

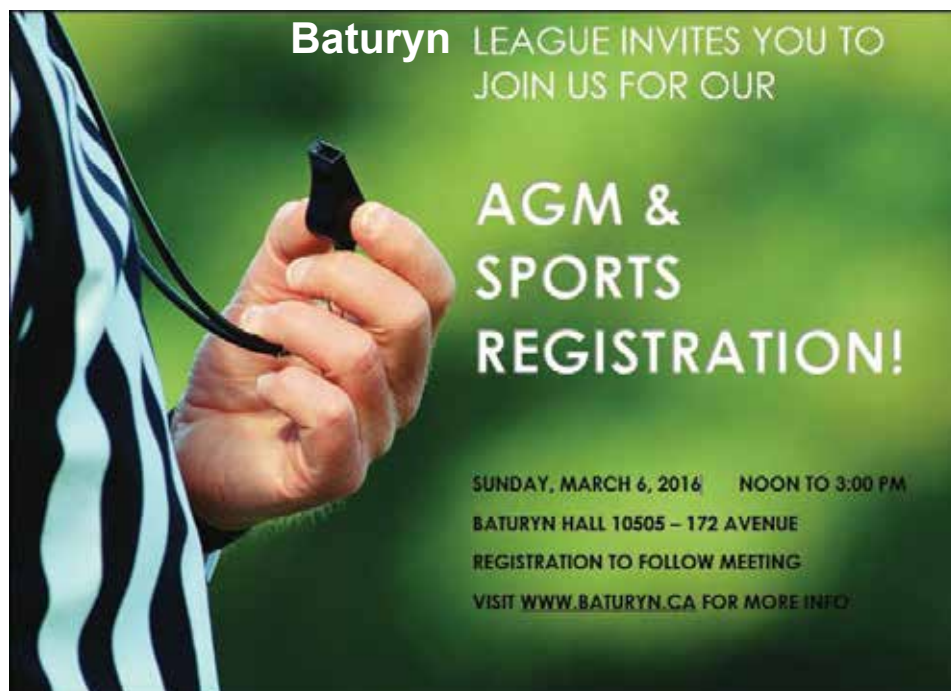
# CASTLE NEWS

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

February 2016



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



## **Carlisle AGM and Soccer Registration is March 6th at 1pm at Carlisle Hall.**

AGM Information:

Mar 6th 1- to 4pm

AGM & Family Fun day

Program Registration, Hot Dogs, Hot Chocolate Sleigh Rides and Skating.

## **Caernarvon Annual General Meeting**

Caernarvon's next Annual General Meeting is scheduled for 6pm, February 17th, 2016.

### **SPORTS REGISTRATION**

The upcoming Sports Registration dates are going to be:

February 25, 6-8 pm

March 6, 1-3 pm

March 15, 6-8 pm

## **Cumberland/Oxford Spring Registration and AGM**

We will be holding spring registration for Soccer and Baseball as well as the AGM on February 20th from 12:00 to 3:00 at Gateway Alliance Church 13931 140 Street. Please remember that you will need to do your soccer registration online prior to arriving at <http://emsanorth.com/> or check our website for the link [cocl.org](http://cocl.org)

Memberships will also be available for purchase the day of registration.

We are in currently in need of volunteers for Registration as well as a Casino, if you are interested in getting your volunteer commitment done early please email [christan-gagnon@hotmail.com](mailto:christan-gagnon@hotmail.com) and we can schedule your volunteer commitment for either the Registration on January 20th or the Casino either Feb 24th or 25th. Your commitment will then go towards Spring registration.

## **Dunluce Community Spring AGM, Soccer, Ball & Program Registration**

**Sunday, March 6, 2016 @ 2:00 pm  
Dunluce Hall, 11620 - 162 Avenue**

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

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

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

(3) Pay soccer or ball fees by cash/cheque (see website for info).

Bring photocopy of each child's Birth Certificate.

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

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

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

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

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

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

**Tuesday, February 23  
6:30 pm**

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

Once the old board has completed their 2015 commitments and all board positions for 2016 are filled with willing, committed volunteers then, and only then, will Sports Registrations happen. We cannot run programs or offer activities including soccer and softball if we don't have volunteers to take care of all the details and maintain a community league. Please don't wait for someone else to step forward, we need you!

Late Registrations:

Sunday March 6 10:00am - 12:00pm and Wednesday, March 9 7:00- 9:00pm

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

# Baturyn News

## **Baturyn Community is home to several surrounding communities. Baturyn, Castlebrook, Castlewood, and Newcastle.**

If you live in either community please register your child at the Baturyn AGM & Sports registration on Sunday, March 6, 2016. Doors open at 11:30 am meeting commences at Noon. Doors will be closed at 12:15 pm once meeting has commenced. No entry afterwards.

