS	Al Chapman	780-457-4342



Seating Capacity 120

Weekend rates:

Dunluce Community Members:

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

Non-Dunluce Community Members:

6pm Friday evening til 5pm Sunday evening

\$350.00 plus \$350.00 damage deposit.

Daily rates:

Community Members: \$200.00 Damage deposit \$350.00

Non-Dunluce Community Members: \$275.00 Damage deposit \$350.00

Hourly rate: \$30.00/Hr, minimum 3 hours Damage deposit equals hourly rate

For more information contact Al Chapman at 457-4342.

www.dunlucecl.ca

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

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
Angela- 780-920-8999
April 7th, & May 1st 2016
All Bingos are at Kensington
Bingo Hall unless otherwise
stated.



Volunteers Needed

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

Thank-You

Dunluce Community Programs

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

PROGRAM	AGE	TIME	FEE	DAY	LOCATION	NOTE
Gymnastics	5-12	5:30 6:30	\$50	Wednesday	TBA	Body suit & bare feet
Little Kickers	U-4	TBA	TBA	TBA	Dunluce Hall	



PLAY BALL!

DUNLUCE SOFTBALL 2016

LEVEL	COST	YEAR OF BIRTH
U6 (T-Ball)	\$45.00	Born 2010 and earlier
U8 (Coach Pitch)	\$45.00	2008-2009
U10 (Mite)	\$60.00	2006-2007
U12 (Squirt)	\$60.00	2004-2005
U14 (Peewee)	\$60.00	2002-2003
U16 (Bantam)	\$60.00	2000-2001
U18 (Midget)	\$60.00	1997-1998-1999

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

softball@dunlucecl.ca

FOLLOW US! LIKE US!

Never miss another community event or announcement by liking our “Dunluce Community League” Facebook page and following us on twitter (@dclyeg)



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

Now accepting students for our 3- and 4-year old classes, starting September 2016. For more information, please contact our registrar at 780-499-0232, by email at dunlucepreschool@hotmail.com, or check us out on Facebook! We look forward to seeing you and your little ones! www.dunlucepreschool.com

PARENT ORIENTATION & REGISTRATION NIGHT

Wednesday September 14, 2016 6:45 pm

This is an orientation evening for the parents of registered students. Please leave your child(ren) at home as space is limited.



We returned to the legislature on March 8th and will continue to work hard for the constituents of Edmonton Castle Downs.

I was proud to do my Maiden Speech this session where I highlighted the inclusive, dynamic community of Castle Downs. I can't say it enough that as a community we take care of each other when times are tough.

I was honoured to speak at the International Women's Day event at CFB Edmonton. It is a historic time to be a part of politics and celebrating 100 years since Women had the right to vote. I also toured the impressive Military Family Resource Centre at the Edmonton Garrison. This is an invaluable resource for Military families.

I will be hosting a Coffee Meet n Greet in April please stay tuned for my Spring Newsletter for details on this. I look forward to hearing from Constituents on matters in the community and Provincial policy. As always, my office and staff are available to you if you require assistance with provincial governmental programs or agencies.



Nicole Goehring

MLA for Edmonton Castle Downs

12120 161 Avenue NW

Edmonton AB, T5X 5M8

PH: 780-414-0705 FX: 780-414-0707

Edmonton.castledowns@assembly.ab.ca

Lorelei Beaumaris News

Scrapbooking and Paper Crafting



Next Date: Saturday, May 28

Come join the crafty, scrappers at Lorelei-Beaumaris Hall! You will have the time and space to scrapbook your favorite pictures either traditionally or digitally or do your card making, paper crafting and stamping. Digital Tid-bits will now be included free in Funcrops, instead of being at a separate paid event. You will have unlimited use of all Tannis' tools - including Cricut Expressions machine, and cartridges, Cuttlebug and dies, and scanner for conversion to digital file (must have your own USB), a limited amount of supplies will be available for purchase. Coffee, muffins in the morning, light snacks in the afternoon and some kind of tasty food for supper. Please contact Tannis for more information photos@telusplanet.net (780) 885-1647

Lorelei-Beaumaris Community Memberships

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

Communication 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 us out! Visit us at www.lbccl.ca

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

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

Lorelei Beaumaris Garage Sale May 7 & 8

Have you been holding on to those kids toys too long? Do you have a closet full of household items that you no longer use? Or are you looking for a deal on some gently used items? Are you environmentally friendly by shopping for used items? Join the fun of a Community Garage Sale.

