


# CASTLE NEWS

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

March 2016



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**Baturyn** LEAGUE INVITES YOU TO  
JOIN US FOR OUR

**AGM &  
SPORTS  
REGISTRATION!**

SUNDAY, MARCH 6, 2016 NOON TO 3:00 PM  
BATURYN HALL 10505 - 172 AVENUE  
REGISTRATION TO FOLLOW MEETING  
VISIT [WWW.BATURYN.CA](http://WWW.BATURYN.CA) FOR MORE INFO

## 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.

## 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



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

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

Box 31075 Namao Center, Edmonton AB T5Z 3P3

Phone (780) 406-9070

### CASTLE DOWNS VARIETY SHOW

### WRITERS AND DIRECTORS NEEDED

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

**Your submission should include all of the following:**

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

**Please submit package, including compensation expectations to:**

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

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

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

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

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

## COCL Spring Registration

We will be holding spring registration for Soccer and Baseball

**Thursday March 3rd from 6:00-9:00**

**Thursday March 10th from 6:00-9:00**

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.

# 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



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.



*Dr. Derek Fika*  
Family Dentistry

12943 - 97 Street NW  
Edmonton, AB T5E 4C2

780-475-6684  
Email: drderekfika@shaw.ca  
www.drderekfika.com



**this journey will CHANGE YOUR LIFE**

Wake up in a unique summer classroom at **Mountain Adventure School**

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- Earn school credits and certifications toward a career in camp leadership and guiding.
- Full 14 day summer camp includes lake and whitewater canoeing, rock climbing and rappelling, back country biking, hiking and wilderness living in an extended river expedition.

Sessions starting in June, July and August  
**SIGN UP TODAY!**

**TO REGISTER NOW OR FOR MORE INFORMATION CONTACT US:**  
Progressive Academy  
www.progressiveacademy.ca/mas  
780-455-8344

**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:

**Under New Ownership**

**JOEY'S RESTAURANTS** Daily Lunch Specials

White Oaks 12222 - 137 Ave 780.473.5639

**EDMONTON**

**Year Round Green Shack Program**

**FREE Community Drop-In Recreation Program**

Children ages 6 – 12 can experience a variety of activities, crafts, cooking and more!  
Families are welcome!

**Elsinore**  
17604 104 st

March 29 to April 23, 2016  
Tuesdays & Wednesdays  
4:00pm – 7:00pm

Saturdays  
1:00pm – 5:00pm

Find all community drop-in programs at [edmonton.ca/dropincommunityprograms](http://edmonton.ca/dropincommunityprograms) or call 311.

\*All activities are outside; please ensure that you come dressed for the weather.\*  
\*Children under the age of 6 must be supervised by a parent or guardian.\*

**WELCOMING Men and Women 45-80+ SLO-PITCH PLAYERS**

Online REGISTRATION  
**Deadline March 31st**  
587 590 0477 [info@esspa.ca](mailto:info@esspa.ca)

**AIRWAYS PARK**  
113 St and 113 Ave EDMONTON

45+ 1 Division - Competitive  
50+ 3 Drafted Divisions  
Competitive to Recreational

**esspa.ca**

## Baturyn Community League Contacts

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

Mailing Address	Hall Address	General Contact
P.O. Box 36030	10505 – 172 Ave	<b>Phone</b> 780-457-4347 - leave voice mail. Checked weekly
RPO Castle Downs Edmonton, Alberta T5X 5V9	Edmonton, Alberta Between Baturyn and St Charles Elementary School	<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](mailto: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	Johnny Borrelli Darcy Sommer Sandi Reda	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	cdrs@caernarvoncommunity.com
CDRS	Jennifer Schell	cdrs@caernarvoncommunity.com
Soccer	Toni Borrelli	soccer@caernarvoncommunity.com
Social	Lisa Goertz	social@caernarvoncommunity.com
Variety Show	Pam Irwin	varietyshow@caernarvoncommunity.com
Casino	Amanda Evans	casino@caernarvoncommunity.com
Casino	Rob Irwin	casino@caernarvoncommunity.com
Website	Rob Irwin	webmaster@caernarvoncommunity.com
Book Keeper	Sue Jorgenson	bookkeeper@caernarvoncommunity.com

