

# CASTLE NEWS

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

May 2016



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## CASTLEDOWNS VARIETY SHOW

"An Evening of Adult Comedy"

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

Box 31075 Namoo Center, Edmonton AB T5Z 3P3

Phone (780) 406-9070

### CASTLE DOWNS VARIETY SHOW

### WRITERS AND DIRECTORS NEEDED

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

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

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

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

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

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

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

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

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

## Castle Downs Recreation Society

Welcome back to the CDRS International Group who travelled to Nicaragua to build a refurbished Play ground for children in Villa el Carmen. A large amount of Community Park Ball equipment and shoe boxes from Dunluce school were also in the Seacan. Sharing their energy and good will were Debbie Leskiw, Dan Jean Keoma McMurren, Loretta Wonitoy, Sean Patenaude, Lindsay Sasewich, Thomas Lukaszuk, Stacey Brotzel, Mary & Dave Matthews, Fran & Mike Peshev, Ben & Dawna Sasewich, Pat & Cindy Zelenak.



Thank-you Stacey for the touching early morning stories on CTV. These Castle Downs Volunteers purchased their plane fare, accommodations, and used their vacation time for this excursion. The group did fundraising to refurbish the equipment and to ship the Seacan.

Springtime is registration and Community League AGM. Thank-you to those on the boards for ALL you give to make your community and Castle downs a great place to live. If you are able to volunteer, it is a rewarding opportunity to meet your neighbours and make some new friends.

The Castle Downs Recreation Centre will be closing for 18 months beginning in September 2016 for maintenance and updating.

The Castle Downs Fire hall will closing for 18 months beginning in April of 2016 for maintenance, as well.

The communities have been assured that the area will be safely served by the halls located on Yellowhead and 127 St as well as the new hall on 167 Ave. Equipment and staff have been deployed to these sites.

Canada Day begins its planning. If you have a few hours to help out perhaps take a leadrole we would welcome your energy.

Hockey School is revving up for the end of August...check the website for updates.

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## 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](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](http://www.edmonton.ca/activities_parks_recreation/documents/PDF/SummerDaycampsGuide.pdf)

# 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	<b>Phone</b> 780-457-4347 - leave voice mail. Checked weekly <b>Website</b> WWW.BATURYN.CA <b>Facebook</b> FACEBOOK.COM/BATURYNCOMMUNITYLEAGUE

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

## 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](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>

## Baturyn Hall Rentals

10505–172 Ave, Edmonton, Alberta



Rental information on the website.  
Contact us through [rentals@baturyn.ca](mailto:rentals@baturyn.ca)

**SUNLIGHT**  
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**\* SPRING CLEAN UP:**  
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- FERTILIZING

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**\* TREE SERVICE**  
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- TRIMMING: TOPPING, HEDGING  
- STUMP REMOVAL



**\* LANDSCAPING:**  
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**10126 - 156 Street, Edmonton, AB T5P 2P9**

### 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



## Community Walking Map Workshop May 14th, 3-5pm at Baturyn Hall (10505-172 Ave)

Baturyn Community League along with Walkable Edmonton would love to have your input as we develop a walking map of our community. The Community Walking Map Series highlights what residents want share about their communities and suggestions on favourite routes, destinations and how to navigate the neighbourhood on foot.


Join us for this workshop and share your neighbourhood knowledge! We want to know about your favourite destinations, walking routes and the little known treasures in your neighbourhood - All are welcome! The map is for the young, the old, the very active, and the less active.