Garage Sale Runs Saturday, May 7 from 10 – 6pm and Sunday, May 8 from 10-4pm. Table Set Up is Friday, May 6 from 6-9pm and clean up is Sunday from 4-6:00pm. Only a few tables left – Table rental – 4 tables for \$40 Call or text Belinda 780-982-3026 to reserve your spot today. First come, first serve, so book now. Tables must be paid for to guarantee your reservation.

Lorelei-Beaumaris Spring Sports

Our Spring Sports Registrations are now complete. Our directors are now juggling players and finding homes for all players. You should hear from someone in late April for the May 2 season start. For soccer questions please contact our soccer director at soccer@lbccl@gmail.com (Our apologies as this email was incorrectly posted and advertised in the last issue and on our website. This is now the correct email address.)

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.

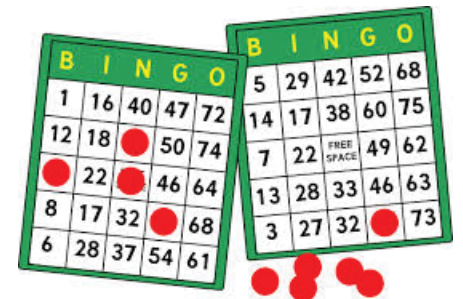
Enforcement

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

Bingos



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

Thursday, April 14

Thursday, April 21

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).

Please remember to come in comfortable footwear and be prepared to walk around a lot, children are not allowed to come with you, and we ask that you keep your cell phone use to a minimum and preferably during your break. We are there to fulfill a job and we want to do our best to stay focused and ready to help.

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 pinpoint 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



Classes Offered (9:00am-11:15am):
3/4 year olds Tues & Thurs \$90.00
4 year olds Mon/Wed/Fri \$135.00
4 year olds Mon to Fri \$225.00
For information please visit the play-school website at www.loreleibeau-marisplayschool.com or their Facebook page at:
<https://www.facebook.com/pages/Lorelei-Beaumaris-Play-school/1413656922252856>

Lorelei-Beaumaris Indoor Soccer Thanks

Thanks to all the players and families who committed to the Indoor Soccer season! We hope you had fun. We would like to thank the following coaches and assistants for their time and effort with the Indoor Soccer season:

U8 Boys - Mark Ewanyshyn
U10 Boys – Thoi Dang and Stephanie Peters
U16 Boys – Joe Safadi and Tony Piano
New and Old Soccer Directors – Kim Yellowknee and Jennifer Roppelt

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 your area.

Lorelei-Beaumaris Board of Directors – March 2016

President	Sonya	presidentlbcl@gmail.com
Vice President	Maria	vicepresidentlbcl@gmail.com
Secretary	Connie	secylbcl@gmail.com
Treasurer	Chelsea	treasurerlbcl@gmail.com
Ways and Means	Taryn	waysmeans@gmail.com
Past President	Cody	pastpresidentlbcl@gmail.com
Bingo Chair	Jennifer	bingolbcl@gmail.com
Casino Chair	Lorna	casinolbcl@gmail.com
CDRS Representatives	Lorna & VACANT	cdrslbcl@gmail.com
Variety Show Reps	Taryn & Caroline	varietyshowlbcl@gmail.com
Sports Director	David	sportslbcl@gmail.com
Soccer Director	Kim	soccerlbcl@gmail.com
Social Directors	Heidi & Liza	sociallbcl@gmail.com
Memberships	VACANT	
Communications	Oksana	commmlbcl@gmail.com
Volunteer Coordinator	VACANT	
Community Safety Directors	Jennifer	communitysafetylbcl@gmail.com
Director at Large	Rosemary	
Director at Large	Jenn	
Director at Large	Monique	
Website	Sean	commmlbcl@gmail.com
Playschool Information		website: www.loreleibeau-marisplayschool.com
Hall Manager	Tina	hallrentalslbcl@gmail.com 780-686-4415
Community Recreation Coordinator	Alison Mould	alison.mould@edmonton.ca
LBCL Website: www.lbcl.ca Facebook: https://www.facebook.com/loreleibeau-maris		
Twitter: https://twitter.com/LBCommLeague		

NOTE: We are transitioning the old board from 2015 to the new board. Some email addresses may not be accessed yet and some board members are still adjusting to the roles and duties. If you are having issues contacting someone please contact our Hall Manager who will pass on your message. If are interested in filling any open positions or would like to get involved please send an email to our president at presidentlbcl@gmail.com.