## 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!



## Caernarvon Outdoor Sports

It's registration time again! The dates are February 25th from 6-8pm, March 6th from 1-3pm, and March 15th from 6-8pm at the Caernarvon Hall. It pays to register early! If you register your children on February 25th, you will only have to do one volunteer commitment per child registered rather than the usual two commitments.

For Registration you will require:

- 1) For soccer only, you will need to FIRST register online at <http://emsanorth.com>. Print the documents as instructed and bring them to the registration at the Hall.
- 2) Community League Membership (\$25 dollars if you don't already have one). Payment can be made by cash, cheque, or credit card.
- 3) Payment for sports registration (various prices). Payment can be made by cash, cheque, or credit card.
- 4) Cheque for uniform deposit (\$100). Cheques are made out to Caernarvon Community League and will be dated the same date as when you register.
- 5) Cheque for each volunteer commitment (\$150 each). Cheques are made out to Caernarvon Community League and will be dated the same date as when you register.

Business owners! How would you like people to see your name and logo at every game? Contact Toni at [soccer@caernarvoncommunity.com](mailto:soccer@caernarvoncommunity.com) for more information on sponsoring a soccer team!

## Hall Rental

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

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

Also available is a Large BBQ and Theater Popcorn Machine.



### Rates:

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

## Caerny Bucks

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

## Upcoming Bingo Dates

March 21, April 17, May 13  
Kensington Bingo Hall, 12538 – 132 Ave  
Please be there for 5pm.  
Don't know when your upcoming bingo is?  
Call Lynne at 780-641-4996.

## UPCOMING CASINO DATES

Our casino dates are May 28th and 29th.

## Movie Night

The next Family Movie Night is Friday, March 11th, doors opening at 6:00 PM. Admission is free! Concessions will be available for purchase.

## United Cycle Discount

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

## 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 (aquasize)
- Londonderry Sunday 4:15pm-5:15pm
- YMCA Castledowns Saturday 6:00pm-8:30pm

#### Skate Times:

- Castledowns Recreational Center Saturday 11:45am-1:00pm

- Discounts at City recreation centers for annual and multi-admission passes.
- Present your valid Edmonton community league membership card at any one of the City of Edmonton's sports and fitness facilities and choose from the following Community League Wellness Products:

- Annual Pass\* - 10% discount on Adult, Family, Child, and Youth/Senior Annual Passes
- Multi Admission Pass\* - 10% discount on our already discounted multi admission pass (10+ visits)
- Continuous Monthly Pass - 10% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program

- Safety programs and crime watch cooperation
- Fun, socials & programs for cultural gatherings, parents, playschools, youth, seniors, you name it!

## Family Fun Bingo

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

### Social Housing and the Londonderry Redevelopment Project

Social housing has been providing homes in Canada most actively since the end of WWII. Now, it is to support those who are struggling with finding affordable housing. Affordable Housing is "permanent housing that costs less than 30% of total household income for low-and moderate- income Canadians".

Federal funding for social housing has been in decline since the early 1990s, and it is set to expire completely by 2040. This poses a serious challenge to the ability to ensure that households in need are able to access safe, suitable, and stable housing.

Unfortunately, the critiques surrounding social housing have been the same for decades, and many of them are untrue. These concerns are valid, but many carry baggage that is inaccurate.

The fact is that providing social housing actually costs the system, and tax payers, less than providing care to chronic and episodic homelessness. It is estimated that the housing problem costs the Canadian economy over \$7 billion per year. But, by investing \$10 on housing and supports for chronically homeless individuals results in over \$21 in savings related to health-care, social supports, housing, and involvement in the justice system.

