

CASTLE NEWS

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

June 2017



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

CELEBRATE
CANADA 150



Party in the Park July 1st

Free Fun for All

12 noon to 4:00 pm

Face painting, glitter tattoos, jumpy tents,
photo boothS, cotton candy, popcorn,
balloon artists, music!!

Park at the YMCA and take the hayrides
to the park

JOIN US IN THE EVENING TOO!!

5:00 PM TO 11:00 pm

Live band, beer garden, food trucks

FIREWORKS at 10:30 pm!!



Father's Day Pancake Breakfast

Celebrate that Special Dad
with a Pancake Breakfast
hosted by the
Baturyn Community League.



Sunday, June 18th Baturyn Community Hall
9am to 11am 10505 172 Avenue

Cost: Free for members;
\$5 per family for non-members

Join us for some extra fun!

Paint a birdhouse with Dad.

Cost: \$10 per birdhouse

IMPORTANT: Casino Volunteers Needed Lorelei Beaumaris

Lorelei Beaumaris Community League will be
hosting a Casino

Saturday, July 22 (9 volunteers needed)

Sunday, July 23 (13 volunteers needed)

at Yellowhead Casino, 12464 - 153 street

It is crucial for us to have enough volunteers to do
this important fundraising which helps to keep the
cost of soccer program down, run low cost or free
programs and events and do much more for our
community.

Please consider stepping up and helping the Lorelei
Beaumaris Community League!

- No experience necessary; "on-the- job" training
 - Free meal provided
 - It is fun and positions are straightforward
- We need 36 volunteers to have a successful casino.

For further information about available times and
positions, **please contact our Gaming Director**
Emily at casinolbcl@gmail.com or President
Sonya at presidentlbcl@gmail.com

Thank you for supporting our community!

Congratulations U14 Boys Indoor Soccer Team!

Caernarvon's own U14 Boys Indoor Soccer team won Silver in Intercity Competition in Calgary as well as Gold in the Cities! Congratulations to the hard work and dedication of the boys, their families, and the coaches!



Baturyn News



Community League Board Contacts

Positions are filled on a voluntary basis.
If you are interested in board positions or would like to get involved, please contact the Board President at president@baturyn.ca to inquire about vacancies and opportunities.

Position	Name	Email
President	Courtney Barnes	president@baturyn.ca
Vice President	Nicole Yankee	vicepresident@baturyn.ca
Secretary	Tricia Stettner	secretary@baturyn.ca
Treasurer	Paul Petersen	treasurer@baturyn.ca
Facilities Director	Earl Archer	facilities@baturyn.ca
Hall Rental Rep	Vacant	rentals@baturyn.ca
Volunteer Director	Lerrae Sydor	volunteers@baturyn.ca
Ways & Means Director	Jared Huston	finance@baturyn.ca
Communications Director	Lorna King	communications@baturyn.ca
Communications Assistant	Angela Ferguson	communications@baturyn.ca
Program Director	Angela Ferguson	programs@baturyn.ca
Sports Director	Lynn Archer	sports@baturyn.ca
Soccer Chairperson	Candice Bevan	soccer@baturyn.ca
Soft Ball Chairperson	Melissa Voll	softball@baturyn.ca
Social Director	Vacant	social@baturyn.ca
Membership Rep	Samantha McRae	membership@baturyn.ca
Membership Rep (Online)	Valerie Boychuk	membership@baturyn.ca
Bingo Chairperson	Vacant	bingo@baturyn.ca
Bingo Chairperson	Vacant	bingo@baturyn.ca
CDRS Rep	Lorna King	cdrs1@baturyn.ca
CDRS Rep	Vacant	cdrs2@baturyn.ca
Variety Show Rep	Shyehana Goonewardena	varietyshow@baturyn.ca
Variety Show Rep	Holly Twerdochlib	varietyshow@baturyn.ca

Board Meetings

1st Monday of the Month at 7pm from September to April
May & June: First Monday of the Month at 8pm
July & August: No Scheduled Meetings

You may also view board contact information at
www.baturyn.ca/contactus



Baturyn Community League
Hall: 10505 172 Avenue
Phone: 780 - 457- 4347
Website: Baturyn.ca

Planning a big party or hosting a big event?

Baturyn Community Hall may be the place for you; located between St. Charles Elementary School and Baturyn Elementary School, Baturyn Community Hall features a full commercial kitchen, bar, coat room, covered back patio with large BBQ, Fire Pit, & 2 boarded sports fields. For events involving children there is also a community playground located in front of the hall and basketball court located beside the hall.



Hall Features:

- Seating Capacity: 275
- Hall Size: 55ft x 65ft
- Tables: 43 rectangular tables (seats 8)
- Chairs: 275
- Wheel Chair Accessible
- Plenty of Parking
- Industrial Kitchen Appliances – Gas Stove, Walk In Fridge, Microwave, Freezer, Dishwasher
- Large Kitchen Preparation Space
- Separate Bar with 2 door fridge & freezer
- Large Dance Floor
- Air Conditioning

Hall Rental Information:

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
Sunday (Long Weekend)	\$250

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 & Exceptions:

1. All rentals require a signed contract
2. Damage deposit is equal to the rental rate and will be refunded upon inspection of the hall after the event; final rental payment is due 30 days prior to the event.
3. Parking is constrained in the area and the parking lot is not available until after 5:00 pm during the school year.

To inquire about renting the hall, please email rentals@baturyn.ca.

Baturyn Community League Volunteer Opportunities

Board Position – Social Director

Do you like being social and building relationships?
Do you like planning social activities that are fun and exciting?

You might be a great fit for the Social Director position.

The Social Director plays an integral role in events put on by the community league. This significant role is responsible for planning and organizing events throughout the year.

