

CASTLE NEWS

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

July 2016



Published by Calder Publications. For advertising please call 780-434-9732 or email info@communityleagueneews.com

Congratulation Carlisle U-18 Girls

Congratulations to the Carlisle U18 Girls team for winning Gold in the KYSA Tournament in Kamloops, BC May 20-23



City of Edmonton Programs

A great tool for finding programs with the City of Edmonton is a Build Your Custom Program Guide with City of Edmonton programs, check it out here:
<http://www.myrecguide.ca/guide/program-guide.php>

Don't want to commit to 8-12 weeks of a program? Why not find out more about Community Drop-In Programs check out:
http://www.edmonton.ca/activities_parks_recreation/drop-in-community-programs.aspx

There are also many summer camps available through the City of Edmonton including camps at various recreation centres, the zoo, arts centre, museums, Fort Edmonton, river valley, Muttart Conservatory and more! Please see the City of Edmonton Summer Day Camp Guide for information.
http://www.edmonton.ca/activities_parks_recreation/documents/PDF/SummerDaycampsGuide.pdf

Canada Day July 1

Castle Downs

Party In The Park

Free Fun For All

12 noon to 4 pm

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

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

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

Baturyn News

Baturyn Community League Contacts

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

Mailing Address	Hall Address	General Contact
P.O. Box 36030 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

Baturyn Contact List

President	Courtney	president@baturyn.ca
Vice President	Vacant	vicepresident@baturyn.ca
Secretary	Tricia	secretary@baturyn.ca
Treasurer	Trevor	treasurer@baturyn.ca
Administration/Facilities	Earl	admin@baturyn.ca
Communications/Webpage	Paul	communications@baturyn.ca
Communications/Facebook	Angela	communications@baturyn.ca
CDRS 1	Angela	cdrs_1@baturyn.ca
CDRS 2	Vacant	cdrs_2@baturyn.ca
Finance Director	Vacant	finance@baturyn.ca
Social Director	Savehana	social@baturyn.ca
Sports Director	Lynn	sports@baturyn.ca
Volunteers Director	Nicole	volunteers@baturyn.ca
Membership	Vacant	membership@baturyn.ca
Membership - On line	Val	membership@baturyn.ca
Softball Director	Melissa	softball@baturyn.ca
Soccer Director	Candice	soccer@baturyn.ca
Bingo Chair - 1	Holly	bingo@baturyn.ca
Bingo Chair - 2	Vacant	bingo@baturyn.ca
Variety Show - 1	Savehana	varietyshow@baturyn.ca
Variety Show - 2	Lynne	varietyshow@baturyn.ca
Hall Rental Coordinator	Jan	rentals@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

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>

2016 SUMMER DAYCAMPS



Create. Learn. Move. Discover. Play.

**Kids do it all at
City of Edmonton daycamps.**

Register Today.
edmonton.ca/daycamps
311



Baturyn Playschool

Registration

Spots are filling up fast at Baturyn Playschool! Register your 3 or 4 year old child for playschool beginning September 2016 by calling Crystal at 780-803-3894 or emailing bcps.cochair@gmail.com.

Annual General Meeting

The Baturyn Playschool AGM and registration will take place at the Baturyn Community Hall: 10505 172 Ave, Aug.24th at 7:00 PM (doors open at 6:00 pm). This meeting is mandatory for registration for the 2016/2017 school year (please ensure your child is represented at this meeting even if you have pre-registered)


Baturyn Community Playschool offers a *learn through play* program that celebrates the uniqueness and creativity of every child. We are committed to helping young children develop social skills, share new experiences, make new friends, and be prepared for kindergarten.

Find us online:
bauryenplayschooledmonton.weebly.com
facebook.com/BaturynCommunityPlayschool


“WENDESDAY WALKS”

every week at 6:30pm,


Join your friends and neighbours for a community walk each Wednesday at 6:30pm. Starting location will vary, so check Facebook for the latest updates or contact Courtney at 780-278-6888 to find out where we're meeting each week! All ages and abilities welcome!




CASTLEDOWNS Dental Centre



Dr. Tarek Tarchichi
www.castledownsdentalcentre.com
780-456-2990
11816-145 Ave






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



Dental Centre Hours
Monday to Friday 8 am to 5 pm
Saturdays 9 am to 4 pm
We are closed on Sunday & Public Holidays

At Castledowns Dental Centre, We are more than glad to offer you the following services:

- Root Canal Treatment
- White Fillings
- Wisdom Tooth Extractions
- Partial Dentures
- Dental Implants
- Sedation
- Crown & Bridges
- Veneers
- In office Zoom Teeth Whitening

We Accept:   

In December 2015, the EndPovertyEdmonton Strategy was unanimously approved by City Council. On May 24, Council approved a road map that will guide these community efforts to achieve this goal. This year, the project will transition from a task force into a strategy. Starting in 2017, the strategy will be implemented, and the goal is to bring 10,000 people out of poverty in Edmonton by 2021.

