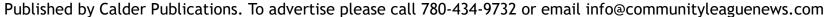
CASTLE NEWS

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

October 2017



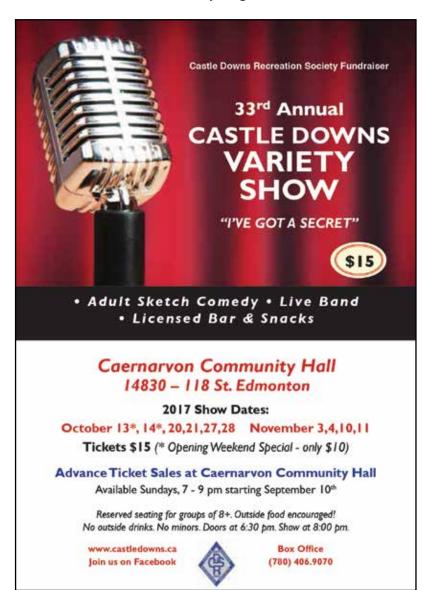


What's going on in Cumberland-Oxford



Be sure to check out our annual *Haunted Forest* event. *Tuesday October 31st*. There will plenty of scares and treats for the kids in Cumberland's famous haunted forest. The Haunted forest is located in the forest south of the 139 street and 150 Ave intersection. The event *kicks off at 6:00PM*.

Head on over to our Facebook page,https:// www.facebook.com/COCLEdmonton or check out our website, www.cocl.org, to find the latest news and events happening in our community.



Dunluce Family Halloween Dance Saturday, October 28



Doors open at 5:00 p.m., Supper 5:30 - 6 p.m. Costume parade and dance to follow

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



Caernaryon Family Paint Party Afternoon

Please join us for an afternoon of painting fun! Similar to a Paint Night, but Family Friendly! Courtney Ruppel will be guiding the Underwater Bubbles painting.

Date: Sunday, November 19, 2017 Doors at 1:30pm

Guided Painting Starts Promptly at 2:00pm Estimated end by 4:30pm

Admission:

Caernarvon Community League Members: \$20 per adult and \$10 per child Non-members: \$30 per adult and \$15 per child

Concessions will be available and there is plenty of free parking! Please register for this event through EventBrite or Facebook. Payment is at the door on the day of the event. We can accept cash or credit card.

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.

	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	Colleen	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	Nicole Yankee	bingo@baturyn.ca		
CDRS Rep	Lorna King	cdrs1@baturyn.ca		
Variety Show Rep	w Rep Shyehana Goonewardena varietysh			
Variety Show Rep	Holly Twerdochlib	varietyshow@baturyn.ca		

Board Meetings 1st Monday of the Month at 7pm July & August: No Scheduled Meeting

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



aturyn Community League Hall: 10505 172 Avenue Phone: 780 - 457- 4347

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



- Seating Capacity: 275
- Hall Size: 55ft x 65ft
- Chairs: 275

- - Fridge, Microwave, Freezer, Dishwasher
 - Large Kitchen Preparation Space
 - Separate Bar with 2 door fridge & freezer
 - Large Dance Floor
- Plenty of Parking

Hall Rental Information:				
Standard Rates				
Rates				
\$35/hr				
\$425				
\$150				
\$250				
Package Rates				
Rates				
\$500				
\$550				
\$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.

Welcome to New Hall Rental Rep

Baturyn Community League would like to welcome our new Hall Rentals Representative, Colleen Healey. We are delighted that you have joined us! If you are interested in booking our hall please contact Colleen at rentals@baturyn.ca.

Baturyn Community Playschool - Spots Still Available

Currently Accepting Registrations for 2017-2018 Spots Still Available

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 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/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.

Become a Member

Have you got your 2017/2018? The new membership year started September 1st. Get your membership and enjoy the special perks of being a member.

Annual Memberships are valid from September 1st to August

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.



Board Opportunities – All Positions are filled on

a voluntary basis

Social Director

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

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 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.

Communications Director

The Communications Director is responsible for the development of communications for the community league in the form of ad development for Castle News, Facebook, and the Baturyn website. The role also handles community signage change and rental sign bookings. Managing the Facebook page posts and page development. The Communications Director also oversees the IT Chair person.

IT Chairperson

Reporting to the Communications Director, the IT Chairperson is responsible for managing the IT needs of the community league. This includes email, electronic file storage, Baturyn website management and development. This role also manages IT contracts and arranges for payments owing on IT contracts such as domain name, website, website security, etc...