These events help to foster community engagement, create opportunities for people in the community to meet their neighbours, and provide for fun and entertainment for people of all ages. Some events we have enjoyed are the Annual Winterfest, New Years Eve Party, and the upcoming Mother's Day Tea & Cookies/Pots for Porches event.

There is lots of opportunity for the person who fills this role to be creative with their event planning and create networking opportunities for themselves and the community league.

Board Position - Bingo Representative (2 Positions Available)

Bingos are an important part of our community league operation as they provide the league with much needed funds to help run many programs.

The Bingo Representative is responsible for coordinating the volunteers working at one of the 14 bingos the league is responsible throughout the year. They will act as liaison between the community league, bingo hall and Alberta Gaming and Liquor Commission.

We are looking for two individuals to share the responsibilities of this position. Both incumbents are able to coordinate on coverage at the Bingos and their attendance at required meetings.

To inquire or to apply on these Board positions, please contact Courtney at president@baturyn.ca.

Baturyn's Bingo Angels

We have 14 bingos per calendar year with a staffing requirement of a minimum of 16 volunteers. We try very hard to staff these through our program participants but sometimes we run short. Working a bingo is a terrific way to get out of the house, engage with other people in your community, and help provide valuable programs offered to the residents in your area. We are looking for people who would be willing to put their name on a contact list that we can call upon in a time of need and become a Baturyn Bingo Angel. Bingo Angels will qualify for an incentive program offered from the community league. If you are interested in joining our Bingo Angel's List, please contact Lerrae at Volunteers@baturyn.ca to discuss this opportunity.

If you want to get involved in your community, or if you are a teen and have to fulfill volunteer hours for school requirements, or if you have a volunteer commitment for sports registration that you need to meet, contact Lerrae at Volunteers@baturyn.ca to see how you can volunteer.

Baturyn Community Playschool

Currently Accepting Registrations for 2017-2018

We offer a fun, play-based program that builds your child's social and academic skills. Students are introduced to the joys of learning by participating in in-school and out-of-school field trips, taking part in pre-reading, science and math projects, crafts, games, songs and music, kinder-cooking and daily physical activity.

LOCATION: Baturyn Community Hall, 10505 172 Avenue

COST TO REGISTER: \$45 non-refundable registration fee. Other payments (monthly fees etc.) will be handed in at the August final registration meeting.

Registration is available on a first come, first served basis.



For 3 year olds: Tuesdays and Thursdays
AM Class – 9:00am to 11:30am

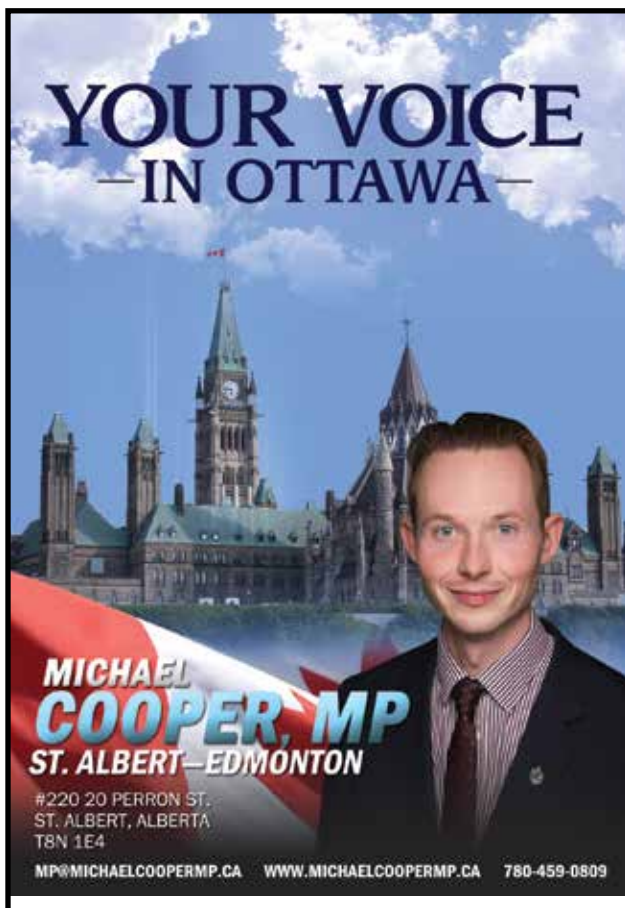
For 4 year olds: Mondays, Wednesdays, and Fridays
AM Class – 9:00am to 11:30 am
or
PM class – 12:45pm to 3:15pm

*Child must be 3 years of age at the start of the playschool year for the three year old class. ALL children must be fully toilet trained for any class.

Find us on Facebook by typing www.facebook.com/BaturynCommunityPlayschool

For more information, please visit our website at
baturynplayschooledmonton.weebly.com or
email our co-chair at bcps.cochair@gmail.com
for more information on how to register.

**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

Upcoming Membership Drive

During Spring and Summer we will be going door to door in our neighbourhoods to provide information and answer any questions you may have about League Memberships. We will also be providing anyone who is interested in purchasing a membership the opportunity to purchase a discounted 2016/2017 membership with the purchase of a 2017/2018 membership. Special Offer: Purchase a 2016/2017 membership for \$15 with the purchase of the 2017/2018 membership.

Annual Memberships are valid from September 1 to August 31.

Membership Fees:

Family \$25.00

Single (16+) \$25.00


Senior (55+) \$10.00

Membership Benefits: • Access to community hosted events • Community League sports programs • Free access to community swim times at the YMCA, Grand Trunk Fitness & Leisure Centre, or O'Leary Fitness & Leisure Centre • Free access to all Community League outdoor rinks • NEW - 20% discount on City of Edmonton Recreation Facilities* Adult, Family, Child, and Youth/Senior annual passes or continuous monthly passes. 15% off Multi-Pass purchases.


Memberships are required to access programs offered by your Baturyn Community League.