The goal of lifting 10,000 people out of poverty in five years acts as a marker. It is a clear goal, a tangible number in which the vision can be gauged. The project will be assessed by looking at the economic, social, and cultural indicators of change. The action plan provides five goals of the strategy, each with broad based actions to achieve that goal. Each action is given a timeline, potential partners, and a total cost estimated to achieve that goal.

Achieving this goal is going to take a lot of work, it is going to need a lot of support, and it is going to require acknowledgement of topics that are uncomfortable and messy. Poverty is cyclical. It takes time, effort, and resources to break the cycle, which is why all types of support from all levels for this project is important.

Something that everyone can do is recognizing the stigma and assumptions that surround poverty. We need to realize that there are situational, historical, and societal circumstances that contribute to poverty. Succeeding in eliminating poverty must first come with the acknowledgement that poverty comes from so much more than personal choices and laziness. It is going to require a shift in mentality, conversations about uncomfortable topics—such as residential schools, child poverty, and street-workers-- with openness and without judgment. The elimination of poverty will require taking responsibility, as a collective and as individuals, for history, for what our societal system perpetuates and fosters, and for the stigma that we as a group and as individuals place upon those whose situations we cannot understand.

I am proud that this initiative is receiving so much support. If you have any questions, you can visit the initiatives website at endpovertyedmonton.ca, or you can contact my office at dave.loken@edmonton.ca or at 780-496-8128.



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



LCDS Preschool & Kindergarten

13931-140 St. (By Leon's)

Did you miss Preschool or Kindergarten registration?

Is your child 3, 4 or 5 years old?

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

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





For More Information or to Register
780-473-7216 or www.lcdskids.com

Oral Health: it's about more than the Mouth

Most of us know that diet and exercise play an important role in keeping us healthy. Did you know that a healthy mouth is also an important part of your overall health?

Although the mouth is part of the body, we often think of it as something separate. Mounting evidence tells us otherwise.

Poor oral health is not only associated with potentially significant and lifelong health problems such as diabetes, heart disease and respiratory illness, it has also been linked to pre-term and low-birth-weight babies.

Anyone who has experienced poor oral health can also attest to the negative impact it has on overall quality of life. Mouth pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes, affecting their physical, mental and social well-being. Oral health problems can also be a sign of something more serious, including oral cancer.

The good news? Good oral health is something we can all maintain. Make it a habit to brush teeth at least twice a day (in the morning, and before bedtime), and be sure to visit an oral health professional regularly, for routine cleanings and check-ups.

If you are experiencing signs of oral health concerns, including bleeding gums or irritation or pain in the mouth, don't ignore it. Visit an oral health professional.

To help prevent tooth decay in children at higher risk and in financial need, AHS delivers a preschool fluoride varnish program for eligible children aged 12 to 35 months, and a school-based fluoride varnish and dental sealant program for children in Kindergarten to Grade 2 and Grades 1 and 2, respectively.

For tips on proper brushing and flossing technique, and the importance of routine dental care, visit www.myhealth.alberta.ca and search "mouth and dental health".

ALL SAINTS LUTHERAN CHURCH

13850 119A St NW - Edmonton

(780) 465-3688

Find us on Facebook
facebook.com/allsaintsedmonton



Sunday's Schedule:

9:15am Bible Study for adults.
Sunday School for children(Sept-June)
10:30am~11:30 Divine Service
11:30am Coffee & Fellowship

Vacation Bible School!
For more info, and to register, Find us on Facebook!

A summer Camp centered on the love of Jesus. Activities include: Captivating Bible stories, creative crafts, entertaining sing-alongs, and tasty snacks. For children ages 4-12, August 15th-19th, 9am-noon at All Saints Lutheran Church.

- No previous knowledge of the Bible is necessary -

INNOVATION PHYSICAL THERAPY

is proud to welcome
NELSON WONG and MELISSA VOLL
to our Nmao office!




Nelson and Melissa are now accepting appointments for their Castledowns patients!
Call 587-524-8200 to schedule your appointment today and Love Getting Better!



209, 15823 – 97 STREET NW
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	VACANT	softball@caernarvoncommunity.com
Bingo	Lynne Hellyer	bingo@caernarvoncommunity.com
Equipment	Johnny Borrelli Darcy Sommer Sandi Reda	equipment@caernarvoncommunity.com
Hall Rental	Jennifer Schell Danny Burrell	rental@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	VACANT	social@caernarvoncommunity.com
Variety Show	Pam Irwin	varietyshow@caernarvoncommunity.com
Casino	Amanda Evans	casino@caernarvoncommunity.com
Website	Sarah Hunczak	webmaster@caernarvoncommunity.com
Book Keeper	Sue Jorgenson	bookkeeper@caernarvoncommunity.com

Website!

Our website at www.CaernarvonCommunity.com has had yet more 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

Facebook users, keep up to date in our community with registrations, events, sports and so much more! Look up "Caernarvon Community League" and select Like!

The Caernarvon Playground

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

Hall Rental

If you're looking for a site to host your next big event, give the Caernarvon Community Hall a try! It is wheelchair accessible, with a 50m x 60m space to seat up to 270 guests, or 200 guests for dining and dancing. There is also a Boardroom that can seat up to 25 guests.

