

CASTLE NEWS

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

October 2016



Published by Calder Publications. To advertise please call 780-905-7422 or email info@communityleagueneews.com



Castle Downs Recreation Society Fundraiser

32nd Annual CASTLE DOWNS VARIETY SHOW

"Already Gone"

\$15

• Adult Sketch Comedy • Live Band
• Licensed Bar & Snacks

2016 Show Dates:
October 14*, 15*, 21, 22, 28, 29 November 4, 5, 11, 12

Tickets: \$15 *Opening Weekend Special - Only \$10*

Advance Ticket Sales At Caernarvon Community Hall
Sundays, 7-9 PM Starting in September

Reserved seating for groups of 8+. Outside food encouraged!
No outside beverages allowed. Doors @ 6:30 Show @ 8:00 pm

www.castledowns.ca
Join us on Facebook

Box Office:
(780) 406-9070



A SPOOKTACULAR EVENT: THE HAUNTED FOREST,



October 31, 2016

COCL will be hosting our annual Haunted Forest event again on Halloween night from 6:30 pm – 8:30 pm. The forest is located on approximately 137 Street and 150 Avenue and is an event not to be missed!

There will be hot chocolate and candy for all trick or treaters.



Halloween Dance

Tween Dance: Friday, October 21
at Baturyn Comm. League Hall
10505 - 172 Avenue
Ages 6-12 years
Admission \$5.00
7 pm
Children must be signed in/out by parents
DJ, games, prizes, refreshments and snacks will be available at concession.
Hosted by 191 Scouts

Baturyn News

Baturyn Community League Contacts

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

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

Hall Rentals	rentals@baturyn.ca
President	president@baturyn.ca
Membership	membership@baturyn.ca
Volunteers	volunteers@baturyn.ca
Soccer	soccer@baturyn.ca
Softball	softball@baturyn.ca
Bingo	bingo@baturyn.ca

Baturyn Hall Rentals

10505–172 Ave, Edmonton, Alberta



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

Standard Rates

Rental Period	Rates
Weekday Evenings	\$35/hr
Saturday 10:00 am – Sunday 10:00 am	\$425
Sunday 11:00 am – 5:00 pm	\$150

Package Rates

Rental Period	Rates
Friday 6:00 pm – Sunday 10:00 am	\$500
Saturday 10:00 am – Sunday 5:00 pm	\$550
Friday 6:00 pm – Sunday 5:00 pm	\$600

Notes and exceptions

1. Damage Deposit and final rental payment is due 30 days in advance of the event
2. Damage Deposit is equal to the rental rate and will be refunded upon inspection of the hall after the event
3. Sunday rate on a long weekend is \$250.00
4. Parking is constrained in the area and the parking lot is not available until after 5:00 pm during the school year
5. No hourly rates on the weekend
6. All rentals require a signed contract

Get or renew your
BCL membership

Baturyn Community
League

2016 Memberships are available

Do you have a current membership for Playschool or Fall Sports or just believe in the value of community membership? The 2016 memberships start on September 1, 2016 and end August 31, 2017.

Memberships are required to access programs of your Baturyn Community League. Your membership fees help support the delivery of your various community league programs

Fees

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

Email membership@baturyn.ca to get more information

Edmonton North Animal Hospital

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



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

New
Clients &
Walk-ins
Welcome

We do:

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




Become a Fan of Baturyn Community League

 **find us on facebook**
Become a fan 
Click here to see our page

to stay up to date on 'what's happening' in and around our neighbourhood.

<https://www.facebook.com/BaturynCommunityLeague>

**YOUR VOICE
— IN OTTAWA —**



MICHAEL COOPER, MP
ST. ALBERT—EDMONTON

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

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


Baturyn Hall Rental Representative Opportunity


If you are retired, stay at home parent, or looking to make some additional money, the Hall Rental Representative may be of interest to you. Reporting to the Hall and Facilities Director, this role is a paid position receiving \$500.00 per month to perform the following duties;



- Receive and log rental requests from the hall rental coordinator
- Evaluate renter request and associated risk of rental
- Meet with renter and show the hall
- Complete hall rental contract and collect needed deposits, fees, and damage deposit
- Update hall rental log indicating rental status
- Act as contact for renter questions and issues
- Meet with renter in advance of rental to provide keys and alarm instructions
- Complete hall check in/check out list and advise renter of deficiencies
- Advise the Treasurer of damage deposit refund amounts
- Notify the custodian of cleaning requirements and notify the Director of Administration
- Estimated effort – 5 to 7 hours per week

If you are interested, please email recruitment@baturyn.ca.