*Facilities and amenities include swimming pools, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton and tennis courts, indoor running tracks, gymnasiums, cafeterias and pro shops. To learn more please call 311 or visit www.edmonton.ca/wellness.



Get your membership today by going to Baturyn.ca or emailing membership@baturyn.ca Your membership fees help support the delivery of various community programs and events.



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:   




North Central Early Years Coalition

Did you know?

A child's brain is hard wired for back and forth, serve and return interactions... Interactions which encourage further brain development, including language, social skills, emotional regulation and compassion.

Encourage this skill by being sensitive to your child's interactions and signals by responding to their signals and providing meaningful interactions!

To learn more about the Coalition or to get involved please contact us at:
www.earlychildhoodedm.ca/northcentral/ <https://www.facebook.com/ncearlyyears/>
ncearlyyears@gmail.com 780-478-5022 ext. 903

Like us on  **facebook**



Want to know what is going on in your community?

Get access through your mobile phone or computer for up to date information on community announcements and events.

Find us at www.facebook.com/BaturynCommunityLeague
Keep up to date by liking us and receiving community notifications



Reducing Indoor Pollution this Spring

Exposure to indoor air pollutants can cause respiratory problems, such as asthma attacks, or diseases such as lung cancer. Pollutants include smoke, pet dander, radon, mould, cleaning products, and other chemicals.

You can create a healthier home by following the tips below.

Reduce allergens

- Choose window coverings that are easy to clean, such as wood shades or blinds. Drapes are magnets for dust.
- Check houseplants for mould. Repot or move them outside if the soil contains mould.
- Do not allow anyone to smoke in your home.
- Groom pets often to reduce dander. Don't allow them to sleep in the bedroom with anyone who has asthma or allergies. If possible, keep them off carpets and furniture.
- Eliminate carpeting and replace it with wood or tile flooring, if possible.
- To control dust mites, get allergen-resistant covers for bedding. Wash sheets and blankets in hot water.
- Use high-efficiency bags in your vacuum cleaner or install a central vacuum system in your home.
- Don't store firewood indoors. Drying green firewood can contain mould spores.
- Keep washrooms, kitchen, and basement—places where allergens are likely to grow—clean and dry.

Control moisture

- Fix leaks and other sources of water intrusion, and remove water-damaged materials.
- Make sure your clothes dryer vents to the outside.
- Install and keep clean hood exhaust fans in your kitchen. Make sure washroom vents exhaust air outdoors and not into basements, crawl spaces, or inside the house.
- Make sure that exhaust fans don't draw too much air out, creating a negative-pressure situation in which the pressure inside the house is lower than outside. Negative pressure can reverse the flow of combustion gases from furnaces, gas stoves, and water heaters, and draw water vapour and dangerous carbon monoxide or nitrogen dioxide into your home.
- Caulk the interior and exterior of your home, especially around windows and vents.
- Keep gutters and drains clean.
- Remove any water-damaged carpet. Replace it, if possible, with wood or tile flooring.

Avoid heating problems

- Make sure fuel-burning furnaces, hot water heaters, and gas ranges are checked every year to ensure air intake and exhaust systems are adequate. It is best to have your water heater and furnace outside of your home—for example, in your garage.
- Do not use kerosene space heaters or unvented gas heaters as your primary source of heat.
- Install a carbon monoxide detector in your home. Carbon monoxide is odourless and colourless. You may not notice it until you have health problems. If you see orange or sputtering flames in your gas furnace or stove, it may mean that you have a problem with carbon monoxide. Call a technician immediately.
- Make sure wood stoves and fireplaces have tight-fitting doors. Check flues and chimneys for cracks that could allow fumes into your house.

For more tips on what you can do to reduce indoor air pollutants visit: My Health Alberta or if you have questions about your health visit your doctor or call Health Link at 811.



BEATS n EATS

July 8, 2017

*A live music and food truck extravaganza!
(And maybe even a beer garden!)*

To be held at Baturyn Community Hall and Park, 10505 172 Ave NW. Come enjoy the live music, delicious food truck fare and check out the Market Hall indoors in the Community Hall. There may even be a beer garden!

VENDORS WANTED: Currently accepting applications for the MARKET HALL to be held in Baturyn Community Hall at the same time. Vendor preference will be given to residents and members of the community, contact waysandmeans@baturyn.ca for more information.



Baturyn Community Green Shacks and Summer Camps!

The City of Edmonton Green Shack programming is returning to our community this year in FOUR locations. This is a free program for children ages 6-12 years.

Join in games, sports, crafts, music, drama, and special events. You'll find a list of upcoming activities and special events posted on the side of the Green Shack each week. If there's a game or activity that you'd like to play, just ask the Program Leader, who is easily identified by their blue shirt and name tag.

Come join the fun!

MORNINGS from 10:30am-1:30pm at

- Baturyn Playground (10505 172 Ave)

- Rapperswill Playground (122 St & Rapperswill Drive)

AFTERNOONS from 2:30pm-6pm at

- Chambery/Elsinore Playground (17604 104 St)

- Canossa green space (17036 115 St)

Also being held at our Community Hall this summer are three City of Edmonton Day Camps:

Mission Control (Ages 6-9)

Jul 4 - Jul 7 9:00am - 4:00pm

\$120, Course Code 596661

Rumble in the Jungle (Ages 4-6)

Aug 8 - Aug 11 1:30pm - 4:00pm

\$67, Course Code 596613

Little Top Circus (Ages 4-6)

Aug 21 - Aug 25 1:30pm - 4:00pm

\$78, Course Code 596610

To register for the Day Camps or for more information, visit www.edmonton.ca or call 311.