The Hall includes a Full Commercial Kitchen with gas stove & 2 ovens, a Wet Bar, a Coat Room, a Raised Stage, and a Sound System with wireless Microphone. Also available is a Large BBQ and a Theatre Popcorn Machine.



Call Evan at 780-456-3435 or email rental@caernarvoncommunity.com if you have questions or would like an appointment to view the facilities (please leave a message).

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

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.

BIG BIN

There will be a Big Bin event on July 16th from 10:00 AM to 4:00 PM, including an Eco Bin.

Accepted Materials:

- ☐ Couches, chairs, mattresses, and other household furniture items too large for curbside pickup
- ☐ Fridges, freezers, washers, dryers and other large household appliances (will be recycled)
- ☐ Computers, televisions and other household electronics (will be recycled)

Carlisle Community will be hosting a Shred Event at the same time as Caernarvon's Big Bin, so if you have documents you need to dispose of safely, check out Carlisle's information!

If you miss this event, the City of Edmonton also hosts Big Bin events throughout the summer in various locations. Please check http://www.edmonton.ca/residential_neighbourhoods/garbage_recycling_waste/big-bin-events.aspx for more information.




ZIAD ABOULTAIF
Member of Parliament for Edmonton Manning

**WORKING FOR YOU
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

MEMBERSHIPS

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



BENEFITS OF MEMBERSHIP

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

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

Swim Times:

- Grand Trunk Sunday 4:15pm-5:15pm
- Grand Trunk Friday 7:00pm-9:00pm
- Grand Trunk 8:00am-10:00am (aqua-size)
- 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, play schools, youth, seniors, you name it!

SUMMER CAMPS

There are three summer camps this year at Caernarvon Community League Hall, including two full day camps! If interested, call 311, and make sure you have the code handy.

- ☐ Rumble in the Jungle Camp (ages 4 years to 6 years)
July 18 - 22, M/Tu/W/Th/F, 1:30 PM - 4:00 PM
\$80.00 (General), code 559953
- ☐ Mission Control Camp (ages 6 years to 10 years)
July 4 - 8, M/Tu/W/Th/F, 9:00 AM - 4:00 PM
\$144.00 (General), code 559987
- ☐ Summer Survival Camp (ages 6 years to 10 years)
August 15 - 19, M/Tu/W/Th/F, 9:00 AM - 4:00 PM
\$144.00 (General), code 559993

BINGO OPPORTUNITIES

We are looking for volunteers to work up-coming Bingo nights. If you are interested in earning some extra Caerny Bucks, please call Lynne at 780-641-4996.

MOVIE NIGHT

Our next Free Movie Night is July 8th. The Hall doors open at 6pm, and the movie starts at 6:30. Snacks are available for purchase.

POST-SECONDARY SCHOLARSHIPS

The purpose of the Caernarvon Community League Post-Secondary Scholarships is to recognize well-rounded individuals of any age who are active in their communities. The selection committee is looking for that person who is not necessarily the star of the sports team but shows up for every game and tries his/her best.

The Caernarvon Community League invites applications for two (2) awards of \$500.00 each. These scholarships are for use at an accredited university or college program. All monies will be paid directly to the institution.

Candidates MUST:

- a) Be enrolled in a post-secondary institution for the 2016-2017 academic year;
- b) Be a member of an Edmonton community league; and
- c) Submit a written essay of about 1000 words describing why they believe Community Leagues are important to the well-being of the community. The essay should demonstrate the candidate's positive attitude, good communication skills, and describe their involvement in their community. (Involvement may include volunteering, arts, and/or sports related activities.)

Please forward your essay with full contact information to president@caernarvoncommunity.com no later than August 1, 2016.

GREEN SHACKS

A full-day Green Shack will be stationed at Caernarvon this summer starting July 4, Monday to Friday, 10:00 AM to 6:00 PM.

SPORTS REGISTRATION

There will be three opportunities to register for winter sports. Please remember, BEFORE arriving for registration, you will need to pre-register at <http://emsanorth.com/play/register/>.

- ☐ Wednesday, August 24th, 6-9pm
- ☐ Sunday, September 11th, 2-5pm
- ☐ The third opportunity will occur in late September, date TBD

COMMUNITY DAY

We will be hosting a Community Day on September 11 from 2-5pm. Come celebrate and get to know some new neighbours! Food and drink will be provided.

VOLUNTEER OPPORTUNITIES

There are currently several vacant positions on the Caernarvon Community's Board, particularly those of Social Director, Maintenance, and Ball Director. If you are interested in any of those positions, please contact Evan at president@caernarvoncommunity.com for more information.

3-PITCH TOURNAMENT

Our annual 3-Pitch Tournament was held on May 13th and 14th. Thank you to all the teams and fans for enjoying a fabulous spring weekend with us, we look forward to seeing you all next year!