Bingo Representative

(2 Positions Available)

Bingos are an important part of our community league operation as they provide the league will 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.

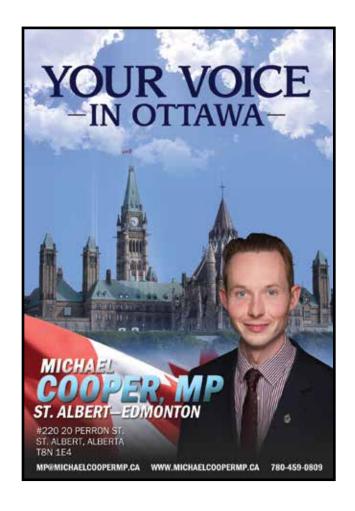
We are looking for two individuals to share the responsibilities of this position. Both incumbents are able to coordinate on coverage at the Bingos and their attendance at required meetings.

Castle Downs Recreation Society Representative

(2 Positions Available)

Castle Downs Recreation Society (CDRS) is an advisory committee made up of the community leagues in the Castle Downs area. Acting on behalf of Baturyn Community League (BCL), the CDRS rep attends BCL board meetings and reports BCL happenings at the monthly CDRS board meeting. In turn the CDRS Rep will report back to the BCL board any information pertinent to the community from CDRS. This is a good opportunity for anyone who is interesting in what is happening in our Castle Downs communities and also give a voice for the Baturyn communities on a larger scale.

If any of these positions interest you, please contact Courtney at president@baturyn.ca







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.



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

Dental Centre Hours

Monday to Friday 8 am to 5 pm Saturdays 9 am to 4 pm

We are closed on Sunday & Public Holidays

We Accept:







ADVANCE THE CAUSE FOR EDUCATION

✓ ELECT THOMAS DEAK

PUBLIC SCHOOL TRUSTEE WARD A



- Freeze school board property tax increases for home owners.
- Campaign for and implement a Universal School Lunch Program.
- Provide more support for classroom teachers to meet the needs of students with special needs.
- I will meet with parent groups throughout the year at each and every Public School in Ward A.
- Advocate for Parent and Student concerns at school board meetings.
- More accessible and responsive public service at all levels.





Baturyn Community League will be hosting a New Years Eve Party for families again on December 31st. Dinner, Games, Dancing, Fireworks and More! Stay Tuned!!!

Event details will be available closer to the date at www.baturyn.ca and www.facebook.com/BaturynCommunityLeague



Baturyn Community Hall 10505 172 Avenue www.Batuyrn.ca

For more information contact president@baturyn.ca



is hosting its

3rd Annual Winter Bazaar

Sunday November 26, 2017 10am to 4pm

Find that unique gift for the loved ones in your life!

Support local vendors and artisans

Free parking
Free admission
Free kids crafts
Hot seasonal drinks

Non-perishable food donations will be gladly accepted for the Edmonton Food Bank.



Baturyn Community League
3rd Annual Winter Bazaar
Sunday, November 26 @
12pm to 4pm
If you are interested, please
contact Jared at
waysandmeans@baturyn.ca.

WARD 3 EDMONTON CITY COUNCIL

ELECT John

OPLANICH

The Name You **KNOW**The Man **YOU** Can **TRUST**.

The Councillor you **NEED**

PROMISES

1. **Property Taxes** are out of control - **NO** new taxes in 2018. We are just trying to make a Living! Why does the City want to make a Killing! Your prop taxes will double in next 7-10 years. Is that what you want? A fixed % of our tax dollars **MUST** go back into the communities not **ACROSS THE RIVER.**