Caernarvon News

League Executive

Hall: 14830-118 St 456-3435

President: Evan Hellyer president@caernarvon.ca
Vice President: Jennifer Schell vice@caernarvon.ca
Past President: Vacant
Treasurer: Teena Burrell treasurer@caernarvon.ca
Secretary: Dawn Nebeker secretary@caernarvon.ca
Hall Rental: Jennifer Schell & Danny Burrell rental@caernarvon.ca
Baseball: VACANT
Bingo: Lynne Hellyer bingo@caernarvon.ca
Social: Kati Hutt social@caernarvon.ca
Equipment: Giovanni Borrelli equipment@caernarvon.ca
Equipment(2): Sandy Reda
Equipment(3): D'Arcy Sommer
Maintenance: VACANT maintenance@caernarvon.ca
Membership: Lynne Hellyer membership@caernarvon.ca
Neighbourhood Watch: VACANT neighbourhoodwatch@caernarvon.ca
Newsletter: Dawn Nebeker newsletter@caernarvon.ca
Signs: Christina Buryuik signs@caernarvon.ca
Programs: Amanda Evans programs@caernarvon.ca
CDRS: Danny Burrell cdrs@caernarvon.ca
CDRS: Jennifer Schell cdrs@caernarvon.ca
Soccer: Toni Borrelli soccer@caernarvon.ca
Variety Show: Pam Irwin varietyshow@caernarvon.ca
Variety Show: VACANT
Casino: Amanda Evans casino@caernarvon.ca
Casino: VACANT
At Large (Website): Sarah Hunczak webmaster@caernarvon.ca
At Large: Kat Furtado

Canada Day at the Castledowns Park

We are looking for volunteers for Canada Day at the Castledowns Park to help run a watermelon tent, and set up or take down. This is going to be a party of epic proportions being Canada's 150th. If you can spare a couple of hours on July 1, 2017 to help out, please contact us at 780-456-3435 by text or phone, or contact us on our Facebook Page.

Big Bin Event and BBQ

We will be having our own big bin event at the Caernarvon Community Hall on **July 8, 2017**.

We will accept large items and Eco Bin items from 10:00 am until 3:00 pm. We will also be having a BBQ. We have increased the number of bins we will have from last year.

More details will be available on our Facebook page. Search "Caernarvon Community League" on Facebook and "Like" us to see more news about our neighborhood.

There will also be a Big Bin Event at the Castledowns YMCA (11510 - 153 Avenue NW) sponsored by the City of Edmonton on June 3, and 4, 2017. For more information go to <https://www.edmonton.ca> and search "BIG BIN".

Adult Co-Ed 3-Pitch Ball Tournament

We would like to thank all of the participants of the ball tournament on May 12 and 13 for coming out and having a great time.

Congratulations to the champions of the tournament: the Dips Hits! They will be immortalized on the Ball Tournament trophy prominently displayed in our Hall's lobby.

Bingo Opportunities

We are looking for volunteers to work upcoming Bingo nights.

Bingos bring money into the Community League and supplement activities we offer as well as pay the utilities for the Hall.

We offer Caerny Bucks towards registered activities in Edmonton.

Call Lynne at 780-641-4996 for more details or check out our Facebook page.



Facebook

Keep up to date in our community with registrations, events, sports, and so much more! Look up "Caernarvon Community League" and select "Like" and "Follow".

Easter Egg Hunt

Caernarvon Community League would like to thank all 70 families and the numerous volunteers that attended our Easter Egg Hunt and Games in April.

The weather was a foot snowier than expected but you wouldn't have guessed it from the smiles on the children's faces.

Thank you all for coming!

Caerny Bucks

Caerny Bucks are worth \$40 and are given to people who work extra bingos when they cannot be filled with sports registration commitments.

These valuable credits can be put towards registered programs such as soccer registration, YMCA memberships, or City of Edmonton registered programs.

If you would like to be included on the Caerny Buck list to work Bingos please contact our Bingo Director Lynne Hellyer at bingo@caernarvon.ca.



CHEF LOU'S KITCHEN

Fine authentic Asian & Western cuisine
Breakfast - lunch - dinner

Chef Lou is Red Seal Certified with 30 years experience
5 Star current rating - Urban Spoons
4 Star - Edmonton Sun

Specialize in Canadian, Chinese, Vietnamese cuisine

Seniors 15% off
Every Monday. Must be 60 or older.
Cannot be combined with any other offer.

10% off
Dine in or
Take out with
this coupon

15131 - 121 St
Tel: 780-457-5630 Cell: 780-709-2511

Dine in
Take out

Great food
Friendly
service

Banquets
Special
occasions



Hall Rental

If you are looking for a site to host your next big event, give the Caernarvon Community Hall a try! It is wheelchair accessible! We are one of the only halls in the city that offers clean up after the event.

The Hall includes a full kitchen with brand new Full Commercial gas stove with 2 ovens, a wet bar, a coat room, and a raised stage. Also available for an additional fee or deposit are dishes, cutlery, Large BBQ, Theatre Popcorn Machine and Sound System with Wireless Microphone.

Seating Capacity

250 guests - Theatre-style seating facing stage
220 guests - Dining, Beverages, without a Dance Floor
185 guests - Dining, Beverages, and Dance Floor

Please call or text 780 456-3435 or email rental@caernarvon.ca if you have questions or would like an appointment to view the facilities.

Hall Rental Rates

Hourly (Monday - Thursday) with a minimum of 2 hour rental
Boardroom: \$20
Hall: \$35

Daily

(Sunday - Thursday 8am to 3am)
Hall: \$300

Friday (8am to Saturday 3am)
Hall: \$400

Saturday (8am to Sunday 3am)
Hall: \$450

Weekend Rates

Friday and Saturday (5pm Friday until 3am Sunday) OR
Saturday and Sunday (8am Saturday to 5pm Sunday)
Hall: \$550

Add-Ons


Large BBQ	\$50
Theatre Popcorn Machine	\$50
Dishes Rental	\$50
(plates, cutlery, glassware, some small wears)	

Damage Deposits

Daily Hall Rental:	\$1000
Hourly Hall Rental:	\$250
Sound System Deposit:	\$500

If you don't see your arrangements of dates or times, please call or text 780 456 3435 for a quote from our rental directors.