Closure Date – October 20, 2016

 **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:   

As the kids are getting back into the school routine, Council is also getting back to work after the summer recess. Here are a few topics coming up to Council this fall that may have big impacts on our city:

In June, EPCOR approached the City with their proposal to transfer the City's Drainage Services Utility to EPCOR. Drainage is an important service the City delivers; there are things to consider before making a decision like this. Council agreed to have Administration research and provide a report on the proposal, which will be presented on October 25.

Council is also faced with the decision about what to do with Northlands. Discussions started on August 31, and Council has passed a motion that will defer Northlands' debt for a year. This means K-Days will run again and Northlands can explore continued agricultural exhibits and shows. Northlands has proposed re-purposing Rexall Place into a hockey multiplex, renovating Hall D in the Expo Centre and creating an outdoor festival space on the grounds. These proposals, as well as other ideas such as merging management, are coming back to Council at different points in the next year to allow for budget proposals, public consultation and reports to be developed.

Citizens should also be aware that on the September 6 meeting Council heard recommendations for changes to ward boundaries. These changes are recommended to take place for the 2017 election, so some residents may find themselves located in a different ward. The recommended ward boundary changes account for significant population growth in certain areas of the city, to ensure each ward is approximately the same population.

These are a few of the highlights of the many topics coming to Council in the next quarter. To see a list of upcoming meetings, I encourage you to visit www.edmonton.ca.

As always, feel free to contact my office with your comments or questions at dave.loken@edmonton.ca or 780-496-8128.



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

I hope everyone had a wonderful summer and a smooth transition back to school. This has been an incredible few months for the office of Edmonton Castle Downs. I was honoured to establish the first PTSD Awareness Day in Canada, here in Alberta, on June 27. We had a wonderful time at the Canada Day Celebrations, Eid Mubarak Potluck, SOS International Youth Day and celebrating the grand opening of local businesses.

Our office is currently accepting submissions for Artwork from children in elementary school within the constituency. We will be displaying the submissions at our upcoming Coffee Meet n Greet and will declare the winner at our November Coffee Meet n Greet. The winning submission will be used as the Constituency Christmas Card. Please drop submissions off to 12120 161 Ave, Edmonton AB, T5X 5M8 either in person or via mail.

We appreciate all the hard work and contributions of our Summer Constituency Assistant Cassidy Green. We will miss her as she returns to MacEwan University this September. We are very excited to welcome Sara Sarbar to the office as the new Constituency Assistant for Edmonton Castle Downs.

We welcome constituents to come to the office and meet the team at our next Coffee Meet n Greet. This is a good opportunity to join me in a conversation about our community.

Monday, Oct 17 – 5:00 pm – 7:00 pm
Edmonton Castle Downs Constituency Office
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



North Central Early Years Coalition

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

Parental tips for encouraging self control can be found at :

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

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

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

Arm your child against HPV now; protect from cancer in the future

As your kids head back to school, they're sure to bring lots of papers home, for your signature.

If your child is in Grade 5, one set of these papers will be immunization consent forms, including consent for your child to receive the Human Papillomavirus (HPV) vaccine.

The HPV vaccine - one of Alberta's routine childhood immunizations- is recommended for all boys and girls in Grade 5, so as to safely and effectively protect them against developing human papillomavirus infection in the future.

Human papillomavirus is very common, and will affect more than seven out of 10 people in their lifetime. As the cause of almost 100 per cent of cervical cancer cases, 90 per cent of anal cancer cases, 50 per cent of penile cancer cases, and 35 per cent of oral cavity cancer cases, the consequences of HPV can be very serious.

We understand that decisions about immunizing your children can be complex. This is why Alberta Health Services has developed the HPV Decision Aid Tool: to help you, as a parent, understand how the HPV Vaccine can support your child's future wellness, and decide whether you feel it is right for your child, today.

To learn more, and access the tool, visit www.albertapreventscancer.ca/hpv.