Edmonton has a vision to eliminate poverty in the city within a generation. Londonderry Redevelopment is a pilot project that aims to make a strong impact for Edmontonians facing homelessness. It is a cutting edge construct in social housing that moves away from the Soviet-like lodging blocks and is inspired by modern developments. There are no plans to increase property taxes for this project, the Canadian Mortgage and Housing Corporation is in conversations with EPS regarding the design of the building and its impact on the community, and as planning continues, there will be traffic studies to address concerns.

The Londonderry project is an important step in taking care of Edmonton citizens. The project will be an investment in people, an investment in the community, and an investment in our collective future as a city.

This is an excerpt from a longer article. Visit [daveloken.com](http://daveloken.com) to see the full article.



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

## Volunteer Night


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

## 3-Pitch Tournament

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

## The Caernarvon Playground

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




# 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.

## 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.

## 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**

## 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

## Little Kicker Preschool Soccer.

Registration March 6 at 1 Pm

Please contact Zuzana at 780-457-2759

## 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.calislecl.com ) for more information.

## Congratulations to the U16 girls for Wining Gold at the Calgary Family Day Tournament Feb 13-15.



## Taking time for yourself is important for your mental health

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

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

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

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

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

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

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

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

## Castledowns Childcare

Accredited Childcare



Upcoming Event:  
**Annual Parent/Board Meeting**

Date:

**Friday, April 8th, 2016**

Time:

**6:15 pm - 7:15 pm**

*All community members are welcome to attend*

11852 - 145 Ave. 780-456-7013



# Cumberland/Oxford News

## COCL Executive

### Board of Directors

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

## Upcoming Bingo Dates

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

Saturday, March 5  
Saturday, April 30  
Thursday, May 19



## 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.

## 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.

## Mei's Professional Bookkeeping and Tax Services

15807 91 Street Edmonton

Phone: 780-860-1882 Email: [1678060ab@gmail.com](mailto:1678060ab@gmail.com)

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- Small Business Bookkeeping & tax return
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## Edmonton North Animal Hospital

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



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We do:

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



## Be wise at the wheel

During the winter, it's easy to blame vehicular collisions on snow, ice and poor visibility. Rarely do drivers point the finger at themselves. Yet, the truth is, no matter how skilled drivers are, winter or summer, road safety depends largely on their driving attitude. "A lot of people don't think they are part of the problem. They like to blame it on the other guy or the weather," says Sharon Richards of Alberta Motor Association Driver Education.

These tips can help drivers make the right decisions on the road.

### **Stop tailgating**

In 2009 in Alberta, driving too close was the number one reason for crashes involving a death or serious injury. Many drivers may feel they are keeping a safe distance when they're not. "The rule we recommend is one car length for every 10 kilometres per hour of speed," says Rick Gardner, acting director/deputy chief of the Alberta Sheriff Highway Patrol. In icy winter condition the distance needs to be two to three times more.

### **Slow down**

When we get behind the wheel of a car, strangely every minute seems to count and we recklessly disobey speed limits just to get to our destination one minute earlier. The risks of speeding increase during the winter as ice and snow drastically reduce the ability of tires to grip the road. "On icy roads, everything your car does should be slower," says Gardner. "If you try to change lanes too quickly on black ice, or make any quick adjustments, you will lose control."

### **Plan your route**

Before leaving on a trip during the winter, plan your route and give yourself lots of time to reach your destination. Paul Oss, a public affairs officer with Alberta Transportation, also suggests you let someone know where you're going, your planned route, destination and expected time of arrival. Alberta's 511 telephone information line and website have the latest reports and conditions across the province. You can also check AMA Road Reports, at [AMARoadReports.ca](http://AMARoadReports.ca).