Hall Rental




PRESCHOOL & KINDERGARTEN

REGISTER NOW

For 2017 - 2018

Call to book a TRIAL Class | **780-473-7216**
www.lcdskids.com




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New Patients Always Welcome
Direct Billing • Invisalign
Cerec • Nitrous Oxide
Dental Implants



#202, 15961 - 97th Street NW **780-456-4441**

Community League Wellness Program

Increased Discount at City Of Edmonton Sport Facilities

The City of Edmonton has increased the discount available to community league members, from 10% to 20%, through the Community League Wellness program.

This means community league members purchasing an annual or monthly pass at any City of Edmonton Recreational facility can get everyone in the family a 20% discount and a 15% discount on the multi-use 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***- 20% discount on Adult, Family, Child, and Youth/Senior Annual Passes
- Multi Admission Pass***- 15% discount on our already discounted multi admission pass (5+ visits)

- Continuous Monthly Pass** - 20% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program.

Community league members who purchase one of the above passes will be issued a photo access card to be swiped at each admission.

* Applies to new purchases only.

For more information, please call 311 or visit www.edmonton.ca/wellness

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	Michael Foster	780-991-4738
CDRS representatives	Neil Chymko Kerri-Lynn Parker	780-975-0421 780-554-7037
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: May 1st, 2017, 10 weeks
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.



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 780-914-1775

-AFLCA Certified Instructor

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

Programs

Gymnastics- Ages 5-12
Wed 5:30-6:30pm

ABC-123 Ages 2 and up
Tues 10-11 am

Fit Kids Ages 2 and up
Thurs 10-11 am

For more information or registration
please contact Zuzana at
780-914-1775.

YOGA CLASSES

For anyone who wants to stretch and learn basic yoga postures ending with relaxation, beginners are welcome.

Tuesdays and Thursdays 7:30-8:30 pm.
Registration is \$80.00 for 20 classes.
\$10.00 for drop in.

For more information, call Yvonne at
(780) 297-3147.

RUN WALK RIDE FOR VISION ZERO

JOIN US THIS FATHER'S DAY FOR THE RUN WALK RIDE FOR VISION ZERO!

When: Sunday June 18, 2017

What: 5k run/walk, 10k run and 10k cycle

Who: This event is for all ages and abilities. You can walk, run, or bike. Dogs on leash and strollers welcome! There will be giveaways, free juice, snacks, and a hot dog lunch following the race.

Registration: Visit edmonton.ca/runwalkride

VISION ZERO: zero traffic fatalities and major injuries

Race Start Time: 10am

Where: Concordia University of Edmonton, 7128 Ada Blvd



Edmonton

Cumberland/Oxford News



Cumberland Oxford Community League
Website: cocl.org
Facebook: <https://www.facebook.com/COCLEdmonton>

Executive Board

Position	Name	Email
President	Justin Yerichuk	President@cocl.org
Vice President	Todd Boyer	VicePresident@cocl.org
Treasurer	Helena Zheng	Treasurer@cocl.org
Secretary	Christine Crowe	Secretary@cocl.org
Baseball Director	Michelle Innes	baseball@cocl.org
Bingo Director	Denine Pelley	bingo@cocl.org
Bingo Director, Assistant #1	Vacant	
Bingo Director, Assistant #2	Vacant	
CDRS Representative	Vini Buecken	
CDRS Representative	Lynnette Thompson	
Communications Director	Christa Gagnon	
Director at Large	Vanessa Forester	
Director at Large	Rosemary Sibanda	
Director at Large	Brittany Yerichuk	
Fundraising Director	Vacant	fundraising@cocl.org
Membership Director	Jackie Nicholls	membership@cocl.org
Neighborhood Watch Director	Ali Haymour	
Past President	Calvin Cazes	
Past Treasurer	Chris Cebula	
Registration Director #1	Wendy Sellgren	
Registration Director #2	Joanne Thorlakson	
Soccer Director	Peter Balaban	soccer@cocl.org
Soccer Director, Assistant	Tim Atlee	boys.soccer@cocl.org
Soccer Director, Assistant	Carol Cimino	
Social Director	Kismat Othman	
Social Media/Website	Cameron Tse	
Variety Show Director	Vanessa Latos	
Variety Show Director #2	Vacant	
Volunteer Director	Pam Ushkowski	volunteer@cocl.org
Volunteer Director	Salam Yousef	

COCL Board Positions are filled on a voluntary basis. If you are interested in board positions or would like to get involved, please contact the Board President at president@cocl.org to inquire about vacancies and opportunities.

COCL Needs Your Help

Please consider joining COCL's board or join one of our committees. We have several positions that need to be filled. If you would like the opportunity to connect with your neighbours and help contribute to your community, please consider these options.

- Variety Show Director

Every fall the Castledowns Recreational Society puts on a wonderful 5 weekend run of the "Variety Show – An Evening of Comedy". 2 people from COCL are needed for the committee. They represent the COCL at the Variety Show organizational meetings, help plan the event and manage the parent volunteers during the event..

- Bingo Director Assistants

At least 2 people are needed for this role. COCL participates in an average of one bingo a month. The Bingo Director and assistants manage the parent volunteers and work with the Bingo staff to ensure a smooth running event.

One Director/assistant is needed for each event. With multiple people filling this role the responsibilities are shared.

- Collective Kitchen Coordinator

COCL is partnering with the Salvation Army to create a Community Kitchen program to help needy families in our community. We need a Kitchen Coordinator to:

- Plan group cooking and educational sessions;
- Grocery shop for the sessions; and
- Keep receipts, and track all expenses

- Neighbourhood Watch Committee

COCL is working to create a Neighborhood Watch program for our community. We are looking for enthusiastic individuals to oversee the program and create programs to help make our community a safer place.