For more information on all routine childhood immunizations, including HPV, visit www.immunizealberta.ca

INNOVATION PHYSICAL THERAPY

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



Nelson and Melissa are now accepting appointments for their Castledowns patients!

Call 587-524-8200 to schedule your appointment today and Love Getting Better!



209, 15823 – 97 STREET NW
587-524-8200

www.innovationphysio.com

Trampolines: bounce, bounce, ouch!

With summer over, sales on backyard toys may have you considering a trampoline for your home.

Though you may think of trampolines as a means of getting your kids outdoors and exercising, they aren't without potentially significant risks.

In 2015, Albertan children visited emergency departments (EDs) more than 1,620 times for injuries they got using trampolines. On average, that's more than four kids, every day, who ended up in Alberta's EDs, due to trampoline use.

And unfortunately, we're not just talking a wee scratch or two:

- Almost 20 per cent of these kids had dislocated ankles or feet, 18 per cent had fractures in their legs, 21 per cent had fractures in their shoulders, elbow or arms, and 140 sustained injuries to the head or neck.
- In fact, from April to September 2015 alone, every second day, an Albertan child was injured so severely on a trampoline as to require admission to a hospital. That's a lot of ouch for the bounce.

If you're thinking that safety nets, most often sold with trampolines to prevent people from falling off, will reduce this risk, consider this: fewer than 30 per cent of trampoline injuries are caused by falling off the tramp. Simply, the risk of the trampoline is the use of the trampoline at all.

Alberta Health Services wants you and your kids to stay safe. Keep the trampolines out of your backyard, and keep your family out of the hospital.

League Executive

Hall: 14830-118 St 456-3435

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

Website!

Our website at www.CaernarvonCommunity.com has had yet more updates lately! Please take a moment to check it out! It's still a work in progress, so new pages and sections are still being added to the site. If there is anything you would like to see on here, send us a message as we are always trying to find new ways to improve!

FACEBOOK

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

The Caernarvon Playground

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

BINGO OPPORTUNITIES

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

VOLUNTEER OPPORTUNITIES

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

Hall Rental

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

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



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

Rates:
\$20 hourly, Boardroom
\$35 hourly, Hall
\$300 Daily (Sun thru Thurs) 8am, to 3am
\$400 Friday 8am, to Saturday 3am
\$450 Saturday 8am, to Sunday 3am
\$550 Friday 5pm, to Sunday 3am
\$550 Saturday 8am, to Sunday 5pm
\$650 Friday 5pm, to Sunday noon
\$50 Dishes rental (plates, cutlery, glassware, limited small wears)
\$50 Large BBQ
\$50 Theater Popcorn Machine
Deposits on Daily rentals, \$1000
Deposits on Hourly rentals, \$250
Sound System Deposit, \$500

Caerny Bucks

If you would like to be included on the Caerny Buck list, contact our Bingo Director at bingo@caernarvoncommunity.com.

Caerny Bucks are worth \$35 and are given to people who work extra bingos when they cannot be filled with sports registration.

The Caerny Bucks can be used towards any Caernarvon event, such as sports registration, programs, and social functions.

Poison Prevention

The Poison & Drug Information Service (PADIS) offers a free, confidential poison line for Albertans, 24 hours a day, 7 days a week. The service offers expert advice about poisons and toxins, medications, chemicals, recreational drugs and plants. When calling the poison centre, callers speak with a specially-trained nurse or pharmacist who gives information and offers advice on how to best manage poisonings and exposures.

Medication and herbal advice is also available through PADIS offering up-to-date information for the safe use of over-the-counter products, prescriptions, medications and herbals. This includes potential interactions between medications and/or herbals and safe medication options for pregnant and breast-feeding women.

PADIS plays a key role in helping Albertans safely manage poison exposures and can offer advice on the most appropriate level of health care service should it be needed.

PADIS also operates a Drug Information Line for Health Care Professionals. This free service for health professionals provides drug information for clinical situations, with the support of an on-call Medical Toxicologist.

For more information and to access the services of PADIS call 1-800-332-1414 or visit www.padis.ca.