Walkability adds strength and enjoyment to the fabric of community life. While out walking, we meet our neighbours, get some exercise, visit local shops, and enjoy public spaces. We also become the 'eyes on the street' that enhance safety and reduce crime.

~~~~~ Also ~~~~~  
"WENDESDAY WALKS"


every week at 6:30pm, starting May 4th

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!






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



***New Patients Welcome.  
Emergency & Walkins.  
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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:





**AT BATURYN HALL**  
**10505-172 Ave**

| MONDAY                | TUESDAY | WEDNESDAY             | THURSDAY | FRIDAY            | SATURDAY | SUNDAY |
|-----------------------|---------|-----------------------|----------|-------------------|----------|--------|
| 8-9PM<br>WITH MARIELA |         | 8-9PM<br>WITH MARIELA |          | 7-8PM<br>WITH ROB |          |        |

**APRIL 11 TO JUNE 17**  
 Drop in: \$15  
 5 pass: \$60    10 pass: \$100  
 10% Discount for Community League Members  
 To register contact: [programs@baturyn.ca](mailto:programs@baturyn.ca)

## 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](http://www.myhealth.alberta.ca) and search "mouth and dental health".

# 2016 Annual Plant Sale

## Chalmers-Castle Downs United Church

123 A Street & 132 Avenue Phone: 780-455-3664

Wednesday May 18<sup>th</sup>, 2016  
12 Noon to 8:00 p.m.

Thursday May 19<sup>th</sup>, 2016  
9:00 a.m. to 7:00 p.m.

Friday May 20<sup>th</sup>, 2016  
9:00 a.m. to 7:00 p.m.

Saturday May 21<sup>st</sup>, 2016  
9:00 a.m. to 3:00 p.m.



**PLEASE NOTE: WE ACCEPT  
CASH OR CHEQUES ONLY**



**PAY  
NO  
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## INNOVATION PHYSICAL THERAPY

is proud to welcome  
**NELSON WONG and MELISSA VOLL**  
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Nelson and Melissa are now accepting appointments for  
their Castledowns patients!  
Call 587-524-8200 to schedule your appointment today  
and Love Getting Better!



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587-524-8200  
www.innovationphysio.com

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## REGISTER NOW FOR SUMMER CAMPS!

FALL REGISTRATION STARTS  
**JUNE 15TH**



Register online or in person at:

**www.dynamyxgymnastics.com**

25 Chisholm Ave, Bay 104, St. Albert  
Located in the Campbell Park Business area

**DGC**

**780-458-3153** BIRTHDAYS • CAMPS • CLASSES





## League Executive

Hall: 14830-118 St 456-3435

|                |                                               |                                                   |
|----------------|-----------------------------------------------|---------------------------------------------------|
| President      | Evan Hellyer                                  | 780-641-4996<br>president@caernarvoncommunity.com |
| Vice President | Pam Irwin                                     | 780-473-5563<br>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<br>Darcy Sommer<br>Sandi Reda | equipment@caernarvoncommunity.com                 |
| Hall Rental    | Jennifer Schell<br>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         | Lisa Goertz                                   | social@caernarvoncommunity.com                    |
| Variety Show   | Pam Irwin                                     | varietyshow@caernarvoncommunity.com               |
| Casino         | Amanda Evans                                  | casino@caernarvoncommunity.com                    |
| Casino         | Rob Irwin                                     | casino@caernarvoncommunity.com                    |
| Website        | Rob Irwin                                     | webmaster@caernarvoncommunity.com                 |
| Book Keeper    | Sue Jorgenson                                 | bookkeeper@caernarvoncommunity.com                |

## Hall Rental

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

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

Also available is a Large BBQ and Theater Popcorn Machine.

### Rates:

\$20 hourly, Boardroom

\$35 hourly, Hall

\$300 Daily (Sun thru Thurs) 8am, to 3am

\$400 Friday 8am, to Saturday 3am

\$450 Saturday 8am, to Sunday 3am

\$550 Friday 5pm, to Sunday 3am

\$550 Saturday 8am, to Sunday 5pm

\$650 Friday 5pm, to Sunday noon

\$50 Dishes rental (plates, cutlery, glassware, limited small wears)

\$50 Large BBQ

\$50 Theater Popcorn Machine

Deposits on Daily rentals, \$1000

Deposits on Hourly rentals, \$250

Sound System Deposit, \$500

**Call Evan at 780-456-3435 or email**

**rental@caernarvoncommunity.com**

For questions or an appointment to view the facilities (please leave a message).



## Caerny Bucks

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

## MOVIE NIGHT

Please note, there will be NO movie night in May due to the 3-Pitch Tournament that weekend, but it will resume in June.

## 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)

## New Website!

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

## Upcoming Bingo Dates

The next Bingo night has been rescheduled and will now be May 24th!

Kensington Bingo Hall, 12538 – 132 Ave

Please be there for 5pm.

Don't know when your upcoming bingo is? Call Lynne at 780-641-4996.

## UPCOMING CASINO DATES: VOLUNTEERS NEEDED

Our casino dates are May 28th and 29th. Interested in fulfilling a volunteer commitment or earning some Caerny Bucks? Drop an e-mail to [casino@caernarvoncommunity.com](mailto:casino@caernarvoncommunity.com)!

## 3-Pitch Tournament

This year's annual 3-Pitch Tournament is May 13th-14th. Come cheer on the teams and enjoy some good-natured community fun!