North Central Early Years Coalition

Self Control is the skill kids need most to succeed in school and life.*

Parental tips for encouraging self control can be found at :

<http://www.urbanchildinstitute.org/articles/perceptions/kindergarten-readiness-is-more-than-academic>

* Source: [http://web.stanford.edu/group/sparklab/pdf/Tarullo,%20Obradovic,%20Gunnar%20\(2009,%200-3\)%20Self-Control%20and%20the%20Developing%20Brain.pdf](http://web.stanford.edu/group/sparklab/pdf/Tarullo,%20Obradovic,%20Gunnar%20(2009,%200-3)%20Self-Control%20and%20the%20Developing%20Brain.pdf)

To learn more about the Coalition or to get involved please contact us at:

ncarlyyears@gmail.com

or visit our website www.earlychildhoodedmonton.ca/northcentral/

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

Carlisle Fall Sports & Program Registration Saturday, July 16th Noon - 4 PM

Come out to the Carlisle Community Hall 14240 - 117 St. Meet your neighbours & have some fun. There will be a BBQ, bouncy castle, glitter tattoos & shredding event.
Fun for the whole family

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

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 14240-117 St
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

Sunbeds and skin cancer

Child getting ready for graduation? Think you need a tan before your vacation? No matter what the motivation now, it's not worth risking skin cancer in the future.

UVR exposure through indoor tanning equipment has been linked to all forms of skin cancer, and the International Agency for Research on Cancer of the World Health Organization has placed UV tanning beds into its highest cancer risk category, "carcinogenic to humans," thereby ranking tanning beds equal to well-known carcinogens like asbestos and tobacco.

The risk of getting skin cancer is consistently higher among those who started using sunbeds at an earlier age, and for a longer time. In fact, the use of tanning equipment before the age of 35 increases the risk of melanoma, the deadliest form of skin cancer, by 59%. Unfortunately, many young people are still "fake tanning" anyways.

While many teens are aware of the effects of overexposure to UV rays, they don't see their trip to the tanning salon before graduation or vacation as dangerous. But, every trip adds up—any more than 10 tanning sessions can double the risk of Melanoma, the deadliest skin cancer.


Talk to your kids about skin cancer, and be a healthy example. Here are some facts you can share with your kids:

Tanning beds are NOT a safe way to get your vitamin D. Why increase your risk of skin cancer when taking a vitamin D supplement is safer and cheaper?

Artificial tanning is more dangerous than the sun. Some tanning beds emit 10-15 times more UVA radiation than the midday sun. That means eight minutes in a bed is like 1-2 hours on a beach—without sunscreen.

It has been estimated that an indoor tan offers a sun protection factor (SPF) of only 2 – 4, while an SPF of 30 is the minimum sunscreen recommended. Plus, a base tan is created only at the expense of further skin damage, some of which will be permanent and additional damage to DNA.

To learn more – including how to talk to your teen – visit <http://www.thebigburn.ca/indoor-tanning-101/>



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



Carlisle U18 Summer Sizzle Winners

Congratulations to Carlisle U18 Girls team for winning Gold in the Summer Sizzle Tournament June 10-12



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.

Tuesday, June 28
Friday, July 15
Saturday, August 13
Monday, September 19



Upcoming Events

July 1st Canada Celebration
Castle Downs park 11520 153 Ave

August 10th Board Meeting
7 pm Gateway Alliance Church

August 25 Movie night
in Carleton Park 139 Street and 160 Ave (Star Wars Themed, so show up in as your favorite character)

Under Construction

There is currently construction underway for the new school near Hudson Park. This is affecting the Spay Park, we apologize for any inconvenience and have been reassured the city is working quickly to get the park back up and running.

Fall Registration

We will be holding Fall registration for Soccer at the end of August. 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. Memberships will also be available for purchase the day of registration.

We are currently in need of volunteers for Registration, if you are interested in getting your volunteer commitment done early please email volunteer@cocl.org and we can schedule your volunteer commitment for the fall Registration. Your commitment will then go towards Fall registration.

Current City Surveys

Help the City of Edmonton build an even better city by becoming a member of the Edmonton Insight Community. Complete online surveys on City policies, initiatives and community issues. Open to all Edmontonians, over the age of 15. Registration is quick and easy at www.edmontoninsightcommunity.ca

In addition to the Edmonton Insight Community surveys, the City of Edmonton uses a range of survey tools and approaches to gather input from Edmontonians. To view and complete these surveys as they appear please visit and bookmark: Edmonton.ca/Surveys

- Transit Strategy Exploring Trade-offs Survey
- Property Owner Feedback Survey – Property Taxes
- BREATHE – Open Space Plan Survey
- Mature Neighbourhood Overlay Review Survey
- Traffic Safety Culture Survey

Hidden Talent Fine Art School

Summer Art Camp • Ages 6-12 yrs.

1:00-3:00pm • Monday to Thursday

Limited to 12 students per class.

Drawing, Pen and Ink, Watercolor, Acrylics

Different projects each week!