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	Krista Hennigar	780-951-7627
Rink Attendant	Fred Gregory	780-457-1044
Soccer Director	Rob Lewis	Carlisesoccerdirector@gmail.com
Program Director	Diane Neiman	780-457-6239
Variety Show Representatives	Diane Neiman vacant	780-457-6239
CDRS representatives	Neil Chymko Krista Hennigar	780-975-0421 780-951-7627
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.

Yoga

Yoga classes are for anyone who wants to learn the stretches, the breath and basic yoga postures. Also relaxation and meditation. Make sure you bring a yoga mat and blanket.
Where: Carlisle Community Hall 14240-117 st.
When: Sep. 13th to Nov. 15th
Cost: \$80.00 for 20 classes, \$40.00 for 10.00 classes or \$10.00 for drop in
Time: Tues and Thurs eve. From 7:30 to 8:30 For more information call Yvonne at 780 297 3147.

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 Community Programs, Fall 2015
For More Information or registration, please phone Zuzana 780-457-2759
Carlisle Community Hall 14240 117 Street

PROGRAM	AGE	TIME	FEE	DAY	LOCATION	NOTE
Preschool Recreational Programs – ABC – 123 & FIT KIDS	2 years and up	10:00 – 11:00 am	\$100 for 8 weeks for both programs	Monday	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.
GYMNASTICS	5-12	5:30 – 6:30 pm	\$50	Wednesday	Carlisle Community Hall	Girls: Bodysuit & Bare Feet Boys: T-Shirt, Sweat Pants & Bare Feet
LADY BUGS LITTLE BEES (dance classes)	3-4	5-30 – 6:00 pm 6:00 – 6:45 pm	\$100 \$120	Tuesday	Carlisle Community Hall	Ladybugs: Black Bodysuit with long sleeves, pink tights, pink slippers and Tap Shoes Little Bees: Black Bodysuit with long sleeves, white tights, black slippers and tap shoes
FITNESS - CARDIO PILATES	Adult Teen	7:30 – 8:30 pm 9:30 – 10:30 AM	\$80 \$40	Mon & Wed Tue & Thur	Carlisle Community Hall	Floor Mat, exercise ball, water Bottle

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



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**



Fitness Classes

Come and Join us

Carlisle Community Hall at 14240-117 St
For fat burning and stomach flattening
Cardio & Pilates



All levels welcome – beginner to pro

Monday and Wednesday 7:30 – 8:30 pm

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

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

Suicide prevention – understanding and the signs

Being aware of the signs of suicide can help someone at risk

Suicide affects people of all ages and genders. Each year more Albertans die by suicide than motor vehicle collisions. As a result, many Albertans have been impacted by losing someone to suicide.

Suicide is a preventable tragedy that starts with learning how to recognize the signs that someone may be suicidal. Although not all people show warning signs, most suicidal people show signs of their distress. Being aware of these signs can help someone identify and talk to a person at risk.

There are many different warning signs and being aware of them is an important step in helping to prevent suicide. Talking to someone who may be suicidal does not put the idea in their head. In fact, being able to openly discuss suicide lets the person know you care and can make a difference.

Some of the suicide warning signs include:

- Talking about suicide or a plan
- Making statements about hopelessness, helplessness or worthlessness
- Showing a loss of interest in pleasurable activities
- Personality changes
- Becoming cheerful after a period of depression, which may mean the individual has already made the decision to escape their problems through suicide.

Suicidal people are in pain and want their pain to end, but do not necessarily want to die. Talking about suicide provides a clearer picture of how the person feels so they can get the help they need.

If you or someone you know needs help, please call: Health Link at 811, or one of the following help lines:

- Addiction Help Line: 1-866-332-2322
- Child Abuse Hotline: 1-800-387-5437
- Family Violence: 310-1818
- Kids Help Phone: 1-800-668-6868
- Mental Health Help Line: 1-877-303-2642
- Suicide Prevention: 1-800-784-2433

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.

Monday, September 19



Volunteers Needed and Appreciated!!

Volunteers definitely make the world a better place, but think what volunteers can do for your own community! Sharing a bit of your time or skills benefits the families and individual members of the community who enjoy the amazing facilities and programs offered by the COCL. Volunteering can also be a benefit to you! If you are a teen who is looking to fulfill volunteer hours for school requirements, if you need to fulfill a volunteer commitment for a sports registration (instead of a bingo or casino for example), or if you just want to get involved, then contact the COCL for ways you can volunteer. Some areas requiring Volunteers include:

Variety Show Director

The Variety show director is responsible for all matters pertaining to the Leagues commitment to the CDRS variety show, including the managing and coordinating volunteers, attending Variety Show meetings, and other duties as required. This position requires a few hours a month for variety show planning meeting and then volunteer management on two of the show nights.