What to Bring to Registration?

- Your Child's Birth Certificate or Alberta Health Care – for proof of year born
- 4 separate cheques: \$200 undated volunteer cheque  
\$100 undated uniform deposit  
\$ 25 membership fee – Valid Sept 1, 2015 - August 31, 2016  
(If you don't have a current membership)  
\$Registration fee for sports program
- Note: Registration is not considered completed until all information and monies are received.  
We will have ON-LINE REGISTRATION AGAIN THIS YEAR. PLEASE NOTE ACCESS IS ONLY THROUGH THE BATURYN WEBSITE. NOT EMSA'S Website. Once registered you will have received the registration form, volunteer policy, and refund policy. Please print and bring the following printouts to the AGM as well as the needed cheques.
- 3 printed copies of registration which you completed on-line
- Copy of signed sports refund policy
- Copy of signed volunteer policy

Cash or cheques payable to Baturyn Community League  
Memberships available at AGM



Baturyn's next bingo is at Kensington Bingo Hall on February 29, 2016. 4:45pm - 9:45pm.  
We are short the number of workers required.  
\*Want to get your outdoor volunteer duty over before?  
\*Or we are willing to give you \$50.00 toward your sports registration.  
CAN YOU HELP? Contact Jan at [volunteers@baturyn.ca](mailto:volunteers@baturyn.ca)



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

Check our website for the link to the system starting February 7, 2016, and will close on March 4, 2016.

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

### ▶ BCL Online Sports Registration

BENEFITS

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

FEATURES

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



## THANK YOU



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



## Youth and video games

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

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

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

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

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

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



# CASTLEDOWNS Dental Centre



**Dr. Tarek Tarchichi**  
[www.castledownsdentalcentre.com](http://www.castledownsdentalcentre.com)  
**780-456-2990**  
**11816-145 Ave**



***New Patients Welcome.  
Emergency & Walkins.  
Apointments Available  
Gentle Dentistry for  
the whole family.***




**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:







**\$1.00 FROM EVERY PIZZA\*  
 SOLD ON FEBRUARY 14<sup>TH</sup>  
 GOES TO BOSTON PIZZA  
 FOUNDATION FUTURE PROSPECTS.**


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

\*Heart-shaped pizzas available in small and medium sizes only, not available in thin crust.



## 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.

<b>Mailing Address</b>	<b>Hall Address</b>	<b>General Contact</b>
P.O. Box 36030 RPO Castle Downs Edmonton, Alberta T5X 5V9	10505 – 172 Ave Edmonton, Alberta Between Baturyn and St Charles Elementary School	<b>Phone</b> 780-457-4347 - leave voice mail. Checked weekly <b>Website</b> WWW.BATURYN.CA <b>Facebook</b> FACEBOOK.COM/BATURYNCOMMUNITYLEAGUE
Hall Rentals	rentals@baturyn.ca	780-457-4347 (leave a message)
President	president@baturyn.ca	
Membership	membership@baturyn.ca	
Volunteers	volunteers@baturyn.ca	
Soccer	soccer@baturyn.ca	
Softball	softball@baturyn.ca	

## Baturyn Hall Rentals

10505–172 Ave, Edmonton, Alberta



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

### 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

## BCL Board Opportunities



### ROLES NEEDED

- Casino Manager/Chair
- Castle Downs Recreation Society
- Membership Coordinator
- Secretary
- Variety Show (2)

### Help Shape Your Community and Yourself Grow

Be part of the guiding body of your community league, and help yourself and the community grow. Baturyn Community League is seeking to fill key roles that are important to the delivery of services to your family, friends, and neighbors.

Taking on a role does not have to be intimidating. There are many others on the board that can help you in being successful in a role that may fit your interest, or if you would like to explore other roles in a safe environment.

Volunteering to serve as a Board member is not difficult or over-whelming. Most of the roles require less than five hours per month.