Thank You, Thank You!

Thanks to everyone who came out to use our rinks this year; we had a lot of fun! Thanks to Duncan Hoult for his hard work maintaining the rinks especially considering the constant battle with the warm weather. We also would like to thank the City of Edmonton for hosting the Learn to Skate program at our rink this year.

Thanks to our outgoing board members for their time and energy over the past year(s). We wish them well - Donna Mc Murray, Arlene Gibbons, Rosemary Dasilva-Kassian, Crystal Wimpney, Stephanie Peters, Jenn Roppelt, and Amber Davies. Thank you to our continuing board members: Cody Bondarchuk, Chelsea Larson, Lorna Lewis, Sean Chinery, Jennifer O'gorman, Sonya Harriott, Kim Yellowknee, Maria Gillingham, and Heidi Lafreniere. We also would like to welcome some new faces to our board and look forward to the year ahead with your help - Connie Hoult, Taryn Jones, Oksana Delgado, Liza, David Jansson, Caroline Jansson, and Monique Myroon.

Using Neighbourhood Interactive Map

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

Hall Rentals

16220 – 103rd Street

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

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

Event rental companies will be able to assist you with these items.

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

** Please note that all contracts signed for hall rentals will be required to purchase Renters Insurance for their event date at Lorelei Hall. We will give them the link to FPB Insurance to do this online. ** (These prices were accurate summer 2015, prices subject to change. Please confirm with Hall Manager)

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

Shift to healthy eating at work

Did you know that employees spend about 60 per cent of their waking hours at work and eat at least one meal while on shift? This means that making healthy food and drink choices at work can have an impact on our health and energy levels. This year Alberta Health Services dietitians are sharing tips on how to Shift to Healthy Eating at Work.

Fueling for your Workday

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

Rethink your Drink

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

Survive the Mid-Shift Slump

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

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

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

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

Hidden Talent Art School

Taught by Professional Artist, Laura Watmough, winner of the Mayor’s Award for Excellence in Art Teaching and as seen on CTV2 Art Connector.

NOTE: NO CLASSES May 1 - 15, May 23

Jr. DaVinci Club Ages 6-12 Yrs.

Jr. DaVinci Club is a unique and educational fine art program that enables your child to express their INDIVIDUAL. Class size limited to only 12 students to ensure personal guidance. SUPPLIES INCLUDED: Canvas is extra.

Monday	Apr. 4 — Jun. 27	4:30 - 5:30 OR 5:30 - 6:30
Tues.	Apr. 5 — Jun. 21	4:30 - 5:30 OR 5:30 - 6:30
Wed.	Apr. 6 — Jun. 22	4:30 - 5:30 OR 5:30 - 6:30
Saturdays	Apr. 9 — Jun. 25	11:00 - 12:00

SUMMER ART CAMP Kids 6-12 yrs

Nurture their inner artist! Professional instruction! Drawing, pen and ink, watercolor and acrylics! All supplies included. \$149 + GST

July 4-7 OR July 11-14 Monday to Thursday 1:00 - 4:00 pm

Young Rembrandts AGES 12 - 16 Yrs

Registration is ongoing and your child may start at any time. Eligible for the Children’s Art Tax Credit

Mondays	Apr. 4 — Jun. 27	6:30 - 8:30 OR 7:00 - 9:00
Tues.	Apr. 5 — Jun. 21	6:30 - 8:30 OR 7:00 - 9:00
Sat.	Apr. 9 — Jun. 25	12:00 - 2:00

SUMMER ART CAMP Teen / Adult

Artist ages 13 yrs and up. Bring supplies in your chosen medium or call for supply suggestions. 4 classes. \$149 + GST

Tuesdays July 5 - 26, 6:30 pm - 9:00 pm OR Thursdays July 7 – 28, 9:30 am - 12:00 pm

Adults

Hidden Talent’s purpose is to provide the quickest, most successful painting program to help beginners to experienced artists become realistic painters.