## 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)

## MEMBERSHIPS

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

Join Us!

### BENEFITS OF MEMBERSHIP

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

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

#### Swim Times:

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

#### Skate Times:

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

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

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

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

## Blatchford Development Update

Sometimes being cutting edge comes at a slower pace. Blatchford development, which will be located in the old Municipal Centre Airport, has been envisioned as a 100% carbon-neutral neighbourhood. Part of what would make it so is a model of renewable energy called “district energy”.

District energy is a system that where steam, hot water, and chilled water are produced at a central plant and then distributed through pipes to individual buildings for space heating, air conditioning, and domestic hot water use. The system can also take excess heat resulting from burning fuel at a power plant and use it to generate electricity, heating, and cooling for customers. As a result of this central power plant, individual buildings in the system do not need to have boilers, furnaces or air conditioners. This saves the upfront cost, as individual boilers do not need to be purchased, and it produces less ongoing maintenance costs because only one system needs to be maintained. The district energy system is 100 per cent efficient, compared to systems using natural gas or fuel oil in each individual building, which are 80% efficient or less. This system is more efficient because the steam, hot water, and cold water is ready to use immediately, it does not need to be heated or cooled by the boiler in the building. On March 17, 2016 a motion was made and unanimously passed at City Council to forge ahead in exploring how best to provide heat and hot water for future Blatchford residents based on the above explained method. Alongside this EPCOR, the City's utility provider will be engaged in the utility model of Blatchford. EPCOR will work with experts in renewable energy to develop an “Edmonton-based” district energy system.

The district energy system has been successful in many different cities. It is used right here in Edmonton at the University of Alberta. Blatchford, however, will be the first time the system would be used in a project of this size. It is for this reason that Council wants to put more time into studying how this system will work on a project this scale. We want to get Blatchford right, and sometimes moving slow is better. I would rather take the time to get the project right than have the project completed quickly and not meet the objectives set out for it. The last Council decided on a vision of a neutral-carbon neighbourhood, and it is our duty to carry on through with that objective.

Another aspect that cannot be ignored when discussing Blatchford is the monetary side, and whenever money is discussed there is disagreement. The cost of Blatchford is, understandably, not cheap, and so Council has agreed to advocate the federal and provincial governments to support Blatchford as part of their climate goals. I feel that the timing of Blatchford could not have lined up better with the targets and goals set by those levels of government. Now would be the time for the Federal and Provincial Government to step up and fund Blatchford, and even go so far as to establish Blatchford as sort of “pilot project” for future carbon-zero developments across Alberta and Canada.

Even if a pilot project is not set up, and construction is delayed to 2018 Blatchford will continue to be a world-leading development. Sometimes the price of innovation is to be prudent and not give up. That is why I believe the passing of the motion on March 17 is a responsible approach in seeking the best way to establish the use of district energy. It will continue to build Edmonton as the bold pioneering city that is. The vision of Blatchford is one that I, along with the rest of City Council, will continue to advocate and push for. Having our vision set in the future to make Edmonton a top example of an energy efficient city will not happen overnight, but it will happen, and when it does those who saw it happen will watch people be drawn to their city with a sense of pride. As for now, I am proud to be part of what is happening with Blatchford and will continue to push for its vision of sustainability.



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

## 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

## 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.



| 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<br>Rob Jarowka         | 780-486-2893<br>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<br>vacant           | 780-457-6239                 |
| CDRS representatives         | Neil Chymko<br>Georgette Strand  | 780-975-0421<br>587-338-8339 |
| Hall Rental Director         | John Paul Potestio               | 780-993-3503                 |
| Social Director              | Tess Potestio<br>Dianna DeCaluwe | 780-974-3503<br>780-263-1109 |

**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](mailto:missfionasstudio@gmail.com).

## Fitness Classes

Come and Join us

Carlisle Community Hall at 1420 – 117 street  
For fat burning and stomach flattening  
Cardio & Pilates



All levels welcome – beginner to pro

Monday and Wednesday 7:30 – 8:30 pm

Prepaid registrations is \$80 for 20 classes or \$10 drop in

For more information please call Zuzana at 780-457-2759  
-AFLCA Certified Instructor