Come out and be part of your community league

### Get or renew your BCL membership

## 2015 Memberships are available

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

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

We only offer on-line purchases of memberships, so go to the website [www.baturyn.ca](http://www.baturyn.ca) and look for the link

### Fees

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

Email [membership@baturyn.ca](mailto: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>

## League Executive

Hall: 14830-118 St 456-3435

President	Evan Hellyer	780-641-4996 president@caernarvoncommunity.com
Vice President	Pam Irwin	780-473-5563 vice@caernarvoncommunity.com
Treasurer	Teena Burrell	treasurer@caernarvoncommunity.com
Secretary	Kat Furtado	secretary@caernarvoncommunity.com
Ball	Sheldon White	softball@caernarvoncommunity.com
Bingo	Lynne Hellyer	bingo@caernarvoncommunity.com
Equipment	Will Hutt	equipment@caernarvoncommunity.com
Hall Rental	VACANT (Evan)	president@caernarvoncommunity.com
Maintenance	VACANT (Evan)	maintenance@caernarvoncommunity.com
Membership	Lynne Hellyer	membership@caernarvoncommunity.com
Neigh. Watch	VACANT	neighbourhoodwatch@caernarvoncommunity.com
Newsletter	Sarah Hunczak	newsletter@caernarvoncommunity.com
Signs	Kati Weir	signs@caernarvoncommunity.com
Programs	VACANT	programs@caernarvoncommunity.com
CDRS	Danny Burrell	cds@caernarvoncommunity.com
CDRS	Jennifer Schell	cds@caernarvoncommunity.com
Soccer		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.

## Family Movie Night

Did you miss the last movie night? Good news! This is going to be a monthly event, occurring every 2nd Friday of the month! The next one will be February 12th. The doors open at 6:00pm, and the movie starts at 6:30. Admission is free! Concessions will be available for purchase.

## Upcoming Bingo Dates

Feb 28, March 21, April 17, May 13

## New Website!

Our website at [www.CaernarvonCommunity.com](http://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!



## 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.



## Hit The Ice!

Caernarvon's ice rink is up and skating! The hours are Monday - Friday, 4pm to 10pm, Weekends, Noon to 7pm, with drop-in Shinny starting Weekends at 7pm. Watch for updates on the Hall's sign for more information. Want even more ice time? Join the Castle Downs Community Skate every Saturday at the Castle Downs Recreation Centre, 11:45 am to 1:00 pm.

## Volunteer Night

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



## MEMBERSHIPS

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

# Join Us!

### 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!

### Wrap Up

Once again another year has flown by at City Council, and what a year it was. While 2015 held some challenging moments there has been a lot to be proud of.

The first three year operating budget was passed and will create stability, flexibility, and room for future planning. The budget is balanced and will continue to support the over 850,000 people that call Edmonton home.

This year Council learned that many of those who call Edmonton home are residing in poverty. That is why I am particularly proud of the End Poverty Edmonton Task Force, whose goal is to end poverty within one generation. The Task Force aims at the root causes of poverty and supports not only programs and services, but encourages all Edmontonians to be actively in ending racism and changing the discussion around poverty and homelessness.

Tied to poverty is the struggle to gain access to reliable transportation. The Donate-A-Ride Campaign aims to bridge this gap through providing bus tickets to local social agencies. Those agencies then distribute the tickets to their clients. Donate-A-Ride launched mid-December and already looks as if it will be one of the most successful campaigns in its 20 year history! As the Chair of the only Council run charity I am very excited to see how many tickets will be given away in the New Year.


There are many continuing successes we have seen in Edmonton this year, such as the arena project. While it was once difficult to imagine a grand arena in the middle of downtown Edmonton it is not too hard to now imagine "Oilers! Oilers!" being chanted or the name of the greatest music stars being shouted. What a great feat for the City! Another feat has been the continued work on the Truth and Reconciliation Commission. Edmonton is home to thousands of Indian Residential School survivors and fostering healing and understanding between survivors and Edmontonians is a key to creating a strong and inclusive city. I am pleased to say that over the year hundreds of City of Edmonton employees have received training on Indian Residential Schools and their impacts on the Aboriginal people.

Last but not least, we had a bitter-sweet goodbye with Councillor Amarjeet Sohi. City Council will miss his presence but I know we wish him all the best as the Honourable Minister of Infrastructure and Communities for Canada. He is truly in a position to serve Edmonton. I look forward to working with him in his new role.

These are just a few of the exciting campaigns and initiatives that have happened this year. Now, as the calendar year comes to a close, I want to wish you and your family a safe and joyous holiday season. May you enjoy the presence of family and friends and enter 2016 in the best way possible. Thank you for your continued support over this past year.



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



# 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**



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.**

## Hall Cleaner

Carlisle Community League is looking for a Cleaner to Clean Hall after Rentals and on a regular Basis. Please Contact Krista for Questions or interest in Applying – 780-951-7627

## Rink Hours

5 to 9 pm Weekdays, Noon to 5 pm Saturdays and Sundays. Rink is Closed if temperature is -20 Celsius or colder due to Wind Chill and Rink Attendant's discretion.

## 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

ABC – 123 - 10:00 -11:00 am Tuesdays

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

At the 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.