\$135 + GST (Eligible for the Art Tax Credit)

July 14 - July 17 • July 21 - July 24

July 28 - July 31

ALL SUPPLIES INCLUDED

Adult/Teen Summer Art Sessions

Speed Painting and Realistic Painting & Drawing

4 weeks \$125 + GST (Drop ins welcome – \$35+GST)

Tues 9:30 - 12:30 OR 6:00 - 9:00; July 15 - August 5

Wed 9:30 - 12:30 OR 6:00 - 9:00; July 16 - August 6

#107-25 Chisholm Avenue, St. Albert
Call to Register 780-419-2055

Helping your child deal with stress

Childhood isn't all fun and games. Even young children can feel worried and stressed. Stress can come from outside, such as family, friends, and school. It can also come from children themselves. Just like adults, children may expect too much of themselves and then feel stressed when they feel that they have failed.

How can you help your child with stress?

Adults can help children and teenagers with stress in many ways. Three important things you can do are to:

- Try to reduce the amount of stress in your lives.
- Help them build positive coping skills.
- Teach them to let stress out.

Reduce the amount of stress in your lives

- Acknowledge your child's feelings. When children seem sad or scared, for example, tell them you notice they are sad or scared. If appropriate, reassure them that you can understand why they would feel sad or scared.

- Develop trust, and let your child know that mistakes are learning experiences.

- Be supportive, and listen to your child's concerns. Allow your child to try to solve his or her own problems, if appropriate. But offer to help and be available to your child when he or she needs you.

- Show love, warmth, and care. Hug your child often.

- Have clear expectations without being too strict. Let your child know that cooperation is more important than competition.

- Don't over-schedule your child with too many activities.

- Be aware of what your child wants (not just what you want).

Build positive coping skills

It is important to help children learn positive coping skills. These skills are often carried into adult life.

- Provide a good example. Keep calm, and express your anger in appropriate ways. Think through plans to reduce stress, and share them with your family.

- Teach them about consequences. Children need to learn about the consequences—good and bad—of their actions. For example, if they do all of their chores on time, they will get their allowance. If they break another child's toy, they must find a way to replace it.

- Encourage rational thinking. Help your children understand what is fantasy and what is reality. For example, help them see that their behaviour did not cause a divorce, or that they are not failures because they were not picked first for something.

- Provide them with some control. Allow your children to make choices within your family framework. For example, allow them to arrange their rooms, choose family activities, and help make family decisions.

- Encourage them to eat healthy foods, and emphasize the importance of a healthy lifestyle.

Get the stress out

Finding ways to get stress out of their systems will help children feel better. The best ways to relieve stress are different for each person. Try some of these ideas to see which ones work for your child:

- Exercise. Regular exercise is one of the best ways to manage stress. For children, this means activities like walking, bike-riding, outdoor play, and individual and group sports.

.... H A P P Y
CANADA DAY

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COOPER MP
ST. ALBERT—EDMONTON

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MICHAEL.COOPER@PARL.GC.CA WWW.MICHAELCOOPERMP.CA
PH: 780-459-0809 FX: 780-460-1246

- Write or draw. Older children often find it helpful to write about the things that are bothering them. Younger children may be helped by drawing about those things.
- Let feelings out. Invite your child to talk, laugh, cry, and express anger when he or she needs to.
- Do something fun. A hobby can help your child relax. Volunteer work or work that helps others can be a great stress reliever for older children.

- Learn ways to relax. This can include breathing exercises, muscle relaxation exercises, massage, aromatherapy, meditating, praying, yoga, or relaxing exercises like tai chi and qi gong.
- Laugh. Laughter really can be the best medicine. You can be a good role model in this area by looking for the humour in life. Your child can learn this valuable skill by watching you.



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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 tricycles 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.

Vehicle Renewal Notices are NO Longer Sent By Mail



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- Porcupine quill removal
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- Hill's & Medi Cal prescription Food



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	780-982-6260
VICE PRESIDENT	Sabrina Boutillier	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 Korpesio	780 444-9212
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	780-444-9212
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**

**Dates are as follows:
June 29th, July 20th, &
August 14th 2016**

**All Bingos are at Kensington Bingo Hall
unless otherwise stated.**

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
Ballet & Tap Dance	3-5	6:15-7:00	\$120	Tuesday	Dunluce Hall	Long sleeve body suit, pink tights & tap or ballet shoes

City Services & General Information

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

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

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

FOLLOW US! LIKE US!

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



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INDOOR SOCCER & PROGRAM REGISTRATION MEETING

Tuesday, September 6, 2016

6:30 pm

Dunluce Hall, 11620 – 162 Avenue

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

(1) Purchase a \$25.00 Dunluce membership fee (cash/ cheque), valid Sept 1/16 to Aug 31/17, one per household.

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

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

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

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

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

Visit Dunlucecl.ca for fees, ages and game nights



DUNLUCE PRESCHOOL

Time for play



- a qualified, experienced, energetic and creative Early Childhood Educator
- a great facility- well equipped with lots of room to play
- movement to music, drama, exercise, sports, singing and finger 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.

Lorelei Beaumaris News

Scrapbooking and Paper Crafting



Want a great way to escape the hustle of life and capture the moments that will last a lifetime? Join the creative crew at Lorelei hall 16220-103 street for an upcoming mini-retreat on:

Saturday, June 18

Saturday, September 24

Saturday, November 19

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

City of Edmonton Programs in Lorelei

Summer Green Shacks

Lorelei Park and Beaumaris Park will be getting a Green Shack Program again this summer! More information coming soon.