## Preschool Recreational Programs for ages 2 and up

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

At the Carlisle Community Hall

This program provides fine motor and social skills development.

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

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

## Yoga For Everyone

HATHA yoga is gentle and can be modified for anyone.

In this practice I will introduce the breath with great stretches. Will have Therapeutic sequences for back, knees, neck and shoulders and more. Also be learning new classic postures every week. Come dressed with loose fitting clothes bring a yoga mat and wrap as we will also be having relaxation at the end of practice.

Where: Carlisle Community Hall 14240-117 St.

When: March 8th to May 10th. 2016 There will be classes on Tues and Thurs for 10 weeks.

Time: 7.30 to 8:30

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

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

## Little Kicker Preschool Soccer.

Registration March 6 at 1 Pm

Please contact Zuzana at 780-457-2759

## Immunization: Be Aware; Get Protected

Alberta Health Services (AHS) is encouraging parents to learn more about arming their children against disease by visiting [immunizealberta.ca](http://immunizealberta.ca).

Developed for Albertan parents, together with Albertan parents, the immunizealberta.ca website provides parents with information and support, as they consider immunization for their children.

With answers just a few clicks away, this website simplifies the search for credible immunization information in the crowded online environment. Common questions, concerns and information requests about vaccine safety, immunization and immunity have all been incorporated into a simple website parents can trust.

In addition to arming children against disease, immunization is also important for adults. Benefiting people of all ages, immunization not only protects individuals – it also arms our communities against disease. As more people are immunized, the risk of disease for everyone is reduced.

Adults need booster doses throughout their lifetime, and people may also need additional vaccines if they have certain health conditions, risks or are travelling out of country.

For more information about immunity, immunization, and how to protect your family, visit [www.immunizealberta.ca](http://www.immunizealberta.ca) or call Health Link at 811.



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## North Central Early Years Coalition

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

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

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

To learn more about the Coalition or to get involved please contact us at:  
[ncearlyyears@gmail.com](mailto:ncearlyyears@gmail.com) or visit our website [www.earlychildhoodedmonton.ca/northcentral/](http://www.earlychildhoodedmonton.ca/northcentral/)

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# Cumberland/Oxford News

## COCL Executive

### Board of Directors

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

## Upcoming Bingo Dates

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

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



## Cumberland Park is 15 years old

The COCL has developed an expansion plan to entice more age groups from the neighbourhood into the Park.

The plans include a Gazebo with power for Community Gatherings. There will be street hockey nets, 3 on 3 Basketball and beginner skate board rails in the asphalt area.

The plan includes more benches and tables including a checkers/chess table. Lighting along a new asphalt walk way from the west side of the park to access the play ground and the ETS stop on 129 St.

The committee is hoping to have this work completed in the fall of 2016.

## Important Community League Survey

The Cumberland Oxford Community League is seeking input from the community on what they want from a community facility.

This is your opportunity to help shape the type of community centre we want to build. For more information please visit [www.cocl.org](http://www.cocl.org)



### Turn an empty space into an inviting place.


Join hundreds of Edmontonians in taking small steps to make our neighbourhoods more inviting on June 4.

It can be as simple as:

- doing sidewalk chalk art
- playing outdoor games like soccer or bocce ball
- putting out lawn chairs and visiting with passersby
- planting a community garden
- having a community BBQ
- performances or storytelling in a park
- hosting an outdoor movie night

*Learn more, get inspired, and share your project at [makesomethingedmonton.ca/100in1Day](http://makesomethingedmonton.ca/100in1Day)*

#100in1Day  
#100in1DayYEG

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**ZIAD ABOULTAIF**

Member of Parliament for Edmonton Manning

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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

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

**www.ziadaboultaif.ca**



## Get loud about mental health

Mental Health Week, May 2-8, 2016

Each year, more than 500,000 Albertans visit a doctor about their mental health. Taking care of your health means taking care of your mind too.

Engaging in physical activity, eating healthy foods, practicing gratitude and having fun are all small steps that can improve your mental health and help to reduce stress. During Mental Health Week, May 2-8, Alberta Health Services wants to remind you to take care of yourself and share how you are making a difference in your own mental wellbeing. Get loud about the positive steps you are taking and encourage others to do the same.

Try these simple steps and challenge your family, friends, co-workers and yourself to better health and wellness.