- 2. Photo radar is NOT going away. It's a cash cow. Ward
- 3 wants a piece. I'm proposing 1 photo radar unit per Ward. Funds generated would go directly to communities in the Ward. Empower our Community Leagues. They know best what is required.
- 3. City of Edmonton 4 day work wk **where possible** -10 hrs per day. Every Friday is OFF-happier employees-productivity increases-66% reduction in sick days. **MILLIONS** of dollars saved for the taxpayer. Proven. Read all about it on internet. City workers I have spoken with think this is a fantastic idea and they support it!!
- 4. **Employee self-managed** departments. It's time. Team Leaders. Team effort wins every time. Make public....city salaries.
- 5. Pay City employees commissions-They know where to cut and reduce spending in their departments. We need to **LISTEN**. Savings will add up to millions
- 6. **Technology** Smart phone APP to conduct surveys on any issue facing City Council. In a matter of hours you could have 100,000 responses. I want to know how **YOU** feel about an issue? Why spend millions on studies vs pennies??
- 7. **Infrastructure**-Our roads, sidewalks & alley's are crumbling. Just ask Baturyn, (I live here), Dunluce, Beaumaris, Lorelei, Evansdale and Kilkenny.
- 8. Fiscal Responsibility stop borrowing and killing us with taxes to pay for it.
- 9. **No more tax increases to seniors** earning less than \$50,000/yr or 80 years old. They have limited resources.
- 10. We are the <u>Greatest Sports Town in Canada</u>. Bring back City of Champions signs. STOP wasting millions re-branding this City. If Elected I'll pay for 1 sign myself. I'll put my money where my mouth is. Sportscaster Terry Jones gives ElectOplanich.com the thumbs-up on this one.
- 11. Candidates in Ward 3. **PROMISE** if Elected, to serve for max of 1-2 terms. Then you are **OUT**.
- 12. **I promise** shovels in the ground digging **LRT to YMCA Castle Downs** within 4 yrs. We can't wait until 2030. We have been waiting 40 years. We were in the drivers seat during the 1976 Commonwealth Games. Now we're sitting in the back of the caboose pushing everyone else's agenda <u>across the river</u>. **What the H__ is going on?**
- 13. I want to see \$2/household per month go to the Community Leagues from our Property taxes for beautification, community events, water parks, playgrounds, etc.
- 14. I promise to serve for max of 1-2 terms. Then I'm out. You want **REAL** change in City Council? **VOTE for this CANDIDATE.** 8 yrs is enough for any City Councillor. We don't need anyone that wants to be **carried out in a coffin**. 15. Support our police & fire depts that **keep us safe** & use more Peace Officers to patrol our neighbourhoods.
- 16. I understand the issues. I have solutions, not suggestions. **I'm COUNTING** on you. **I HOPE** you'r counting on me.
- 17. I **LIVE** in your neighbourhood. The decisions I make affect my family as much as your family. You are in very good hands with a **conservative** thinker!

 18. **Ward 3 can't afford another 4 years in the back of the train**. Who's going to help me build a **WAVE** and **COOL** down City Hall with a **SPLASH!**

780-991-6741 www.ElectOPLANICH.com

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

Treasure: 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 Burynuik 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

Teen Driver Safety

Driving is a risky experience for all of us but it is most risky for teenagers in their first year of unsupervised driving. Car crashes are the leading cause of death among teens in Alberta. Not all risk is bad; risk is a necessary part of healthy teen development. It is important that teens take Smart Risks when driving. For more information on the smart risk approach visit: http://www.albertahealthservices. ca/injprev/Page4880.aspx

Encourage your teen to look first. This means being prepared to drive, every time, by checking road conditions and mapping routes before they get into their car. It is also important to check tires, adjust seats and rear-view mirrors before driving. Remind your teen to buckle up, no matter how short the drive. It is the law. Teens can get trained by taking a driver's education course from an unbiased expert who has years of experience teaching new drivers. Enforce with your teen that it is the law to drive sober. Set a rule against drinking and driving.

Aside from encouraging your teen to take smart risks when driving, there are many things you can do to help keep your teen safe:

- 1) Set a good example behind the wheel by modeling the smart risk behaviours above. Always wear your seatbelt, never speed and be respectful of other drivers and pedestrians on the road.
- 2) In addition to driver's education, teach your teen how to drive under your supervision in low risk conditions before moving up to more risky situations.
- 3) Stay informed about Alberta's Graduated Driver Licensing (GDL) laws and speak with your teen about it.
- 4) Using the Parent/Teen Driving Agreement with your teen can help you with all of these things. This agreement will help you start and keep an open, honest dialogue with your teen about their driving behaviour. It will also help you work together to set boundaries and build trust.

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".

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.

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.

Employment Opportunity Ice Rink Caretaker

Now hiring for an Ice Rink Caretaker position for the 2017 -18 rink season.

Duties and Responsibilities

Install arena ice

Ice Maintenance to ensure quality ice and safety of patrons

General Caretaking, janitorial, and cleaning durties required to maintain a high standard of cleanliness in the rink area and warm-up area.

Snow clearing of entrances and emergency exits

Ability to respond to emergency situations if required

Maintain positive working relationships with user groups, visitors, volunteers, and other employees.

Complete minor rink repairs and preventative maintenance tasks as needed

Supervise patrons and visitors at the rink

Must be willing to work evenings and weekends.