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

## Thank you from U16 Girls Soccer

Carlisle U16 Girls Soccer Team would like to send out Bouquets and a great big thank you to all of the people and business's that donated items for our Silent Auction held on December 4/2015. You all helped make the auction a big success.

Nicole Goehring – Castle Downs MLA

Sorrentino's

Boston Pizza

South Street Burger

Go Auto

Starbucks

City Of Edmonton

The Warawa Family

Staples

Scotia Bank

Walmart

Shoppers Drug Mart

County Club Tour

Pizza 73

Sandy Brown – Jewellery

Colins Steel

Yuk Yuk's

Rexall Drugs

Lily Pods Float Centre

LA Fitness

Moxies

Cineplex

Original Joes

The Stout Family Bungee

The Hamula Family

LZ Trampoline

The Esposito Family

The Magnes Family

The Comic Strip

McDonalds Manning Crossing

The McComish Family

The Keg

Edible Arrangements

Dave Loken

Pet Planet

The Thompson Family

Heaven Essence Spa

Memphis BBQ House

Crystal Glass

J. Lawrence

Carlisle Parents

Canadian Women's National Team

Kamakazi Ink

Impark

The Jarowka Family

Servus Place

Earls

The Legge Family

The Simpson Family

Extreme Tanning

Michels

The Jacob's Family

## 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) for more information.



## February is Outdoor Soccer registration month



The EMSA north and our Community League partners are gearing up towards another exciting season of outdoor soccer. Community soccer remains one of the most affordable activities available to youth and the regular season runs from May 1st until June 30th. Soccer is a great coordination and confidence builder and helps players develop skills in areas such as dealing with adversity, working as part of a team along with achieving a sense of self accomplishment and personal satisfaction. Our community soccer program focuses on fun and fair play time for children of all ages beginning at U4.

### Preregistration opens February 1st

Registering online at <https://www.emsanorth.ca> begins the process; however, your registration is not complete until you attend an actual registration session at your local community league.

For more information start with the EMSA north website or your local community league website. If you don't know your community league then visit the Edmonton Federation of community leagues and select "find my community."

## Soccer: Many goals. One Game

### Xtreme FC is the EMSA Norths' Club Soccer Program.

The Club program is geared towards those players who are seeking a greater degree of challenge with opportunities to develop their skills in a "Club Level" environment.

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

Try-Outs for Xtreme take place at the East Soccer Centre around the 3<sup>rd</sup> week in March.

For more information on Xtreme FC visit the website after February 1<sup>st</sup> or follow the link on the EMSA north website.

<http://www.edmontonxtremefc.com/>



# 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

## 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.

## 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](http://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](mailto: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](mailto:president@cocl.org) for more information.

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## COCL is in need of Volunteers for upcoming events.

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

Dates where help is needed:

- **Casino** on Feb. 24 and 25
- **Bingo** February 1st.

If you would like to volunteer for any of these dates please contact [webmaster@cocl.org](mailto:webmaster@cocl.org)

---

## 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.

## 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](http://www.myhealth.alberta.ca) or call Health Link at 811.

## Get walking this winter!

If you're looking to maintain an active lifestyle throughout the seasons take advantage of COCL's community walking map. This beautiful, full colour fold up map has a detailed layout of our neighbourhood with dozens of destination points ranging from shopping to parks. As well, there are several "community routes" that provide distances and approximate times for completing them. Don't let the colder weather stop you from enjoying your community. Here are some fun facts about winter walking.

1. On average, Edmonton has 325 days a year with some bright sunshine and is considered the third sunniest city in Canada. Walking outdoors in all that sunlight will help your body's production of Vitamin D and the physical activity can help to increase our body's production of endorphins, which naturally makes us feel better!

2. While everyone seems to have a great memory about it being -40 for two months straight the facts are something quite different

- o The 1961-1990 average daily temp in January was -12.5.
- o From 1971 – 2000, the average daily temp in January was -11.7
- o From 1981- 2010, the average daily temperature in January was -10.4
- o In 2013, the average daily temperature in January was -7.8!

40 below is more folklore than fact.

3. It only takes about 20 minutes to walk 1.5 kilometres and your body will generate it's own heat and burn calories. It takes about the same amount of time to heat up your car and defrost your windshield for that short drive to the local store!

Some Tips:

- Dressing for any winter activity is all about layering your clothing. If you are planning to walk a good distance, remember that it is important that your first layer (base layer) wicks moisture away from your skin.

- Winter walking surface conditions can change daily and even by the hour! Walking poles or ski poles and slip on studded winter grips for your boots are the simplest way to ensure better footing! Ask at your local sports store and even some hardware and department stores now carry these items!