Start now and take AHS's Mental Health Week Ways to Wellness Challenge from May 2-8 visit: <http://www.albertahealthservices.ca/amh/Page13618.aspx> and tell us what you do each day for your mental health.

### Get active

- Physical activity can improve your mood. What's good for your biceps is good for your brain too.

### Eat healthy foods

- What we eat can affect how we feel. Eat healthy to feel healthy.

### Be kind

- Showing kindness can help you and others feel good, enhances positivity and lifts your mood.

### Be yourself

- Appreciating yourself can have a positive impact on your mental health. Get rid of your inner critic by appreciating who you are.

### Practice gratitude

- Giving and receiving thanks creates a more positive outlook, which helps to keep you emotionally balanced.

### Get your groove on

- Music soothes the soul, pumps you up and helps ease your worries.

### Laugh

- Laughter is medicine for the mind and helps to reduce stress and tension.

Follow us and tell us what you are doing for your mental health and well-being:

- Twitter: AHS\_behealthy, [#AHSMHW16](https://twitter.com/ahs_behealthy)
- Facebook: <https://www.facebook.com/pages/Alberta-Health-Services/179579998746821>

For more information or help contact Mental Health Help Line toll-free at 1-877-303-2642, 24 hours a day 7 days a week.

## 100in1Day Edmonton: Transform Your City on June 4

If you're taking the time to read your community newsletter, chances are you care about your neighbourhood more than the average person. Sometimes it might feel like you're in the minority, but you're far from alone — you're part of a growing movement. People all over Edmonton, driven by a belief in the potential of this place we've chosen to call home, are shaping our city for the better, one project at a time.

On Saturday, June 4, we're channeling this energy into a daylong, citywide effort called 100in1Day. The goal is for Edmontonians to take one hundred (at least!) small actions to transform unloved spaces and make our neighbourhoods more inviting, more beautiful, more interesting, more fun. It's an ambitious target and we won't be able to meet it without your help. Join us!

Two groups — Make Something Edmonton and CITYlab — are co-presenting 100in1Day, but the actual projects are up to you. No idea is too big or too small. You can do it alone or with family, friends or coworkers

Not sure where to start? Imagine a lonely alleyway, or an unloved park, or a bare, concrete lot. How much time do you want to spend there?

Now imagine that same alleyway with brightly painted fences and garage doors. Picture that park with seating and shade. See that concrete expanse transformed by colour and a bit of humour. What do these embellishments have in common? They draw people to spend time somewhere they would otherwise pass by. Social spaces arise when you give people a reason to stop and stick around. That's when neighbours discover unexpected connections, that's when community has a chance to form.

There are spaces like this all over Edmonton — spaces that need a fun, quick, temporary, low-cost makeover. They need imagination, effort and hands. You probably know of a few spots like this in your neighbourhood. One of these would be the ideal site for your 100in1Day project.

100in1Day might be new, but the underlying concept is an old one. Edmonton has always been a city built from the ground up. Community Leagues are a perfect example of this spirit. Not everyone realizes that the League system is so unique. Back in 1907, our city became the first in Canada to adopt the idea of organizing on a neighbourhood level. The first program offered by a Community League was, naturally, hockey. Edmonton now has over 150 Leagues — the strongest and most successful of such networks in the country — encouraging participation in recreation, social activities and advocacy at the hyperlocal level.

Whether you're a member of your Community League or not, the fact remains that you have a uniquely valuable perspective on your neighbourhood — you live in it. Your everyday experience makes you an expert in your neighbourhood's strengths and shortcomings. On June 4, turn those insights into action. Share your project with the community. Let's transform the city together on 100in1Day.

Find our more at [makesomethingedmonton.ca/100in1Day](http://makesomethingedmonton.ca/100in1Day)





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## Stroll for Liver Foundation

The Canadian Liver Foundation's Stroll for Liver is a fun, family friendly outdoor walk / run to raise awareness of liver disease, and support research and treatment of liver disease.

The Edmonton Stroll for Liver will be held on Saturday, June 4, 2016 at Emily Murphy Park.

Registration and collection of pledges will begin at 9:00 AM, with the walk starting at 10 AM, followed by refreshments and prizes for the top fundraisers.

Funds raised will support liver disease research.

To register for the Stroll, visit [www.strollforliver.ca](http://www.strollforliver.ca) and click on the Edmonton Stroll, or call us at 1-888-557-5516.

For information on sponsorship, please contact:

Debralee Fernets  
Regional Manager – Alberta  
Canadian Liver Foundation  
403-276-3390  
[debralee@liver.ca](mailto:debralee@liver.ca)



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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     | Sabrina Boutilier                  | 780-232-1925                 |
| TREASURER          | Loretta Wonitoy                    | 780-457-9101                 |
| SECRETARY          | Lorna Melnyk                       | 780-456-4596                 |
| PAST PRESIDENT     | Keoma McMurren                     | 780-457-9101                 |