Mondays	Apr. 4 — Jun. 27	12:30 - 3:30 OR 6:30 - 9:30
Tuesday s	Apr. 5 — Jun. 21	9:30 - 12:30 OR 12:30 - 3:30 OR 6:30 - 9:30
Thursdays	Apr. 7 — Jun. 23	9:30 - 12:30
Saturdays	Apr. 9 — Jun. 25	12:00 - 3:00

NOTE: NO CLASSES May 1 - 15, May 23

Hidden Talent #107-25 Chisholm Ave. St. Albert
Register now! Call 780-419-2055



**SOMETHING NICE
FOR**

MOM

**Lorelei Beaumaris
Community League
16220 103 St,**

**30+ Vendors and so much more
\$10 family photos by Sparkly B
Photography
First 50 people get swag bags**

**April 16, 2016
10AM to 4PM**

**We are asking for donations
for the Edmonton Food Bank**

Special Savings on Quality Produce

Locked In Pricing for the Month. While quantities last

**DATES
1 kg
\$5.99**

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

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

**Fresh
Baked
Baklava
Wide
Variety**

**Reggie
Pasta
99¢
/Pkg**

**Emma
Extra Virgin
Olive Oil
1lt
\$6.99**

**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**



Elsafadi Bros. Supermarket

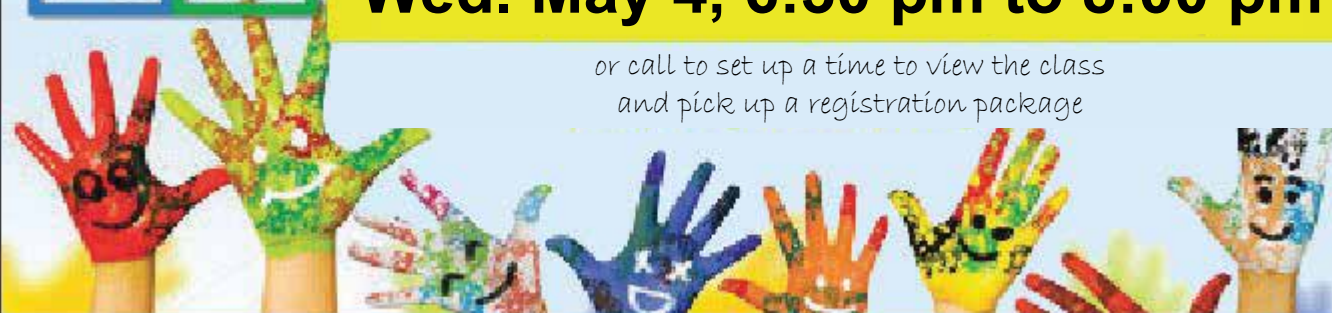
Two Locations 11316 - 134 Ave & 10807 Castledowns Rd
780 - 475-4909 Local Community Owners



PRESCHOOL & KINDERGARTEN

Open House & Registration Wed. May 4, 6:30 pm to 8:00 pm

*or call to set up a time to view the class
and pick up a registration package*



Check out our website www.lcdskids.com

Edmonton Leisure Access Program

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

What is the Leisure Access Program?

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

Who can get a card?

You may qualify if you meet the following:

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

How can I get a card?

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

How can I get an application form?

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

Children with Food Allergies

About one in 13 kids have a food allergy. An allergic reaction occurs when the body's immune system overacts to a food protein (an allergen). The most common food allergens are: peanuts, tree nuts, sesame seeds, soy, seafood (fish and shellfish), wheat, eggs, milk, mustard and sulphites. Symptoms of allergic reactions can be different for everyone and may occur within minutes or hours. The most common symptoms of allergies are:

- Flushed or pale face, hives, rash, itchy skin
- Swelling of the eyes, face, lips, throat or tongue
- Coughing, wheezing or shortness of breath
- Stomach pain, diarrhea, vomiting
- Feeling anxious, weak, dizzy or faint

Severe allergic reactions (anaphylaxis) to food can be life threatening and occur quickly and without warning. These reactions can be treated with an epinephrine auto injector; an EpiPen®. The only way to prevent allergic reactions is to avoid contact with the foods or ingredients that cause them. As many children have food allergies, the majority of schools have adopted guidelines to help keep all students safe. Some of these guidelines may include:

1. No sharing of food or treats.
2. Washing hands with soap and water before and after eating.
3. No homemade treats for celebrations or special events. Cross-contamination is always possible.
4. Restricting the allergens from the classroom/school.