— reprinted from *Apple magazine*



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**Ly's Tailors & Drycleaning**

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**Custom tailoring:  
suits, bridal dresses,  
skirts, pants & zippers. Leather and  
fur repair available.**

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

**All kinds of alterations &  
drycleaning.  
Invisible mending.  
Hemming while you wait.**



## 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)

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## 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

If someone is in danger, call Emergency 9-1-1.



# ARE YOU ALBERTA'S NEXT MILLIONAIRE?



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13 people have won more than \$1,000,000 each playing Diamond Millions since 2012.



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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 Boutillier 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

## Hall Rental

Seating Capacity 120

### Weekend rates:

*Dunluce Community Members:*

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

*Non-Dunluce Community Members:*

6pm Friday evening til 5pm Sunday evening

\$350.00 plus \$350.00 damage deposit.

### Daily rates:

*Community Members:* \$200.00 Damage deposit \$350.00

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

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

For more information contact Al Chapman at 457-4342.

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

## 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  
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
Little Ball Kickers	U-4	TBA	TBA	TBA	Dunluce Hall	





## PLAY BALL! DUNLUCE SOFTBALL 2016

LEVEL	COST	YEAR OF BIRTH
U6 (T-Ball)	\$45.00	Born 2010 and earlier
U8 (Coach Pitch)	\$45.00	2008-2009
U10 (Mite)	\$60.00	2006-2007
U12 (Squirt)	\$60.00	2004-2005
U14 (Peevee)	\$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.earlychildhoodedm.ca/northcentral/](http://www.earlychildhoodedm.ca/northcentral/)



## 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.cl@parl.gc.ca](mailto:michael.cooper.cl@parl.gc.ca)



Michael Cooper MP,  
St. Albert - Edmonton

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15,000  
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# Lorelei Beaumaris News

## Scrapbooking and Paper Crafting Funshops



### Upcoming Date: Saturday, March 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

## Lorelei-Beaumaris Community Memberships

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

## Communication Lorelei-Beaumaris

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

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

**Website** – Check us out! Visit us at [www.lbccl.ca](http://www.lbccl.ca)

**Gmail** – All email addresses are now gmail addresses. You can find our email links on our website (here: <http://lbccl.ca/new-page-2>) If you don't get a reply within a week please email [comm@lbccl@gmail.com](mailto:comm@lbccl@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@lbccl@gmail.com](mailto:comm@lbccl@gmail.com). Note: You can unsubscribe at any time by replying to our email sent with "unsubscribe" in the body or subject line.



## Lorelei-Beaumaris Spring Fling Smartie Pants Dance

Saturday, March 12 from 6:30 – 8:30pm Dance off that youthful energy! Drop-off your child for some music, munchies, and fun! Spring Fling Smartie Pants Dance for children ages 6-12 years only. \$5.00 per child for two hours of dancing fun!

Door Prizes (incl), snacks (\$), glow sticks (\$), and more.

At Lorelei-Beaumaris Community Hall (16220 – 103rd St.)

Adult sign-in/out required

## Lorelei Beaumaris Garage Sale

Garage Sale Runs Friday, May 6 - Sunday, May 8, 2016

- We will host the venue to help you clean out your unwanted treasures.
- Table rental – 4 tables for \$40
- Call or text Belinda 780-982-3026 to reserve your spot today. First come, first serve, so book now. Tables must be paid for to guarantee your reservation.

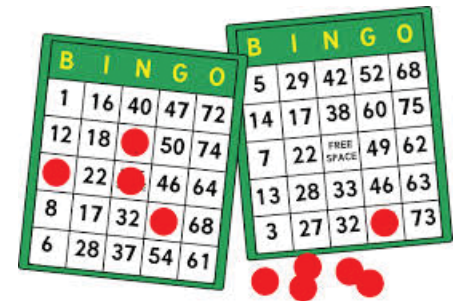
## Lorelei-Beaumaris Indoor Soccer

The U8 Boys (Ewanyshyn) wrapped up their season with the Mini-fest on Saturday, Feb. 13. The boys were fun to watch and gained a lot of skill and game sense as the season progressed. Way to go boys!