If you are interesting in having your own COCL community map you can download an electronic copy from [www.edmonton.ca/transportation/cycling\\_walking/community-walking-maps.aspx](http://www.edmonton.ca/transportation/cycling_walking/community-walking-maps.aspx) or if you want the full size fold up version please contact [president@cocl.org](mailto:president@cocl.org)

## Are Coyotes a Problem in Your Area?

To help prevent conflicts with coyotes

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

For more information on coyotes and tips to follow when you encounter a coyote, call the Edmonton Coyote

Information Hotline at 780-644-5744 or visit:

- [www.edmonton.ca/coyotes](http://www.edmonton.ca/coyotes)

To report a problem coyote(s), call:

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



## 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](mailto:Edmonton.castledowns@assembly.ab.ca)



If you have questions or require assistance with provincial government programs or agencies, do not hesitate to contact us. Remember: We are here to help you.



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

PRESIDENT	Nadine Meads	780-456-6197
VICE PRESIDENT		VACANT
TREASURER	Loretta Wonitoy	780-457-9101
SECRETARY	Lorna Melnyk	780-456-4596
PAST PRESIDENT	Keoma McMurren	780-457-9101
CDRS REP	Ryan & Carla Korpesio	780 444-9212
VARIETY SHOW	Sabrina 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		VACANT
SOCCER	Ryan Korpesio	780-456-3978
SOFTBALL	Loretta Wonitoy	780-457-9101
PROGRAMS	Registrar	780-457-2759
WAYS & MEANS	Myah Westergreen	780-289-7706
SOCCER EQUIP.	Arlene Pettifer	780-456-3978
BUILDING & ASSETS	Al Chapman	780-456-9292
PLAYSCHOOL	Registrar	780-499-0232
COMMUNITY SERVICES	Trudy Raadik	
HALL RENTALS	Al Chapman	780-457-4342

## 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



Seating Capacity 120

### Weekend rates:

Dunluce Community Members:

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

Non-Dunluce Community Members:

6pm Friday evening til 5pm Sunday evening

\$350.00 plus \$350.00 damage deposit.

### Daily rates:

Community Members: \$200.00 Damage deposit \$350.00

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

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

For more information contact Al Chapman at 457-4342.

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

## 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**  
**March 10th, 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](mailto: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



## 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	1997-1998-2000

**REGISTRATION DAY: SUNDAY, March 6 at 2:00 PM**  
**Dunluce Hall 11620 – 162 Avenue**

Check out our website at <http://dunlucecl.ca> for further information or send an email to [softball@dunlucecl.ca](mailto:softball@dunlucecl.ca)



## 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

**\*\*\*Elections for a new Board of Directors will take place during the AGM. If you are interested in a position, please email Carrie Slater at [dunlucepreschool@hotmail.com](mailto:dunlucepreschool@hotmail.com).**

#### AGM & REGISTRATION FOR 2016-2017 SCHOOL YEAR

Wednesday March 16, 2016 7:00pm (doors open at 6:45)

Dunluce Community Hall 11620-162 Ave

Please bring \$50 registration fee and child's Alberta Health Care Number

Registration will be on a first come, first serve basis.

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



## 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](mailto:ncearlyyears@gmail.com) or visit our website [www.earlychildhoodedmonton.ca/northcentral/](http://www.earlychildhoodedmonton.ca/northcentral/)

## City Services & General Information

Visit [www.edmonton.ca/311](http://www.edmonton.ca/311) or call 311 for information and access to City of Edmonton programs and services such as:

- Inspections, licenses, permits
- Comments, commendations, bylaw complaints
- Roadway & waste management information
- Program registrations and bookings
- Transit information

311 agents are available 24 hours a day, every day.



## Your Voice in Ottawa

Constituency Office:

#220 20 Perron Street

St. Albert, AB

T8N 1E4

Tel: 780-459-0809

Fax: 780-460-1246

Email: [michael.cooper.c1@parl.gc.ca](mailto:michael.cooper.c1@parl.gc.ca)



Michael Cooper MP,  
St. Albert - Edmonton



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**[www.manatisowin.com](http://www.manatisowin.com)** or call **(780) 975-6910**

## 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

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

**20Lb**  
**New Red or**  
**White**  
**Potatoes**  
**\$6.99**

Fresh  
Baked  
Baklava  
Wide  
Variety

**Reggie**  
**Pasta**  
**99¢**  
/Pkg

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

Lebanese fresh  
baked meat pies.  
Spinach &  
cheese 3 cheese  
family pack \$9.99



## Elsafadi Bros. Supermarket

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

**the**  
**Gutter**  
**Doctor**

GUTTER INSTALL / REPAIR / CLEAN  
FASCIA & SOFFIT  
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SIDING REPAIRS

**780-709-6825**  
**info@gutterdoctor.ca**

15,000  
HAPPY  
CUSTOMERS!