Food allergies are a serious medical condition, not a choice. Help prevent exposure to allergens by following your school's guidelines for food allergies. Take time to explain food allergies to your child and encourage them to learn about allergies that their classmates may have. If you are unsure of what to do, talk to the other child's parents or teacher. Students, parents, teachers and other staff all have an important role in keeping students safe, healthy and happy. To learn more about allergies, visit: www.myhealth.alberta.ca or call Health Link at 811.

Coco's Canine Care

Radeana Blakey
Professional Pet Stylist
Ph. 780.886.4723

Bring in this ad for 10%
off your first Full Service
Groom or Bath & Tidy.



Full Service Groom from \$50 - \$120. Bath & Tidy from \$30 - \$90.

Prices depend on size of pet and coat condition

Additional Services:

Nail Trim \$10, De-Shedding \$5 - \$15, De-Matting \$25 / hour, Deep Conditioning Treatment \$5 and Pick Up & Drop Off \$5+.

Pet First Aid Certified by Walks & Wags

Know Your Risk: Fire Pit Burning

Source: used with permission from the Lung Association, Alberta & NWT http://www.ab.lung.ca/site/fire_pit_burning

Fire pit burning in both urban and rural areas creates smoke that contains many pollutants and irritants which can cause or aggravate lung health problems as well as negatively impact air quality. It is important that residents of Alberta and the Northwest Territories are aware that fire burning can lead to serious health and environmental consequences.

Environment Canada and Health Canada have identified many hazardous chemical substances in wood smoke, including:

- PM10 (inhalable particulate matter less than 10 microns in diameter) consists of a mixture of microscopic particles of varied size and composition, and has been declared a toxic substance under the [Environmental Protection Act](#). These particles can be inhaled deep into the lungs, leading to serious respiratory problems especially among those with pre-existing cardiopulmonary illness.

- Carbon Monoxide (CO) can reduce the blood's ability to supply necessary oxygen to the body's tissues, which can cause stress to the heart. When inhaled at higher levels, CO may cause fatigue, headaches, dizziness, nausea, confusion and disorientation and, at very high levels, can lead to unconsciousness and death. [Fire Prevention Canada](#) advises that CO detectors be installed in every home that has a combustion appliance or an attached garage as CO is a colourless, odourless and tasteless gas.



- Oxides of Nitrogen (NOx) can lower the resistance to lung infections. In particular, nitrogen dioxide can cause shortness of breath and irritate the upper airways, especially in people with lung diseases such as emphysema and asthma.

- Volatile organic compounds (VOCs) can cause respiratory irritation, loss of coordination and illness. Some VOCs emitted by wood-burning appliances, such as benzene, are known to be carcinogenic.
- Formaldehyde can cause coughing, headaches and eye irritation and act as a trigger for people with asthma.

- Acrolein can cause eye and respiratory tract irritation.

Book Now for Your Spring/Summer Lawn Care



Call Dave 780-456-6404
Your Lawn Service
Yard Maintenance
100% Guarantee

**Starting at
\$25.00***

*** 3 price packages available**

Yard pricing done by 1000 sq ft; 0 to 1000, 1000 to 2000 etc.

L1. Lawn Cut & Trim; once a week cut to seasonal heights following best practices. For Package L1 1000 square foot lawn starting at \$25.00.

L2. Lawn Cut & Trim; once per week cut to seasonal heights, including 1 fertilizer and weed intervention per month.

L3. Lawn Cut & Trim; once per week cut to seasonal heights, including 1 fertilizer and weed intervention per month plus 30 minutes per week minor gardening

Tell Your Friends, recommend 3 customers plus yourself and your first cut is FREE.

All months to be prepaid by the 1st of the month for the entire month, or **pay for the full year and receive a 5% savings.**

Seniors receive 5% off.

All yearly pricing based on 27 weeks, further charges may incur if season varies.



ALL KIDS MEALS

\$6.99

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

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



www.beamingbeauty.ca

Beaming Beauty Skin Care Studio
780-456-9333 10219-164 Ave



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We sell results."**

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- Laser hair removal
- Laser tattoo removal
- Laser facials
- Laser skin tightening
- Laser teeth whitening
- Chemical peels/
microdermabrasion
- Stretch mark removal
- Radio frequency
- Acne facials
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- Hair extensions
- Pixel resurfacing
- Fillers & injectables.
- IPL Photo facials

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non-surgical
facelifts!**