| CDRS REP           | Ryan Korpesio<br>Jena Rix-VanDusen | 780 444-9212<br>780-668-1055 |
| VARIETY SHOW       | Denyse Ward                        | 587-983-9401                 |
| CASINO             | Maureen Ewart<br>Mark Gross        | 780-457-0708<br>780-456-5700 |
| MEMBERSHIP         | Christina Fletcher                 | 780-484-3051                 |
| PUBLICITY          | Bev Gross                          | 780-456-5700                 |
| SOCIAL             | Lorna Melnyk                       | 780-456-4596                 |
| BINGO DIRECTOR     | Angela Paris                       | 780-920-8999                 |
| SOCCER             | Ryan Korpesio                      | 780-456-3978                 |
| SOFTBALL           | Loretta Wonitoy                    | 780-457-9101                 |
| PROGRAMS           | Registrar                          | 780-457-2759                 |
| WAYS & MEANS       | Myah Westergreen                   | 780-289-7706                 |
| SOCCER EQUIP.      | Arlene Pettifer                    | 780-456-3978                 |
| BUILDING & ASSETS  | Al Chapman                         | 780-456-9292                 |
| PLAYSCHOOL         | Registrar                          | 780-499-0232                 |
| COMMUNITY SERVICES | Trudy Raadik                       |                              |
| HALL RENTALS       | Al Chapman                         | 780-457-4342                 |

## 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

## 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)

## 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  
May 1st 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](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 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 (Pewee)      | \$60.00 | 2002-2003             |
| U16 (Bantam)     | \$60.00 | 2000-2001             |
| U18 (Midget)     | \$60.00 | 1997-1998-1999        |

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

[softball@dunlucecl.ca](mailto:softball@dunlucecl.ca)

### FOLLOW US! LIKE US!

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





## DUNLUCE PRESCHOOL

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- 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](mailto:dunlucepreschool@hotmail.com), or check us out on Facebook! We look forward to seeing you and your little ones! [www.dunlucepreschool.com](http://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.

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# 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, May 28**

**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**

## Lorelei Beaumaris Garage Sale May 7 & 8



Do not miss the fun of Community Garage Sale  
Saturday, May 7 from 10 – 6pm and Sunday, May 8 from 10-4pm.

Table Set Up is Friday, May 6 from 6-9pm and clean up is Sunday from 4-6:00pm  
Update: All tables have been sold

## Get Involved in Your Community

### *Vacant Board Positions*

We are in need a second Castle Downs Recreation Representative. If you are interested in the overall picture of what is happening in Castle Downs from park upgrades, LRT extension, YMCA happenings, to the Pavilion, and Griesbach development, as well as special 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 something 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: commlbcl@gmail.com

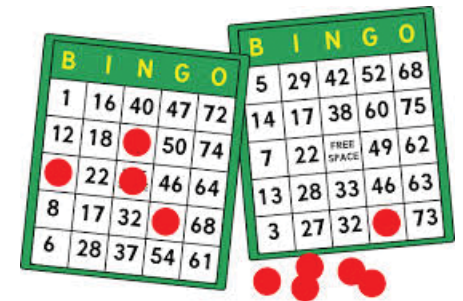


We are still looking for a Memberships Director and Volunteer Coordinator. If anyone is interested in selling community memberships when requested by members or keep track of volunteer commitments, as well as share your voice at 10 monthly meetings please contact Oksana at 780-990-4696 or email: commlbcl@gmail.com

### *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 community. Please contact us to share!

## Bingos



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

**Wednesday, May 18 (4:45-9:45pm)**

If you are scheduled for a bingo, Jennifer 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!).

## 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 membership please email vicepresidentlbcl@gmail.com. You may also purchase family memberships online by visiting <http://efcl.org/membership> (\$2 administration 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](mailto: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 play-school website at [www.loreleibeau-marisplayschool.com](http://www.loreleibeau-marisplayschool.com)



## Lorelei-Beaumaris Spring Sports

Soccer is scheduled to start the week of May 1 but it will depend on whether the fields are ready for use. You should hear from your coach by the last week of April. We truly appreciate everyone who stepped forward to coach and assistant coach this year! If you have any soccer inquiries please contact our Soccer Director, Kim, by email at [soccerlbcl@gmail.com](mailto:soccerlbcl@gmail.com).

A few soccer reminders:  
 - U4 and U6 are not allowed to wear cleats, they should wear runners only. Cleats become optional at U8.  
 - All soccer players must wear shin pads at all levels of play.

## 2015-2016 Lorelei-Beaumaris Board of Directors

|                                                                                                                                                                                        |                  |                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|-------------------------------------------------------------------------------------------------------|
| President                                                                                                                                                                              | Sonya            | <a href="mailto:presidentlbcl@gmail.com">presidentlbcl@gmail.com</a>                                  |