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

The Better Business Bureau (BBB) has launched a handy Scam Tracker that makes it easy for Canadian residents to stay informed about scams that may be occurring in their area. The tracker allows you to click on your province via an interactive map and review a list of common scams.

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

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

## Edmonton North Animal Hospital

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



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

*New*  
*Clients &*  
*Walk-ins*  
*Welcome*

We do:

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



# Lorelei Beaumaris News

## Scrapbooking and Paper Crafting Funshops



Scrapbooking and Paper Crafting Funshops  
Time to get those photos and digital pictures in order!! A funcrop gives you the time and space to scrapbook your favorite pictures with fellow scrappers either traditional or digital (& get lots of advice from them) (or do your card making, paper crafting and stamping!) Digital Tid-bits: Digital Tid-bits will now be included free in Funcrops, instead of being at a separate paid event. You will have unlimited use of all Tannis' tools - including Cricut Expressions machine, and cartridges, Cuttlebug and dies, and scanner for conversion to digital file (must have your own USB), a limited amount of supplies will be available for purchase. Coffee, muffins in the morning, light snacks in the afternoon and some kind of tasty food for supper. Dates to be confirmed. Please contact Tannis for more information photos@telusplanet.net (780) 885-1647

## 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@lbcl@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.lbcl.ca](http://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 [comm@lbcl@gmail.com](mailto:comm@lbcl@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 [comm@lbcl@gmail.com](mailto:comm@lbcl@gmail.com). Note: You can unsubscribe at any time by replying to our email sent with "unsubscribe" in the body or subject line.

## ANNUAL GENERAL MEETING

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

Tuesday, February 23  
6:30 pm

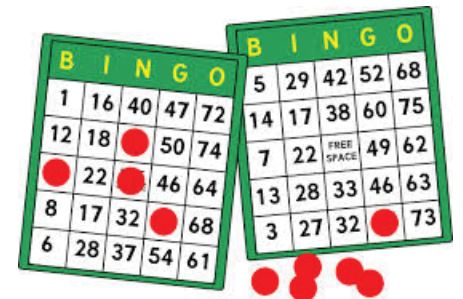
Lorelei-Beaumaris Community Hall (16220 – 103 Street)

Once the old board has completed their 2015 commitments and all board positions for 2016 are filled with willing, committed volunteers then, and only then, will Sports Registrations happen. We cannot run programs or offer activities including soccer and softball if we don't have volunteers to take care of all the details and maintain a community league. Please don't wait for someone else to step forward, we need you!

Late Registrations:

Sunday March 6 10:00am - 12:00pm and Wednesday, March 9 7:00 - 9:00pm  
Note: Late registrants will be required to complete 2 parental commitments

## Bingos & Help Wanted



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

**Friday, February 5**  
**Saturday, March 19**  
**Thursday, April 14 & 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).

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

## Outdoor Rinks in Lorelei

Lorelei-Beaumaris has two ice rinks available for you! Access to the rink is free with your 2015-16 skate tag or community membership card; a drop-in fee for non-members is available. We have some skates and helmets available to lend if you need some gear.

Rink hours:

Saturday 1:00 – 6:00 pm  
Sunday 1:00 – 5:00 pm  
Tuesday 6:00 - 9:00 pm  
Thursday 6:00 – 9:00 pm

The rink will be closed at -20°C w/ windchill or above +1, or in heavy snow conditions. Please check out our facebook page: <https://www.facebook.com/loreleibeumaris> for rink updates.



# Lorelei-Beaumaris Community Playschool OPEN HOUSE



Classes Offered (9:00am-11:15am):  
3/4 year olds Tues & Thurs  
\$90.00 (2015 fees)  
4 year olds Mon/Wed/Fri \$135.00  
4 year olds Mon to Fri \$225.00

OPEN HOUSE will be held on  
TUESDAY, MARCH 8 from 6:00pm  
- 8:00pm

For information please visit the  
playschool website at [www.lorelei-beaumarisplayschool.com](http://www.lorelei-beaumarisplayschool.com) or their  
Facebook page at:  
<https://www.facebook.com/pages/Lorelei-Beaumaris-Playschool/1413656922252856>

## 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 is-  
sue's location.  
By doing this, you're helping us to better as-  
sess, 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*

## Lorelei-Beaumaris Board of Directors – November 2015

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

If you are having problems with contacting anyone please contact Arlene 780-478-1282 or email  
[comm1bcl@gmail.com](mailto:comm1bcl@gmail.com)

## Lorelei-Beaumaris Community Memberships

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

## 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 book-ings 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, glass-ware, 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](mailto:hallrentalslbcl@gmail.com) If you would like to see photos of the hall from various angles to get a feel for it please visit our photos on our web-site at [www.lbcl.ca](http://www.lbcl.ca) or on our Facebook page located at <https://www.facebook.com/loreleibeumaris>

EDMONTON

## Free Drop-In Learn to Skate Program

**Lorelei Beaumaris**  
16220 103 Street

Join us at your community rink for a skating experience that will teach basic skating skills through fun and games!