Ask Charles

I hired a real estate professional to sell my home. The seller representation agreement (listing agreement) I signed is for four months. It's only been two months, but I want to terminate the agreement, can I?

The short answer is yes, but it can be complicated.

The agreement you signed is a legal contract between you and a real estate brokerage to sell your home. It contains a start date and an end date, as well as provisions for ending the agreement early. If you and your real estate professional agree in writing to end the agreement before the end date, the agreement immediately ends.



If you change your mind about selling your home and your real estate professional agrees to end the agreement early, you may be responsible for reimbursing your real estate professional for reasonable expenses they incurred while your property was for sale. Those potential expenses need to be listed on the agreement when you sign it; your real estate professional can't add them after the fact. These expenses may include, but aren't limited to, reimbursement of advertising, measurement, or photography costs.

But, what happens when you want to end your agreement early and your real estate professional doesn't agree?

If you want to end your agreement early because you want to work with a different real estate brokerage, there could be consequences. For example, if you begin working with another real estate brokerage, and your property sells, your first real estate brokerage could make a claim that commissions are payable to them since the brokerage didn't agree to release you from the obligations of your agreement. You could find yourself owing commission to two brokerages.

Think carefully about why you want to end your agreement early. If it's because you genuinely changed your mind about selling, perhaps your employment situation changed, be open and upfront with your real estate professional. You won't be the first seller who has a change of heart or financial circumstances, but your real estate brokerage is under no requirement to release you from your agreement.

Another possibility is that your real estate professional may agree to a conditional termination of your agreement. Conditional terminations typically require the seller to agree in writing that they won't re-list their property for sale with another real estate brokerage before the end of their original agreement.

If you want to end your agreement early because you and your real estate professional are not working well together or you have concerns about their performance, RECA encourages you to speak to their broker.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email ask-charles@reca.ca.

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Taking Time for Yourself is Important for Your Mental Health

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

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

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

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

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

There is no reason to wait until you are feeling burnt out to make time for yourself a priority.

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

For more information on stress, stress management and how to identify stress, contact Health Link Alberta at 811 or visit www.myhealth.ab.ca.

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 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 Jerry Bernard	780 444-9212 780-885-5333
VARIETY SHOW	Denyse Ward Sabrina Boutilier	587-983-9401 780-232-1925
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	780-914-1775
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

Would You Like To Volunteer Dunluce Community League League CDRS Representative

Dunluce Community League is looking for a CDRS (Castle Downs Recreation Society) Rep.

You will attend a monthly CDRS meeting and report back to Dunluce Community League.

If you would like to volunteer for this position, please contact our President Nadine at: president@dunlucecl.ca or call her at 780-982-6260.

Thank-You

Upcoming Bingos

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

Angela- 780-920-8999

Dates are as follows:

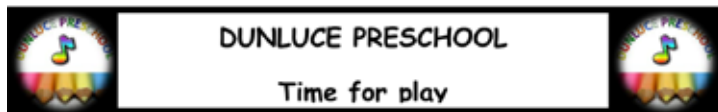
June 7th, July 24th,

August 17th, 2017

All Bingos are at Kensington Bingo Hall unless otherwise stated.

FOLLOW US! LIKE US!

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



- a qualified, experienced, energetic and creative Early Childhood Educator
- a great facility- well equipped with lots of room to play
- movement to music, drama, exercise, sports, singing and finger plays
- monthly themes and hands-on activities... everything from stargazing to baking
- Learning through play-educational learning centres that ignite your child's passion for learning
- Exciting fieldtrips - onsite and offsite
- A program dedicated to meeting your child's individual needs
- Preparation for Kindergarten
- Cooperative/Community-based playschool: a great way to meet new families and get involved in your community

Now accepting students for our 3- and 4-year old classes, starting September 2017 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 6, 2017 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.

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) 914-1775
AFLCA certified

Dunluce Community Programs Fall 2017/Spring 2018 For more information or registration please phone, (780) 914-1775, or e-mail zuzana.bado@gmail.com						
PROGRAM	AGE	TIME	FEE	DAY	LOCATION	NOTE
Gymnastics	5-12	TBA	\$50	Wednesday	TBA	Body suit & bare feet
Dance Classes	3 yrs	TBA	\$100	Tuesday	Dunluce Hall	Pink tights, Black body suit
Ballet & Tap	4+5 yrs	TBA	\$120	Tuesday	Dunluce Hall	Ballet shoes, Tap shoes

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

780-458-3153

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Make a Difference in Your Mental Wellbeing

Alberta Health Services wants to remind you resources are available to help your emotional and mental health.

AHS is hoping to inspire you to learn more about how you can increase your positive emotional and mental health including ways to help you de-stress through online resources such as:

- Ways to Wellness, an online mental health challenge, provides seven different tips and ideas to encourage you to engage in physical activity, eat healthy foods, practice gratitude and have fun as some small steps to improve your mental health and help to reduce stress. Learn more about the simple steps you can take through the video: Ways to Wellness (YouTube).
- Help in Tough Times, has resources and services available to help you or someone you know who may be struggling. It has information, resources, tools and important contact information to help you, including self-help tips to ease some of the stress you may be feeling.

AHS wants Albertans to remember, if you are struggling, whether it's day to day stresses, a loss of a loved one, home or job, or family crisis, you are not alone.

There are supports in place to help you cope. Help can come in many forms and for some of us we may need more support than others.

For more information on addiction and or mental health services near you, call Health Link at 811 or visit: <http://www.ahs.ca/amh/amh.aspx>.