| Vice President                                                                                                                                                                         | Maria            | <a href="mailto:vicepresidentlbcl@gmail.com">vicepresidentlbcl@gmail.com</a>                          |
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| Ways and Means                                                                                                                                                                         | Taryn            | <a href="mailto:waysmeans@gmail.com">waysmeans@gmail.com</a>                                          |
| Past President                                                                                                                                                                         | Cody             | <a href="mailto:pastpresidentlbcl@gmail.com">pastpresidentlbcl@gmail.com</a>                          |
| Bingo Chair                                                                                                                                                                            | Jennifer         | <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 & VACANT   | <a href="mailto:cdrslbcl@gmail.com">cdrslbcl@gmail.com</a>                                            |
| Variety Show Reps                                                                                                                                                                      | Taryn & Caroline | <a href="mailto:varietyshowlbcl@gmail.com">varietyshowlbcl@gmail.com</a>                              |
| Sports Director                                                                                                                                                                        | David            | <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                                                                                                                                                                       | Heidi & Liza     | <a href="mailto:sociallbcl@gmail.com">sociallbcl@gmail.com</a>                                        |
| Memberships                                                                                                                                                                            | VACANT           |                                                                                                       |
| Communications                                                                                                                                                                         | Oksana           | <a href="mailto:commmlbcl@gmail.com">commmlbcl@gmail.com</a>                                          |
| Volunteer Coordinator                                                                                                                                                                  | VACANT           |                                                                                                       |
| Community Safety Directors                                                                                                                                                             | Jennifer         | <a href="mailto:communitysafetylbcl@gmail.com">communitysafetylbcl@gmail.com</a>                      |
| Director at Large                                                                                                                                                                      | Rosemary         |                                                                                                       |
| Director at Large                                                                                                                                                                      | Jenn             |                                                                                                       |
| Director at Large                                                                                                                                                                      | Monique          |                                                                                                       |
| Website                                                                                                                                                                                | Sean             | <a href="mailto:commmlbcl@gmail.com">commmlbcl@gmail.com</a>                                          |
| Playschool Information                                                                                                                                                                 |                  | <a href="http://www.loreleibeau-marisplayschool.com">website: www.loreleibeau-marisplayschool.com</a> |
| General 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>                                |
| <b>LBCL Website:</b> <a href="http://www.lbcl.ca">www.lbcl.ca</a> <b>Facebook:</b> <a href="https://www.facebook.com/loreleibeau-maris">https://www.facebook.com/loreleibeau-maris</a> |                  |                                                                                                       |
| <b>Twitter:</b> <a href="https://twitter.com/LBCommLeague">https://twitter.com/LBCommLeague</a>                                                                                        |                  |                                                                                                       |