Flying Eagle Program

The program offered through the Green Shack Program, it gives children the opportunity to learn more about Aboriginal cultures and heritage through games, crafts and other recreational activities.

Using the medicine wheel as a guide, Flying Eagle staff help program participants explore traditional Aboriginal practices, such as making bannock and dream catchers and taking part in Aboriginal sports like lacrosse. More information coming soon.

Youth Shack Summer Program

A YEG Youth Shack will also be in the Lorelei neighbourhood, located near May But-terworth School. More information coming soon.

Free Community Volunteer Training

If you are aware of a group of individuals who would like to get some training on how to do face painting, or lead games during special events then let me know! I can arrange FREE training for the group and they will get a certificate at the end of their training. Training can also include - Learn to Skate, Bike Safety, Fun Bag training, bannock mak- ing, etc.

<https://www.mailoutinteractive.com/Industry/LandingPage.aspx?id=2068742&p=1>

Other Programs

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

Get Involved in Your Community

Vacant Board Positions

Castle Downs Recreation Representative. If you are interested in the overall picture of what is happening in Castle Downs from park up-grades, LRT extension, YMCA happenings, to the Pavilion, and Griesbach development, as well as spe- cial events and programs then this would be a great position for you. It does not require a ton of time but you will find it very rewarding to be part of some- thing bigger. If you would be interested in joining our Board of Directors as a CDRS Rep please contact Oksana at 780-990-4696 or email: comm1bcl@gmail.com



Additional Volunteers

If you would like to join the ranks of our Bingo volunteers at Kensington Bingo Hall for

Monday, August 29 (4:45-9:30) or

Wednesday, September 14 (4:45-9:30)

contact Jennifer at 780-720-7843 or email: bingolbcl@gmail.com

\$25 Tiger bucks will given for each volunteers spot filled. Tiger bucks can go towards soccer registration or hall rentals.

Canada Day Celebration is a great opportunity to dedicate a couple of hours of your time to your community! We need peopel to help us set up (at 9am) and take down (at 3pm). We are in need of 6 vounteers in total. Please contact Lorna at **(780)457-1039 or email cocodog20@shaw.ca**

New Ideas and Activities

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

Bingos

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

Monday, August 29 (4:45-9:45)

Wednesday, September 14 (4:45-9:45)

If you are scheduled for a bingo, Jenni-fer will give a courtesy phone reminder about a week prior (to the number you wrote down at registration time. You also have your parental commitment date on your copy of the registration form). For bingo inquiries please contact Jennifer at 780-720-7843 or email: bingolbcl@gmail.com

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

We currently need Bingo volunteers for

Monday, August 29 (4:45-9:30)

Wednesday, September 14 (4:45-9:30)

\$25 Tiger bucks will given for each volunteers spot filled. Tiger bucks can go towards soccer registration or hall rentals. Please contact Jennifer at 780-720-7843 or email: bingolbcl@gmail.com

Memberships and Email News

Memberships are available and are valid until August 31, 2016. Family memberships are \$25 and singles or seniors are \$15. To purchase a Lorelei-Beaumaris community league member-ship please email vicepresidentlbcl@gmail.com. You may also purchase family memberships online by visiting <http://efcl.org/membership> (\$2 adminis- tration fee) and we will deliver the card to you (single or senior memberships are not available online).

Email News If you would like to receive our email news please email a request to communications@lbcl.ca or complete the consent form by visiting our website at



Register today for the 2016-17 school year for a great playschool program for your little one!
Classes Offered (9:00am-11:15am):
3/4 year olds Tues & Thurs \$90.00
4 year olds Mon/Wed/Fri \$135.00
4 year olds Mon to Fri \$225.00
To register, please call Heidi at 780-475-7750
For information please visit the playschool website at www.loreleibeau-marisplayschool.com

2015-2016 Lorelei-Beaumaris Board of Directors

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	cdslbcl@gmail.com
Variety Show Reps	Taryn, Caroline, VACANT	varietyshowlbcl@gmail.com
Sports Director	David	sportslbcl@gmail.com
Soccer Director	Kim	soccerlbcl@gmail.com
Social Directors	Heidi & Liza	sociallbcl@gmail.com
Memberships	Monique	
Communications	Oksana	commmlbcl@gmail.com
Community Safety Directors	Jennifer	communitysafetylbcl@gmail.com
Director at Large	Rosemary	
Director at Large	Jenn	
Website	Sean	commmlbcl@gmail.com
Playschool Information		www.loreleibeau-marisplayschool.com
General Manager	Tina	hallrentalslbcl@gmail.com 780-686-4415
City of Edmonton Community Recreation Coordinator	Alison Mould	alison.mould@edmonton.ca
LBCL Website: www.lbcl.ca		
Facebook: https://www.facebook.com/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.

Hall Rentals

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. **** (Prices are subject to change. Please confirm with Hall Manager)
* Discounts may be available to LBCL Members who are booking for their use. Please talk to the hall manager for more information.