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DATES 1 kg \$5.99	Maple Lodge Halal Hot Dogs \$2.49/Doz	Fresh loaf bread \$1.29 ea. White/Brown/Whole Wheat
	Fresh Baked Baklava Wide Variety	Reggie Pasta 99¢ /Pkg
20Lb New Red or White Potatoes \$5.99	Compliments Canola Oil \$6.99 3L bottle	Lebanese fresh baked meat pies. Spinach & cheese 3 cheese family pack \$9.99

Emma Extra Virgin Olive Oil
1lt
\$7.99

Elsafadi Bros. Supermarket

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

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If I can be of assistance to you on any federal matter, please do not hesitate to contact my office.

- * Canada Pension Plan/Old Age Security
- * Guaranteed Income Supplement * Citizenship Inquiries
- * Immigration Matters * Canadian Passport/Consular Affairs
- * Business Opportunities/Grants & Funding
- * Student Loans * Taxation

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From broccoli to strawberries – growing nutritious food in your backyard or neighbourhood

It’s surprising how many types of produce are grown in Alberta. We all know that vegetables and fruit are good for us; but have you thought to try to grow some yourself? Diets rich in vegetables and fruit have been associated with obesity and chronic disease prevention and improved overall health. Here are just a few examples of nutrient-packed vegetables and fruit that can be grown in your own backyard.

- Strawberries: These delicious bright red berries beat out other berries when it comes to vitamin C needed for immunity, healthy skin and gums.
- Broccoli: A type of cruciferous vegetable, this green vegetable can protect against certain cancers. They also are an excellent source of Vitamin C.
- Spinach: Leafy green with a mild taste that can be used in smoothies, omelettes or salad. Spinach has fibre and is a good source of vitamin A, C and K and folate. They also have plant chemicals like beta carotene, lutein and zeaxanthin which are important for eye health.
- Carrots: One medium-sized carrot supplies enough Vitamin A for an entire day. Carrots provide fibre and potassium and are a good source of vitamin C.
- Tomatoes: Red and round, tomatoes have many nutrients like potassium folate and vitamin B6. They also have an anti-oxidant called lycopene which is high in cooked tomatoes and has been linked to reduced risk of prostate cancer.

Do these health benefits inspire you to get growing? You can start your own backyard or balcony garden and it’s not too late to sign up for a community garden. For information on how to start or join one, visit albertahealthservices.ca and search Community Gardens Handbook.

Hospice, one of many options for end-of-life care

In Alberta, there are many options to get palliative and end of life care—your home, a hospital, a continuing care centre, or a hospice. Hospices are places made to feel like home while giving specialized end of life care, 24/7. The care teams focus on comfort and quality of life, and can help patients and their family cope with feelings about serious illness.

In a hospice, palliative care is provided by health professionals, volunteers, and spiritual counsellors. Services include:

- managing pain
- helping with daily living activities (personal care)
- emotional, psychological and spiritual support.

Before accessing palliative care or a hospice, a health care team discusses with patients on what’s important to them and where they would like to be at the time of their illness where they may either have: a life expectancy of less than 3 months; signed a form saying they do not want to be resuscitated or a need to be in a bed or chair most of the time. A patient’s choice may change as an illness changes, and individuals can get palliative and end of life care at any time. There’s also a new program that’s helping to bring emergency care to people who get palliative and end of life care in their homes. The EMS Assess, Treat, Refer program has Emergency Medical Services, home care clinicians, doctors, and families working together to help people stay in their homes if that’s what they wish.

Contact Health Link at 811 for more information on hospices or programs that provide end of life care in your area, or for eligibility.

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Ramadan Mubarak Happy Ramadan

When I talk to families in our community, one thing that keeps coming up is the high cost of mandatory school fees. For families, this can cost hundreds if not more than a thousand dollars.

That's exactly why I support reducing school fees, starting with the instructional supply and material fees. These will be eliminated. As well, I support eliminating busing fees for the children that are travelling to their designated school. I've heard from many of you how expensive these fees are. I am happy to share that the government is taking action to reduce them.

I also want to invite you to meet my team and I at the Castle Downs Family YMCA Healthy Kids Day on Sunday, May 28 from Noon – 3pm. I would love to hear your feedback and share more of what your provincial government is doing to make your life better.

Please reach out to my office if you have any questions, concerns or suggestions or if you would like to request a scroll for a Birthday, Anniversary, Grand Opening, Volunteer Acknowledgement or Sports Team Accomplishment. We are here to assist. I look forward to hearing from 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



WHY 30 AT JUNIOR HIGH SCHOOLS?

As of September 5, 2017, school zones are in effect around **elementary** and **junior high schools** throughout Edmonton. Motorists are required to slow down to 30 km/h between 8 a.m. and 4:30 p.m. (08:00 – 16:30) on school days where school zone signs are posted.

WHY IS IT IMPORTANT TO SLOW DOWN?

The lower speed limit protects our most vulnerable road users: our **children**.

Stopping at **30 km/hr**
11m – 13m
approximately the length of three small cars
5m wet or icy



Stopping at **50 km/hr**
24m – 28m
approximately the length of six small cars
10m wet or icy



MAXIMUM
30

08:00 - 16:30
SCHOOL DAYS



edmonton.ca/visionzero

VISION ZERO EDMONTON: zero traffic fatalities and serious injuries



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Lorelei Beaumaris News

2017-2018 Lorelei-Beaumaris Board of Directors

President	Sonya	presidentlbcl@gmail.com
Vice President	VACANT	vicepresidentlbcl@gmail.com
Secretary	Danielle	secylbcl@gmail.com
Treasurer	Ghaida	treasurerlbcl@gmail.com
Ways and Means	Lila	waysmeans@gmail.com
Past President	Cody	pastpresidentlbcl@gmail.com
Gaming Directors	VACANT	bingolbcl@gmail.com & casinolbcl@gmail.com
CDRS Representatives	Jen & Julia	cdrslbcl@gmail.com
Sports Director	Ghaida	sportslbcl@gmail.com
Social Directors	Sabrina & VACANT	sociallbcl@gmail.com
Memberships	Sabrina	memberships1bcl@gmail.com
Communications	Oksana	comm1bcl@gmail.com
Community Safety Directors	Jennifer	communitysafetylbcl@gmail.com
Website	Oksana	comm1bcl@gmail.com
Playschool Information		www.loreleibeauamarisplayschool.com
General Manager	Maria	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/loreleibeauamaris		
Twitter: https://twitter.com/LBCommLeague		

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.**

ATVs: Be as Safe as Possible

As snow-blowers and shovels are tucked away for another season, Albertans are venturing outdoors to enjoy the spring weather. Alberta Health Services (AHS) is reminding all Albertans, and particularly parents of children less than 16 years of age, to make ATV safety a priority.