The 10 Boys (Dang) wrapped up their season in early February finishing 3rd, just out of city final qualification. The boys worked hard and are starting to show some solid skills and game strategies. Well done guys!

The U16 Boys (Safadi) showed well at the Polar Cup tournament with a 3rd place finish then went on to finish 2nd in the final round of the regular season. They played in the highest level of play for community teams (Tier 4). At the time of article submission they still had City Finals to come on Saturday, Feb. 20 and Sunday, Feb. 21. We hope the boys had a good showing at City Finals.

## Bingos & Help Wanted



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

*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@lbccl@gmail.com](mailto:bingo@lbccl@gmail.com). 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 at [president@lbccl@gmail.com](mailto:president@lbccl@gmail.com).

## Outdoor Rinks in Lorelei

Lorelei-Beaumaris has two ice rinks available for you! Even with the ups and downs on the thermometer, our rink attendant, Duncan, has been able to keep the rinks open most of the time. Thanks for all the hard work keeping the ice in shape! 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  $-20^{\circ}\text{C}$  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 22 from 6:00pm  
- 8:00pm  
(\*Our apologies for erroneously  
posting it as March 8 in the previ-  
ous Castle News.)

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-Play-  
school/1413656922252856](https://www.facebook.com/pages/Lorelei-Beaumaris-Play-school/1413656922252856)

## Lorelei-Beaumaris Board of Directors – February 2016

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:membershipslbcl@gmail.com">membershipslbcl@gmail.com</a>	780-756-1653
Communications	Arlene & Sean	<a href="mailto:commlbcl@gmail.com">commlbcl@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.loreleibeaumarisplayschool.com">www.loreleibeaumarisplayschool.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/loreleibeaumaris">https://www.facebook.com/loreleibeaumaris</a>		
	Twitter: <a href="https://twitter.com/LBCommLeague">https://twitter.com/LBCommLeague</a>		

- NOTE: This list will likely be different after our AGM on Feb. 23. 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](mailto:presidentlbcl@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 [membershipslbcl@gmail.com](mailto:membershipslbcl@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).



March 8<sup>th</sup> is rapidly approaching and my colleagues and I are preparing to return to the legislature for session. I am so excited to continue to work for the good people of Edmonton-Castle Downs! I was proud to speak in favour of Bill 204 to help provide safe spaces for domestic violence victims, and continue the important work being done in the assembly.

It is very exciting to have been able to participate in the fantastic activities taking place here in Castle Downs as well! Our YMCA hosted the BMO NBA All-Star Kidsfest in January with great success! We welcomed the year of the monkey at the Chin Yin Temple and the Golden Age Manor. And the Castle Downs Recreational Society continued their 30+ year run with another great Variety Show, and completed another international trip to build a playground for children in Villa El Carmen, Nicaragua, both of which I was happy to provide my support for.

As always, my office and staff are available to you if you require assistance with provincial governmental programs or agencies.



## Nicole Goehring

MLA for Edmonton Castle Downs  
12120 161 Avenue NW  
Edmonton AB, T5X 5M8  
PH: 780-414-0705 FX: 780-414-0707  
[Edmonton.castledowns@assembly.ab.ca](mailto:Edmonton.castledowns@assembly.ab.ca)