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

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 - 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.

Lorelei Beaumaris on The Web

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

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

Website - Visit us at www.lbcl.ca

Gmail - If you don't get a reply from a board member within a week please email commmlbcl@gmail.com (Communications) for assistance.

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

Men and depression

It's not a sign of weakness, it's a fact. Guys get depressed. Depression affects 840,000 men every year in Canada, and is the second leading cause of disability worldwide. Men's Mental Health Awareness Day, June 14, aims to raise awareness of signs and symptoms of mental health conditions helping reduce the stigma that often prevents men from seeking help, which includes a number of misconceptions about depression. Although there are still many misconceptions when it comes to depression, people's ideas about it have changed over the years. New technology and research show that depression is a illness based which impacts how a person's brain and body function, just like asthma or heart failure.

Symptoms of depression

Changes in the levels of certain brain chemicals and activity of some areas in the brain are associated with depression. No one thing causes this. Many things, including your genes, stressful events, illness, and abusing drugs, or taking some types of medicine are all involved in developing depression.

Some misconceptions include:

- Depression only happens if something bad happens. The reality is that depression may start after a stressful event, but other things also may trigger it. Sometimes depression happens with no identified cause, particularly in people who have been depressed before.
 - If you can't get over depression, you're weak. Depression is not about your character, it is an illness. You can't force yourself to get over it any more than you can make asthma or a heart attack go away.
 - Depression always will get better by itself and doesn't need treatment. Although a few people get over depression on their own, most people need treatment. People with depression can be treated and return to work and home routines, however without treatment, depression can last for months or even years.
- Do you have a man in your life who you think may be depressed?

If you're worried about a loved one or a friend, you probably want to talk to him about your concerns. Here are some things you can do:

Tell the person about depression and why you are concerned

- Depression is not about laziness or weakness. It is more common than people realize, and is nothing to be embarrassed about.
- Point out the symptoms of depression that you have noticed in your family member or friend, and say why these symptoms worry you. Use a supportive and caring tone of voice while you are doing this.

Explain why the person needs to see a health professional

- Explain that very few people get over depression on their own. Most people need some type of treatment. The sooner someone gets treatment, the sooner he will feel better.
- Point out that there are many types of professionals who treat depression and many types of treatment. Just because a person is depressed doesn't mean that he needs to see a psychologist or take medicine. A family doctor or a counsellor may be able to help.
- Point out that depression might be caused by another problem. For example, genetic vulnerability, stress, medical problems, and medications all can cause symptoms of depression. A doctor can help diagnose this and provide the person with treatment options.

For more information on depression, visit myhealthalberta.ca or to access treatment and support call Health Link at 811.



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Window and balcony safety How to protect your children

The warm summer breeze is not the only thing an open window invites into your home. Unchecked, that same window can invite unnecessary risks.

Open windows and balcony doors are potentially dangerous to curious children.

As summer temperatures go up, Alberta Health Services (AHS) EMS and Emergency Departments report an increase in the number of children injured after falling out of windows or off of balconies.

Most of these falls can be prevented with a few precautions:

- Move furniture such as cribs, beds, stools, and change tables away from windows to prevent access to them.
- Install window guards on all windows on the second floor and above. These act like gates in front of windows.
- Consider installing safety devices which limit the distance in which a window can be open to 10cm (4 inch).

- Remember: screens are designed to keep bugs out, NOT to keep children in.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.
- Furniture and other items stored on balconies and decks can be used to climb, resulting in a fall over the railing.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-down devices placed high on the wall, to avoid a choking hazard.
- Removing corded window coverings is the best way to keep your children safe, especially in your child's bedroom and other rooms where they play.
- Direct supervision of children is always the most effective way to prevent falls.

Take precautions today so your child can enjoy tomorrow. A safe summer is a fun summer.

AHS EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Visit us at: www.windowssafety.ca



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Cast, Crew and Committee Call

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Wednesday August 31st, 2016 at 7:00 pm
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If you would like to be on the committee, on stage or behind the scenes, come on out and meet the committee, the writers and directors and the returning cast and crew members.

Check us out to see if you would like to get involved. This is a Restricted Adult Comedy; you must be at least 18 years of age to participate.

If you have any questions please email: _

varietyshow@castledowns.ca

Check us out on Facebook Castle Downs Variety Show or Website: www.castledowns.ca and click on Variety Show.

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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.