Vice President

The VP presides at any meetings the president is absent from; assume any duties from the President as required; and is responsible for appointing or assume the duties of casino chair.

Social/Program Director

The Social/Program Director is responsible for all matters pertaining to social events of the League, This includes our current events such as Movie in the park, Haunted Forest and Canada Day celebrations.

Registration Event Coordinator

The registration event coordinator works with the Soccer and Baseball directors to book facilities and coordinate volunteers for fall and winter registrations.

Director at Large

Directors at Large come to monthly community meetings and help out with initiatives and events.

If you are able to commit some time and enjoy the rewards of helping to improve our community, we'd love to hear from you! Simply contact us and let us know how you'd like to get involved.

Special Savings on Quality Produce

Locked In Pricing for the Month. While quantities last

DATES 1 kg \$5.99	Maple Lodge Halal Hot Dogs \$2.49/Doz	Fresh loaf bread 99¢ each White/Brown/ Whole Wheat	Emma Extra Virgin Olive Oil 1lt \$6.99
	Fresh Baked Baklava Wide Variety	Reggie Pasta 99¢ /Pkg	
	Compliments Canola Oil \$6.99 3L bottle	Lebanese fresh baked meat pies. Spinach & cheese 3 cheese family pack \$9.99	

Elsafadi Bros. Supermarket

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



Shelley Hys-Postill
Master Gardener

Landscape Consultation
Design and Re-Design
Educational Lectures

shelleypostill@shaw.ca
cell: 780-995-4527

Beautiful custom built bi-level in Canossa

Features vaulted ceilings, A/C, open style kitchen newer appliances incl. gas stove & dual oven. Garden door w/phantom screen off the kitchen to the deck.




Gas F/P in the Living rm. 3 bdrms w/oversized windows in the two south facing rooms. Master w/walk in closet and ensuite. Both baths recently upgraded w/quartz vanity tops, curved brushed nickel shower rods, Kohler sinks and faucets. Dev Bsmt w/full size windows, fam room, 4th bdrm and laundry. RI for vac system. Custom blinds, alarm/security/camera surveil-

lance system, NEST thermostat w/Carbon/smoke detectors- controllable from any Smart device! Fully landscaped on a large 42' wide lot. New shingles in 2015 w/lifetime warranty. Backyard faces a farmer's field and the home is also located near the end of a dead end street..nice and quiet here! Close to Castlewood lake trails! Asking \$424,900. **Call The FILIPCHUK Team RE/MAX 780-231-5730** for more information or to view this terrific home!

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Oral Health: it's about more than the Mouth

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

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

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

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

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

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

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

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

Dunluce News

DUNLUCE EXECUTIVE

Hall: 11620-162 Ave 456-3978

PO Box 36050; Castledowns RPO

Edmonton, AB T5X 5V9

www.dunlucecl.ca

PRESIDENT	Nadine Meads	780-982-6260
VICE PRESIDENT	Sabrina Boutillier	780-232-1925
TREASURER	Loretta Wonitoy	780-457-9101
SECRETARY	Lorna Melnyk	780-456-4596
PAST PRESIDENT	Keoma McMurren	780-457-9101
CDRS REP	Ryan Korpesio	780 444-9212
VARIETY SHOW	Denyse Ward	587-983-9401
CASINO	Maureen Ewart Mark Gross	780-457-0708 780-456-5700
MEMBERSHIP	Christina Fletcher	780-484-3051
PUBLICITY	Bev Gross	780-456-5700
SOCIAL	Lorna Melnyk	780-456-4596
BINGO DIRECTOR	Angela Paris	780-920-8999
SOCCER	Ryan Korpesio	780-444-9212
SOFTBALL	Loretta Wonitoy	780-457-9101
PROGRAMS	Registrar	780-457-2759
WAYS & MEANS	Myah Westergreen	780-289-7706
SOCCER EQUIP.	Arlene Pettifer	780-456-3978
BUILDING & ASSETS	Al Chapman	780-456-9292
PLAYSCHOOL	Registrar	780-499-0232
COMMUNITY SERVICES	Trudy Raadik	
HALL RENTALS	Al Chapman	780-457-4342



Seating Capacity 120

Weekend rates:

Dunluce Community Members:

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

Non-Dunluce Community Members:

6pm Friday evening til 5pm Sunday evening

\$350.00 plus \$350.00 damage deposit.