No experience necessary

**Sundays**  
9:00am – 12:00pm  
January 10<sup>th</sup> – February 28<sup>th</sup>  
No programming on Family Day Weekend (February 14<sup>th</sup>)

\*Outdoor Programming will cancel at -20°C with the wind chill.\*  
Thank you to the Lorelei-Beaumaris League for use of their facility.

**\*Participants must have their own skates. A CSA approved helmet is mandatory for participation\***

## Outdoor Sports Team Organization and Coaching

- a) Depending on the number of players & coaches registered in each community, players will be amalgamated to form complete teams. Every effort is made to place kids on teams from your community. However if there are not enough kids then all the leagues in the area cooperate to build teams so everyone has a chance to play. If you want local teams in your home community, you and your child are the best recruiters we have.
- b) You have the right to have your child play where you want when possible and can request a transfer to play in the community league of your choice but you are expected to register in the community league where you live to do your “home” volunteer commitments and to have a community membership from your “home” community.
- c) Teams are not filled on the basis of skill or experience. Players are not seeded or tiered. Children are placed on to teams based on year of birth and availability of a team.
- d) We rely on volunteers to fill the positions of coach, assistant coach, manager, etc... We are not responsible for the quality of your child’s coach or team. We meet the requirements of the overseeing organization. If you would like to volunteer to coach or assist to help ensure that your child has a great experience, please indicate so on your registration form.



e) Coaches are always needed and welcome. If you are interested in coaching please sign up during the registration dates. Anyone 18 years and older is eligible to coach including former/current players. Assistant coaches/team helpers can be anyone aged a minimum of 2 years higher than the age group they want to do. The commitment is approximately 2-4 hours per week which is for practice and games depending on the age group.

f) All head coaches must complete a police records check and for soccer they must also complete a coaching course appropriate to the age of the team. There is no personal cost for the records check and the cost of the coaching course will be reimbursed by the community league once the course is completed. All

coaches, assistant coaches, managers and bench parents must fill out a police check form. The police check must be done to be eligible to be on the bench with the players.

## 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?

## Lorelei-Beaumaris Outdoor Sports Registration

We will be accepting registrations for Outdoor Soccer and Softball on the following dates:

**AGM and Regular Registration: Tuesday, February 23, 6:30pm**  
**Late Registration: Sunday, March 6 from 10:00am – 12:00pm**  
**Late Registration: Wednesday, March 9 from 7:00 - 9:00pm**

*(Note: Late Registrations require 2 parental commitments per late registration)*  
**Registrations are at Lorelei-Beaumaris Community Hall Rink Shack 16220-103 St.**

All Registrations MUST complete the pre-registration online and bring two copies printed prior to registration events. Visit EMSA North to register <http://emsanorth.com/> Edmonton Minor Soccer Association (“EMSA”) runs the community based indoor soccer program. EMSA and communities cooperate to provide this program for children in the area.

Registration Requirements:

1. A Valid Community Membership for Sept. 2015 – Aug. 2016 (available for \$25)
2. Deposit cheque for \$200.00 per Parental Commitment
3. A cheque or cash for Registration Fees
4. Age verification for player (Alberta Health Care card, Passport, Birth Certificate, etc.)

Note:

- A) Registration cannot be accepted without all pieces of information or without all financial commitments being made in the form of cash or cheques.  
B) There are no refunds for fees or commitments once registration has been done.  
C) We are unable to accept debit or credit card payments; cash or cheques only.  
D) Each regular registration requires 1 parental commitment  
E) Each late registration requires 2 parental commitments

## Youth head injuries during sport and recreation

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

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

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

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

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

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

For more information on concussions go to [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca).



## Community Soccer Information

Age	Categories	Playing Days	Cost	Game Format
U4	2012	TBA	TBA	In-house learning program
U6	2010 & 2011	TBA	TBA	3 vs 3 modified field (2 x 20 min)
U8	2008 & 2009	TBA	TBA	4 vs 4 modified field (2 X 20 min)
U10	2006 & 2007	TBA	TBA	7 modified field (2 X 25 min)
U12	2004 & 2005	TBA	TBA	8 vs 8 modified field (2 X 30 min)
U14	2002 & 2003	TBA	TBA	11 vs 11 full field (2 X 40 min)
U16	2000 & 2001	TBA	TBA	11 vs 11 full field (2 X 45 min)
U18	1998 & 1999	TBA	TBA	11 vs 11 full field (2 X 45 min)

The season is tentatively set to start on May 1, 2016. If the season start is delayed, tentative play days may be changed.