There are significant risks associated with the use of ATVs. Children less than 16 years of age have not yet developed to the point of having the strength, skills or judgment needed to operate an ATV, and this includes ATVs marketed as 'child-sized'.

Parents of children less than 16 years of age are advised to ensure they do not drive or ride in an ATV.

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

- **Get Trained**
Before you hit the trails, get formal hands-on training from a recognized/trained ATV instructor. Don't be shy about refreshing your training seasonally.
- **Wear the Gear**
A helmet can save your life: from 2002 – 2013, 41 per cent of ATV-rider deaths in Alberta were due to head injuries. In 77 per cent of these head injury deaths, the ATV riders were not wearing a helmet. In addition to a helmet, always wear a jacket, long pants, goggles, boots and gloves.
- **Look First**
Be sure you're aware of the weather forecast, fire outlook/potential, and any hazards (geographical, animal or human) that the trail(s) you're on could pose.
- **Buckle Up**
Be sure that you're fastened in properly, and that all gear and equipment (including your ATV restraints) are in proper working condition before you hit the trails.
- **Drive Sober**
Don't drink or do drugs before or while operating an ATV. 55 per cent of those who died in ATV crashes between 2002 and 2013 tested positive for alcohol.
- **Seek Help**
Before you head out on the trail, let others know where you're going and when they should expect you back. This helps your loved ones know when to call for help if you've been gone too long. Take a cell phone or working radio with you, as well as a first aid kit. Never hesitate to call for help if you're stuck, have damaged your ATV, or are injured.

For more information on ATV safety and injury prevention in Alberta, visit <http://www.albertahealthservices.ca/injuryprevention.asp>.

Upcoming Bingos

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

Monday, June 12 (1 volunteer needed)
Thursday, July 13 (7 volunteers needed)
Sunday, August 13 (16 volunteers needed)

Please consider volunteering! **\$50 Tiger bucks will be given for each volunteer spot filled.** Tiger bucks can be used for soccer registration fee or hall rentals.

If you are scheduled for a bingo, Emily 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 Emily at 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!).

Vacant Board Positions

The Board of Lorelei Beaumaris Community League has two vacant positions! If you would like to improve your organizational skills, get an experience in non-for-profit setting, while helping your community and having fun please contact us!!!

We are looking for:
GAMING Directors & SOCIAL Directors

No experience necessary. We will provide any necessary training. You will not be carrying all the responsibilities alone, but will be working in a team.

If you are interested, please contact Oksana at 780-990-4696 or email: comm1bcl@gmail.com

Many hands make the work light!

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-retreats on:

- September 23, 2017
- October 21, 2017
- November 18, 2017

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
<http://lbcl.ca/scrapbooking>



Lorelei-Beaumaris Community Playschool

Classes Offered (9:00 am-11:15 am)

3/4 year olds	Tues & Thurs
\$90.00	
4 year olds	Mon/Wed/Fri
\$135.00	

To register, please contact our registrar Brittany at: 780-263-2910 or jensb2910@gmail.com

For more information or to see what we have been up to, please visit the playschool website at <http://www.loreleibeauamarisplayschool.com>

Lorelei-Beaumaris Outdoor Soccer

Dribble, Pass and Shoot!

Our outdoor soccer season has started with success! FINALLY! Our community league is proud to have 13 soccer teams from U4 to U12 this season. Yey, us!!!!

Thank you so much to amazing parents who have stepped up and volunteered their time and effort to help our community grow and our children to succeed! There would not be teams without your hard work and dedication!

Our great coaches are:

Mark Ewanyshyn, Ricky Phoon, Muna Abdi, Lila Hamdon, Ali Handous, Hakima Farhat, Nader Karout, Hannah Smaili, Oksana Delgado, Luis Delgado, Jose Delgado, George Harriott, Sonya Harriott, Jassem Moamen, Anthony Vileeneuve, Kevin Schulte, Wasima Jomaa, Emily and Gregory Ross Hansen, Maysam Outa, Hiba Outa, Shadi Rahall, Hala Thiab, Mohamad Haj-Ebrahim, Andrew and Jennifer Laycock.

Despite the bad weather at the beginning of the month the soccer season is in full gear and our teams are keeping busy with games and practices. We are so happy to see all the smiling happy faces on soccer fields. We look forward to seeing them on the field learning and having fun!

Stay tuned for more information to come about our indoor soccer season Registrations.

Please feel free to send us your great sports shots that capture our LBCL Tiger's moments to commlbcl@gmail.com for us to post on our website or Facebook page.

WELCOME!!!

We would like to welcome our new Hall Manager **Maria!** We couldn't be happier to welcome Maria to the team and we are looking forward working with her for many years.



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/loreleibeauamaris.

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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

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

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 Edmonton federation of Community Leagues (family memberships only, \$2 administration fee)
- directly from the league. Please email memberships@lbcl@gmail.com

Your community league membership gets you many discounts, free skate, free swim. For more information please see our Facebook page <https://www.facebook.com/loreleibeauamaris/> or website <http://lbcl.ca/memberships/>



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