Daily rates:

Community Members: \$200.00 Damage deposit \$350.00

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

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

For more information contact Al Chapman at 457-4342.

www.dunlucecl.ca

FITNESS CLASSES

**Dunluce Community League has
Fat burning and stomach flattening
WORKOUT**

**At Dunluce Community Hall 11620 – 162 ave.
Tuesdays & Thursdays from 8:00 to 9:00 PM**

**A prepaid registration is only \$80 for 20 classes
or drop in for \$10**

**For more information please call Zuzana at: (780) 457-2759
AFLCA certified**

Upcoming Bingos

**If you have an upcoming Bingo please see
dates below and you will also be receiving a
call as a reminder. If you have any questions
or you have not received a registration bingo
date, call**

Angela- 780-920-8999

**Dates are as follows:
Oct.1st, Nov 1st & Dec 18th**

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

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20 years in Real Estate and
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Volunteer Needed

We are looking for a volunteer for the position of CDRS Rep. (Castle Downs Recreation Society)

If you would like information about the position contact the President, Nadine @ president@dunlucecl.ca or call her @ 780-982-6260

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)



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CRB talks to UDI re: housing need, densities, growth planning

(EDMONTON September 22, 2016) Capital Region Board (CRB) CEO Malcolm Bruce addressed 200 local developers and housing stakeholders at the Urban Development Institute (UDI)-Edmonton Region's September 21 Luncheon on the topic “Let's Talk Density”.

Mr. Bruce introduced research the Board has done during the recent update of its regional Growth Plan. The Board is mandated to plan for responsible growth as the Edmonton Metropolitan Region doubles in size over the next 30 years.

He highlighted the new plan's integrated policy on Housing and Communities, which projects that population growth will create the need for 13,000 housing units every year.

“About 25 per cent of that need will be for market affordable or subsidized housing,” said Mr. Bruce. “That's on top of a deficit of 31,000 homes in this region, right now. The Board is currently building on an assessment of sub-regional housing needs done this year for the first time, and looking toward the creation of a regional Housing Master Plan to guide a coordinated resolution of this situation.”

Mr. Bruce also pointed to new 2016 density targets for the region in the proposed Edmonton Metropolitan Region Growth Plan, which are substantially increased from the Board's original 2010 plan, and will assist in providing more housing in a responsible and efficient manner over the next 30 years.

“The proposed targets are manageable, would be built-out over time, and have been vetted by the Board. Importantly they would help us save 250 quarter sections of land – or about the size of St. Albert, Spruce Grove, Sherwood Park and Bruderheim put together – and about \$5 billion in infrastructure and operational costs. It's a regional win-win proposition.”

The 2016 plan is scheduled to be considered by the Board at its October meeting. If approved, the Edmonton Metropolitan Region Growth Plan will go to the Government of Alberta for further consideration and final approval.

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, or check us out on Facebook! We look forward to seeing you and your little ones! www.dunlucepreschool.com

PARENT ORIENTATION & REGISTRATION NIGHT
Wednesday September 14, 2016 6:45 pm
This is an orientation evening for the parents of registered students. Please leave your child(ren) at home as space is limited.

DUNLUCE CASINO

Dunluce Community League will be having a Casino on Jan. 17th & 18th 2017, at Century Casino and are looking for volunteers to help on either of these days. If you are able to do so, please contact the Casino Chair at: casino@dunlucecl.ca

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Dunluce Family Halloween Dance
Saturday, October 29, 2016



Saturday, October 29, 2016
Doors open at 5:00 p.m., Supper 5:30 - 6 p.m.
Costume parade and dance 6:30 - 10:30 pm

Dunluce Community Hall, 11620 – 162 Avenue

TICKETS Before October 15th = \$7.00/ person. After October 15th \$10/person. (under 12 months free). Licensed cash bar and kids candy concession.