**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](mailto:presidentlbcl@gmail.com).

## Technology Updates

**Sean Chinery** has been very busy as the Co-Director for Communications managing our Twitter account, website, Facebook page. Thanks for all your hard work Sean!

**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](http://www.lbcl.ca)

**Gmail** – Please be patient with us as new board members are adjust to their new email addresses. If you don't get a reply within a week please email [commmlbcl@gmail.com](mailto:commmlbcl@gmail.com) (Communications) for assistance.

## 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, glass-ware, limited small wares)
- Deposits on ALL Rentals: Hall \$500 Media \$800 (Hall + Media = \$1300)

\*\* Please note that all contracts signed for hall rentals will be required to purchase Renters Insurance for their event date at Lorelei Hall. We will give them the link to FPB Insurance to do this online. \*\* (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](mailto: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](http://www.lbcl.ca) or on our HYPERLINK "https://www.facebook.com/loreleibeau-maris".

## Coco's Canine Care

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



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

*Prices depend on size of pet and coat condition*

**Additional Services:**

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

*Pet First Aid Certified by Walks & Wags*



As we welcome the warm weather I would like to extend an invitation to the constituents of Edmonton Castle Downs. We are now having a monthly coffee Meet 'N' Greet at the Edmonton Castle Downs Constituency Office. My staff and I would be happy to answer any questions, listen to feedback and welcome you to the Constituency Office.

Friday, April 28 – 9:30am – 11am

Friday, May 13 – 9:30am – 11am

Light Snacks and refreshments provided. We look forward to meeting you!



## 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



## ALL KIDS MEALS

# \$6.99

Comes with an activity pack  
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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](http://www.conversationsmatter.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

## Special Savings on Quality Produce

*Locked In Pricing for the Month. While quantities last*

|                                                        |                                                             |                                                                                                   |                                                            |
|--------------------------------------------------------|-------------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------------------------------|
| <b>DATES</b><br>1 kg<br><b>\$5<sup>99</sup></b>        | <b>Maple Lodge Halal Hot Dogs</b><br>\$2.49/Doz             | <b>Fresh loaf bread</b><br>99¢ each<br>White/Brown/Whole Wheat                                    | <b>Emma Extra Virgin Olive Oil</b><br>1lt<br><b>\$6.99</b> |
|                                                        | <b>Fresh Baked Baklava Wide Variety</b>                     | <b>Reggie Pasta</b><br>99¢ /Pkg                                                                   |                                                            |
| <b>20Lb New Red or White Potatoes</b><br><b>\$5.99</b> | <b>Compliments Canola Oil</b><br><b>\$6.99</b><br>3L bottle | <b>Lebanese fresh baked meat pies.</b><br>Spinach & cheese 3 cheese family pack \$9 <sup>99</sup> |                                                            |

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Open House & Registration

Wed. May 4, 6:30 pm to 8:00 pm

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

Check out our website [www.lcdskids.com](http://www.lcdskids.com)



# MICHAEL COOPER, MP

— ST. ALBERT - EDMONTON —

INVITES YOU TO  
A TOWN HALL ON  
PHYSICIAN ASSISTED DYING.

DATE: THURSDAY APRIL 28TH  
7:00 - 9:00 PM  
RIDGEWOOD ROOM, ST. ALBERT INN  
156 ST. ALBERT TRAIL, ST. ALBERT

[WWW.MICHAELCOOPERMP.CA](http://WWW.MICHAELCOOPERMP.CA)



## Griesbach Village – Franchise Opportunity

Are you ready to change how you live and work? Would you like to feel good about what you do? Do you want to be a part of your community in a more meaningful way? You can own your own Good Earth Coffeehouse at Griesbach Village.

We've been creating authentic community coffeehouses since 1991, serving exceptional coffee – sourced through Direct Trade. We believe in fresh, wholesome food for every time of the day. And our commitment to community and environment runs deep. We believe doing good feels good. Find your sense of community with a Good Earth Coffeehouse of your own.

[www.goodearthcoffeehouse.com](http://www.goodearthcoffeehouse.com)

1-888-294-9330

[franchise@goodearthcoffeehouse.com](mailto:franchise@goodearthcoffeehouse.com)





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# Summer Camps

Throughout the summer, ages 3 and up!  
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[www.dancetheme.com](http://www.dancetheme.com)

|              |                                    |
|--------------|------------------------------------|
| July 11-15   | Summer of Seuss (3-5 years)        |
| July 18-22   | Angelina Ballerina (3-5 years)     |
| July 18-21   | Hip Hop Evening Camp (6 years +)   |
| July 20-22   | Acro Dance (7 years +)             |
| August 8-12  | Magical Wonderland (3-5 years)     |
| August 8-12  | Broadway Bound (7 years +)         |
| August 22-26 | Summer Dance Intensive (7 years +) |



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SEASON**



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