- The playing days are tentative and are subject to change at any time and may be scheduled on different days than the standard day.
- Generally the season runs from early May until the end of June. U10 and older may continue until late July with city playoffs and intercities.
- Soccer Fees typically include:  
1 pair of socks, individual/ team photo, general league fees, and U10 – U18 includes referee fees.
- All players must wear shin pads and running shoes or non-metal cleats. U4 & U6 runners only.
- Rainouts: Games are only declared a “rainout” if the City of Edmonton has closed the fields as of 4:30 pm on the day of the game. If it starts raining after the 4:30 pm players are required to show up for the game and then have the ref call the game. Please don’t assume a game is cancelled because it’s raining. You can check the city website, but make sure you check after 4:30 pm. Rain Out number: 496-4999 Ext. 1 <http://coewebapps.edmonton.ca/external/facilitynotifications/default.aspx?args=4>  
Should a game not be played due to field conditions, rain, or no referee showing (and no substitute available) then there is an automatic reschedule of the game.



### Questions?

You can contact the soccer directors for Lorelei-Beaumaris by email – [soccer@lbcl.ca](mailto:soccer@lbcl.ca)  
You can check out the Edmonton North Zone Soccer website <http://www.emsanorth.ca/>

## Better Choices, Better Health now available online

Free workshop for Albertans managing chronic conditions

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

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

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

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

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

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

Based on Stanford University’s Chronic Disease Self-Management Program, the Better Choices, Better Health®-Online workshop covers:

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

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

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

## Youth and video games



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

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

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

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

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

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

## Community Softball Information

Level	Year Born	Cost
U6 (T-Ball)	2010 or earlier	To Be Determined (TBD)
U8 (Coach Pitch)	2008-2009	TBD
U10 (Mite)	2006-2007	TBD
U12 (Squirt)	2004-2005	TBD
U14 (Pee wee)	2002-2003	TBD
U16 (Bantam)	2000-2001	TBD
U18 (Midget)	1997-1998-1999	TBD

We are hoping to continue to grow our Softball Program. Last year we had one in-community team but we would like to have more. If we don't have enough registrations, players will be transferred to the nearest accepting community league.



## Using Neighbourhood Interactive Map

Explore Edmonton using the neighbourhood interactive map. [http://edmonton.ca/for\\_residents/neighbourhoods/neighbourhood-maps.aspx](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.

## 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

## 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](http://www.edmonton.ca/lap)
- 780-496-4918
- 14th floor, 10004 – 104 Avenue, Monday-Friday, 8:30am-4:30pm

## 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.albertahealthservices.ca/4938.asp](http://www.albertahealthservices.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.





## 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](http://www.myhealth.alberta.ca) or call 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](http://ImmunizeAlberta.ca).

[ImmunizeAlberta.ca](http://ImmunizeAlberta.ca) was designed for, and is based on, insight and feedback from Albertan parents.

Whether it's a simple question about the childhood immunization schedule or what to expect after your child gets immunized, uncertainty about the real risk of diseases, or concerns about immunization safety: [ImmunizeAlberta.ca](http://ImmunizeAlberta.ca) has the info you need.

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

## Healthy After School Snacking

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

- Try to offer snacks at least 2 hours before a meal to prevent your child from being too full at meal time.
  - Aim to choose foods from 2 of the 4 food groups from Canada's Food Guide at snack time.
  - Wash and slice vegetables and fruits; store them in a container in the fridge so they are easy to grab on the go.
  - Keep a small supply of non-perishable snacks such as un-salted nuts, pretzels, or whole grain crackers in a sports bag so your child can have a quick snack before activities or sporting events.
- Plan ahead by stocking your fridge and cupboard with items that can be used to make these quick and healthy snacks:
- Low-fat cheese to eat with whole grain crackers, mini whole grain pitas, or apple slices.
  - Peanut butter spread on a whole wheat tortilla and rolled around a banana.
  - Low-fat yogurt with fresh, frozen, or canned fruit.
  - Pair snacks with water, milk, fortified soy beverage, or 100% fruit juice. Limit juice to ½ cup (125 mL) per day.

For more information about healthy snacking, please visit:

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-snacking.pdf>

For more information on Healthy Eating, visit: <http://www.albertahealthservices.ca/2914.asp>

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



**www.beamingbeauty.ca**

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