Call Lorna at 780-456-4596

*Advance tickets only, NO tickets available at the door
** Adults must remain with all children under 17 years old
**Absolutely no outside food or drinks allowed

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Dunluce Community Programs
Fall 2016/Spring 2017

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

PROGRAM	AGE	TIME	FEE	DAY	LOCATION	NOTE
Gymnastics	5-12	5:30 6:30	\$50	Wednesday	TBA	Body suit & bare feet
Dance Classes Ballet & Tap	3 yrs	Oct. 4-Dec. 6 Jan.10- Mar.14 6:15 – 7:00	\$100	Tuesday	Dunluce Hall	Pink tights, Black body suit
	4+5 yrs	Oct. 4-Dec. 6 Jan.10- Mar.14	\$120	Tuesday	Dunluce Hall	Ballet shoes, Tap shoes

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, November 19

Come join the crafty, scrappers at Lorelei-Beaumaris Hall! You will have the time and space to scrapbook your favorite pictures either traditionally or digitally or do your card making, paper crafting and stamping.

Digital Tid-bits will now be included free in Funcrops, instead of being at a separate paid event.

You will have unlimited use of all Tannis' tools - including Cricut Expressions machine, and cartridges, Cuttlebug and dies, and scanner for conversion to digital file (must have your own USB), a limited amount of supplies will be available for purchase.

Coffee, muffins in the morning, light snacks in the afternoon and some kind of tasty food for supper.

Please contact Tannis for more information photos@telusplanet.net 780-885-1647.

Lorelei-Beaumaris Looking For "Historian/Archivist"

Are you interested in digital scrapbooking? If so we are looking for someone passionate about preserving our communities special memories by uploading our old photos and awards, by turning them into digital scrapbook pages.

If you have time and enthusiasm and would like to help us please contact Tina at (780) 686-4415.

Lines of 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/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 – Check out the new look and layout! Visit us at www.lbcl.ca

Gmail – All email addresses are now gmail addresses. You can find our email links on our website (here: <http://lbcl.ca/new-page-2>) If you don't get a reply within a week please email commmlbcl@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 commmlbcl@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 Indoor Soccer

Players have now been amalgamated and teams will now begin their indoor season. A few reminders:

- Teams are not filled on the basis of skill or experience. Players are not seeded or tiered. Children are placed on teams based on year of birth and availability of a team. So please be supportive of all children's efforts to do their best.

- All teams are run by VOLUNTEERS; without volunteer coaches, there are no sports teams. We do not have control over the quality of the coaches. The best way to ensure a good experience is to be a good support for your child's coach or be willing to coach, assist, or help manage yourself. If you want the program to be successful then please consider volunteering your time and your talents in some manner.

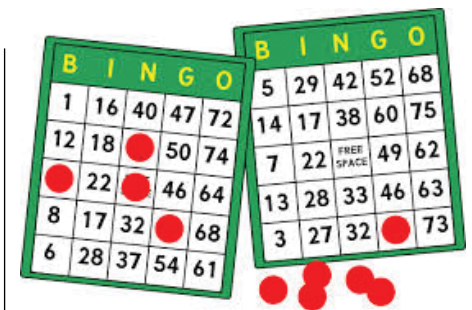
- If you are having a problem with a coach/player/team/director, please follow the proper chain of command as outlined here: Parent/Player? Coach/Manager? Community Director? EMSA North Office

- You can contact the Soccer Director for Lorelei-Beaumaris by email – soccerlbcl@gmail.com

Call for donation of used hockey equipment

If you have used and unnecessary, but still useable hockey helmets & skates that collect dust in your garage please consider donating them to the league. They will be put to a good use by the community children. We can arrange drop-off or pick up at your convenience.

Please contact Tina (780) 686-4415.



Bingos

Upcoming Bingos

Our next bingo dates, held at Kensington Bingo Hall from 4:45pm - 9:45pm

Monday, October 3

Monday, November 21 (2 volunteers needed)

Thursday, December 1 (6 volunteers needed)

Wednesday, January 25 (8 volunteers needed)

Monday, February 20 (Family Day stat) (18 volunteers needed)

Please consider volunteering! \$25 Tiger bucks will given for each volunteers spot filled. Tiger bucks can be used for soccer registration fee or hall rentals.