## Hall Rentals

16220 – 103rd Street

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

- Hall dimensions are approximately 60 ft x 52 ft (bar to wall)
- Accommodation for 448 guests (non-fixed seats), 354 (non-fixed tables & seats), 280 (dining and beverage).
- Air conditioned, pot lighting, coatroom, wheelchair accessible washrooms
- Raised stage setting (stage dimensions 13 ft x 20 ft wide)
- Stage risers for the floor area (Risers consist of 5 units (ea 4' x 8') for a total raised floor stage setting of 20' x 8', grey carpeted & black skirting - \$100 with main hall rental)
- Black lecturn (podium)
- 30 - 5ft round tables, 40 - 6ft rectangular tables 2 - 3ft accent tables
- Full, commercial kitchen with natural gas stove & ovens
- Spacious wet-bar area with bar-fridge and ice machine
- Large BBQ available (cooks up to 65 burgers or 126 hotdogs all at once)
- Multi media system available for power-point, slideshows, videos, etc...
- We do not have linens or chair covers. Event rental companies will be able to assist you with these items.
- All Rates include GST:
- \$710 – Fri 4:00pm – Sunday noon (Note: Sept.- May full weekend bookings must be made at least 8 weeks in advance)
- \$450 – Friday or Saturday
- \$240 – all day Sunday
- \$40 hourly rate (weekdays and Sundays)
- \$300 – media system rental
- \$35 – music (if recorded music of any sort is played - Socan & Resound tariff)
- \$100 - 20'x8' floor level stage risers (carpeted and skirted)
- \$75 – Large BBQ (cooks up to 65 burgers or 126 hot dogs at once)
- \$50 – dishes rental (plates, cutlery, glassware, limited small wares)
- Deposits on ALL Rentals: Hall \$500 Media \$800 (Hall + Media = \$1300)

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

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

## Lorelei- Beaumaris Community Softball Information

Register in person (not online) Level	Year Born	Cost
U6 (T-Ball)	2010 or earlier	\$45
U8 (Coach Pitch)	2008-2009	\$45
U10 (Mite)	2006-2007	\$60
U12 (Squirt)	2004-2005	\$60
U14 (Peewee)	2002-2003	\$60
U16 (Bantam)	2000-2001	\$60
U18 (Midget)	1997-1998-1999	\$60



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.

## 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.

## Lorelei-Beaumaris Outdoor Sports Registration

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

**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.**

Note 1: All Softball Registrations will be done in-person at the time of registering there is NO online pre-registration.

Note 2: All Soccer 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.)
5. Proof of address (credit card statement, driver's licence, etc.)

Important Notes:

A) Only Softball Registrations can be accepted in-person, Soccer Pre-registration must be completed on-line and printed off prior to coming to register.

B) Registrations 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 filed.

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

F) We rely on volunteers to fill the positions of coach, assistant coach, manager, etc. If you

are interested in volunteering, please indicate so on your registration form.

## 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 its 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?



## 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.

- a) The playing days are tentative and are subject to change at any time and may be scheduled on different days than the standard day.
- b) 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.
- c) Soccer Fees typically include:  
1 pair of socks, individual/ team photo, general league fees, and U10 – U18 includes referee fees.
- d) All players must wear shin pads and running shoes or non-metal cleats. U4 & U6 runners only.
- e) 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://coewe-bapps.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/>

## 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

## 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.

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

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

## Edmonton 311 App

Report your concerns on the go! With the free Edmonton 311 app, you can use your smartphone to easily notify the city of: • Potholes • Damaged sidewalks • Damaged trees • Litter • Graffiti Help keep Edmonton great! Be the eyes and ears on the streets! Send a photo with your request and use your smartphone’s GPS function to pin point an issue’s location. By doing this, you’re helping us to better assess, prioritize and determine the corrective action based on severity, location, and other factors.

Note: Download 311 App

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

## Special Savings on Quality Produce

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<b>DATES</b> 1 kg \$5.99	<b>Maple Lodge Halal</b> Hot Dogs \$2.49/Doz	<b>Fresh loaf bread</b> 99¢ each White/Brown/ Whole Wheat	<b>Emma</b> Extra Virgin Olive Oil 1lt \$6.99
	<b>Fresh Baked Baklava</b> Wide Variety	<b>Reggie Pasta</b> 99¢ /Pkg	
<b>20Lb New Red or White Potatoes</b> \$6.99	<b>Compliments</b> Canola Oil \$6.99 3L bottle	<b>Lebanese fresh baked meat pies.</b> 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

## 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 an 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).

## 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.

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

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

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

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