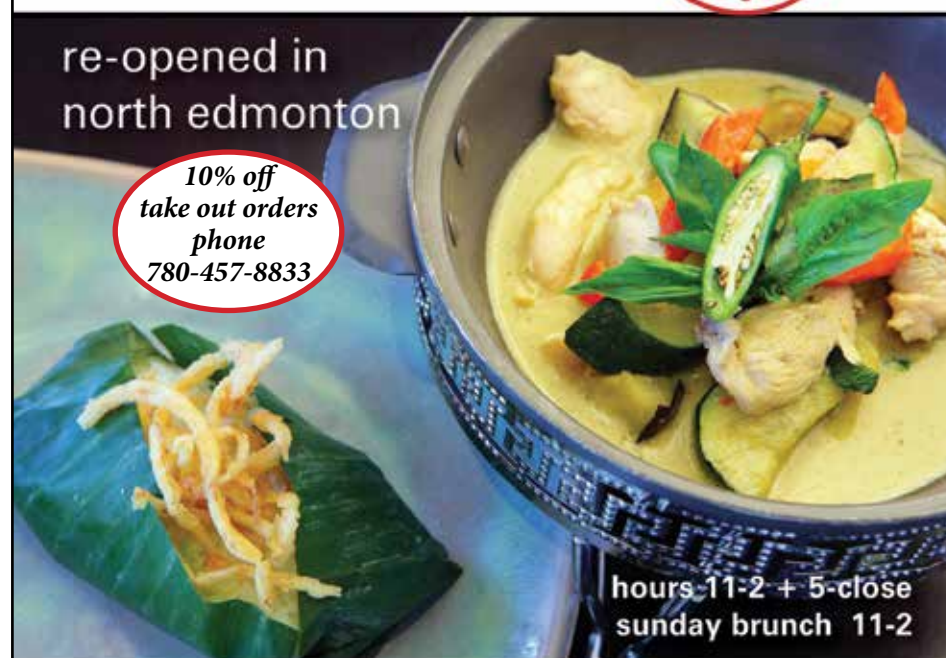
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ATV safety

Alberta Health Services (AHS) reminds all residents, and particularly parents of children less than 16 years of age, to be mindful of the significant risks associated with the use of All Terrain Vehicles (ATVs).

Children less than 16 years of age have not yet developed to the point of having the strength, skills or judgment needed to operate an ATV, and this includes ATVs marketed as ‘child-sized’.

From April 1, 2014 through March 31, 2015, 318 Albertans less than 16 years of age were injured on ATVs, and 40 of these children were injured severely enough to be admitted to an Alberta hospital. Of the 40 injured children, two died as a result of their injuries.

Just this spring, from April 19 to May 10 alone, 18 children were seen in Alberta’s two children’s Emergency Departments (combined). Seven of these children were admitted to the hospitals, and one has died.

AHS advises all parents of children less than 16 years of age to ensure their child does not drive or ride on an ATV.

Albertans 16 years of age and older are reminded to take the following precautions to ensure their ATV excursions are as safe as possible:

Get Trained

Before you hit the trails, get formal hands-on training from a recognized/trained ATV instructor. Don’t be shy about refreshing your training seasonally.

Wear the Gear

A helmet can save your life: from 2002 – 2011, 44 per cent of ATV-rider deaths in Alberta were due to head injuries. In 77 per cent of these head injury deaths, the ATV riders were not wearing a helmet. In addition to a helmet, always wear a jacket, long pants, goggles, boots and gloves.

Look First

Be sure you’re aware of the weather forecast, fire outlook/potential, and any hazards (geographical, animal or human) that the trail(s) you’re on could pose.

Buckle Up

Be sure that you’re fastened in properly, and that all gear and equipment (including your ATV restraints) are in proper working condition before you hit the trails.

Drive Sober

Don’t drink or do drugs before or while operating an ATV. Fifty-four per cent of those who died in ATV crashes between 2002 and 2011 tested positive for alcohol.

Seek Help

Before you head out on the trail, let others know where you’re going and when they should expect you back. This helps your loved ones know when to call for help if you’ve been gone too long. Take a cell phone or working radio with you, as well as a first aid kit. Never hesitate to call for help if you’re stuck, have damaged your ATV, or are injured.

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.

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Conversations matter: talk about your wishes and health care values

Do your loved ones know what type of medical care you would want if you were unable to speak for yourself?

Many of us “save for a rainy day”, plan for retirement, or even plan our next vacation. Just as important, we need to plan for our health care future – and make sure our wishes are known.

Alberta Health Services is encouraging you to think about, talk about and document your wishes for healthcare to ensure your voice is heard. Advance Care Planning allows your family or close friends to know what kind of care you want, and could bring comfort and peace of mind to those making healthcare decisions on your behalf.

Take the time to talk to your friends and family about your wishes. If there’s an unexpected event or change in your health and you aren’t able to make decisions about your healthcare, having a plan in place ensures your wishes are known. Check out AHS’s interactive guide to help you start the conversation.

Things you can do:

- Learn about Advance Care Planning
- Think about your values and wishes for your healthcare now and in the future
- Talk with those who you are close to about your values and wishes
- Discuss your wishes with your health care provider
- Consider naming an Alternate Decision Maker or agent
- Complete your personal directive

It’s about making choices for your health care before a personal crisis, you owe it to yourself and you owe it to your family to think about your health care wishes now. Visit: www.conversationsmatter.ca



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Happy Canada Day!!

We look forward to seeing you at the Castle
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We also invite you to the Edmonton Castle
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with the MLA.

Wednesday, July 13 – 1:00 pm – 3:00 pm

Light Snacks and refreshments provided.

We are currently accepting Food Bank Donations for the
Edmonton Food Bank.

We look forward to meeting you!



Nicole Goehring

MLA for Edmonton Castle Downs
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