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!).

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



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 contact Heidi at: 780-475-7750. For more information or to see what they have been up to please visit the playschool website <http://www.loreleibeau-marisplayschool.com>

2015-2016 Lorelei-Beaumaris Board of Directors

President	Sonya	presidentlbcl@gmail.com
Vice President	Maria	vicepresidentlbcl@gmail.com
Secretary	VACANT	secylbcl@gmail.com
Treasurer	Christina	treasurerlbcl@gmail.com
Ways and Means	Taryn	waysmeans@gmail.com
Past President	Cody	pastpresidentlbcl@gmail.com
Bingo Chair	Jennifer	bingolbcl@gmail.com
Casino Chair	Lorna	casinolbcl@gmail.com
CDRS Representatives	Lorna & Jennifer	cdslbcl@gmail.com
Variety Show Reps	Taryn, Caroline, VACANT	varietyshowlbcl@gmail.com
Sports Director	Ghaida & David	sportslbcl@gmail.com
Social Directors	Heidi & Liza	sociallbcl@gmail.com
Memberships	Sabrina	memberships1bcl@gmail.com
Communications	Oksana	comm1bcl@gmail.com
Community Safety Directors	Jennifer	communitysafetylbcl@gmail.com
Director at Large	Rosemary	
Director at Large	Arlene	
Website	Oksana	comm1bcl@gmail.com
Playschool Information		www.loreleibeau-marisplayschool.com
General Manager	Tina	hallrentalslbcl@gmail.com 780-686-4415
City of Edmonton Community Recreation Coordinator	Alison Mould	alison.mould@edmonton.ca

LBCL Website: www.lbcl.ca

Facebook: <https://www.facebook.com/loreleibeau-maris>

Twitter: <https://twitter.com/LBCommLeague>

1

NOTE: If you are having issues contacting someone please contact our Hall Manager who will pass on your message. **If you are interested in filling any open positions or would like to get involved please send an email to our president at presidentlbcl@gmail.com.**

Hall Rentals

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

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

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

All Rates include GST:

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

**** Please note that all contracts signed for hall rentals will be required to purchase Renters Insurance for their event date at Lorelei Hall. We will give them the link to FPB Insurance to do this online. **** (Prices are subject to change. Please confirm with Hall Manager)
 * Discounts may be available to LBCL Members who are booking for their use. Please talk to the hall manager for more information.

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



Ziad Aboultaif, MP

Edmonton Manning

Phone: 780-822-1540

Fax: 780-822-1544

Email: ziad.aboultaif.c1@parl.gc.ca

Suite 204A, 8119-160 Ave.

Edmonton, AB

T5Z 0G8

www.ziadaboultaif.ca



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If I can be of 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:

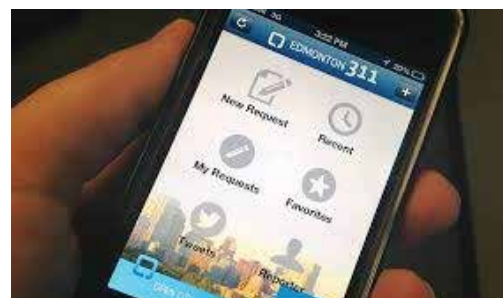
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| <input checked="" type="checkbox"/> The Canada Pension Plan / Old Age Security | <input checked="" type="checkbox"/> Citizenship Inquiries |
| <input checked="" type="checkbox"/> Guaranteed Income Supplement | <input checked="" type="checkbox"/> Canadian Passport / Consular Affairs |
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| <input checked="" type="checkbox"/> Student Loans | <input checked="" type="checkbox"/> Taxation Issues |

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- Inspections, licenses, permits
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- Roadway & waste management information
- Program registrations and bookings
- Transit information

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



Join Us!

2016-17 Lorelei-Beaumaris Community Memberships

2016-17 Memberships are now available and are valid until August 31, 2017.

Family memberships are \$25 and singles or seniors are \$15.

Lorelei-Beaumaris community league membership can be purchased:

- Mac's Convenience Store - Beaumaris (by Lakeside Landing – 113A street & 153 Ave).
- online by visiting EFCL online memberships (single or senior memberships are not available online)
- directly from the league. Please email memberships@lbel@gmail.com

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