Must be physically able to complete job duties.

Knowledge of ice maintenance, janitorial work, carpentry and handyman skills an asset.

Hours are negotiable and will be finalized before the position starts. We may hire more than one person for this position depending on availability.

The job will likely begin December 1 and run until the temperatures rise (usually the end of February). We will be interviewing in October and November. We are open to quotes as well.

If this interests you, please send your resume to:

president@caernarvon.ca

or

Caernarvon Community League

Attn: Evan

14830 - 118 Street NW Edmonton, AB T5X 1T4

Castle Downs Library News

With more than 1000 children registered at Castle Downs Library for our summer reading club – Summer Starts at EPL – our branch was hopping over the summer. Besides hundreds of combined hours of reading, our neighbourhood kids participated in a wide variety of fun and enriching activities throughout the summer months.

Now that school has started again, we are settling into a regular program of activities including:

Sing, Sign. Laugh and Learn

Tuesdays at 6:30 pm, Wednesdays at 10:30 am and 1:30 pm, Saturdays at 10:30 am

Family Storytime - Thursdays at 10:30 am

Evil Genius Club - Mondays at 4:00 pm

Teen Lounge - Thursdays at 3:00 pm

Lego at the Library – Fridays at 4:00 pm and Sundays at 1:30 pm

Adult Book Club – every other Monday at 7:00 pm

English Conversation Circle (LACE) - Wednesdays at 6:30 pm

Please check our website at https://www.epl.ca or call us at 780-496-1804 for more information about these and other programs and resources that we offer. And remember that a library membership, including access to all our programs and resources, is absolutely free. Everyone is welcome!

Hall Rental

If you are looking for a site to host your next big event, give the Caernarvon Community Hall a try! It is wheel-chair 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.

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 remail rental@ caernarvon.ca if you have questions or would like an appointment to view the facilities.

Hall Rental Rates

Hourly (Mon. - Thurs.) with a minimum of 2 hour rental • Boardroom: \$20 • Hall: \$35

Daily

Sun. - Thurs. (8am to 3am): Hall: \$300 Fri. (8am to Saturday 3am): Hall: \$400 Sat. (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)

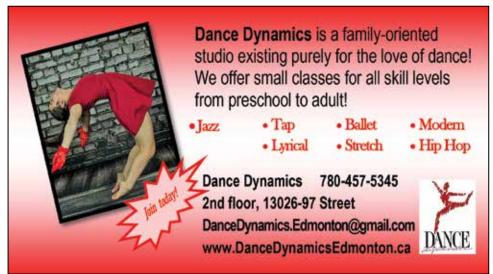
Damage Deposits

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.







Edmonton Municipal Election October 16, 2017 Who can vote?

Do I have to be on the voter's list to vote? I have not been enumerated yet. Can I vote?

There is no voter's list in Edmonton for City Council and School Board Trustee elections. Voters must provide authorized identification at the voting station, such as an Alberta driver's license or an Alberta Identification Card. In addition, all voters are required to sign a statement (Form 8 - Voting Register) when they attend the voting station to confirm they meet the qualifications required to vote.

To be eligible to vote, you must:

- present authorized identification
- be at least 18 years of age
- be a Canadian citizen
- be a resident of a ward within the city of Edmonton on Election Day (October 16, 2017)
- have resided in Alberta for the six consecutive months immediately preceding the election (April 10, 2017)
- not have already voted in the current election

All voters must sign the voting register stating that they meet these qualifications and provide satisfactory authorized identification before they will be given a ballot.

Carlisle Community Executive 2016

Canisie Community Executive 2016					
Position	Filled by	Phone	e-mail		
President	Krista Hennigar	780- 951-7627	khennigar@shaw.ca		
Vice-President	Heather Magnes	780-903-3583	rmagnes@telus.net		
Treasurer/Grants	Myer Valeriano	780-907-1198	myerval@hotmail.com		
Membership	Tara Pohl-Gobeil	780 218-3399	tpohl1@telus.net		
Secretary	Tara Pohl-Gobeil	780-218-3399	tpohl1@telus.net		
Buildings and Grounds	Ryan Simpson	780-267-7777	ryan.simpson@shaw.ca		
Bingo Chairperson	Chantal Brown	780-238-6234	kncbrown@shaw.ca		
Casino Chairpersons	VACANT Krista Hennigar	780-951-7627	khennigar@shaw.ca		
Sports Equipment	Rob Jarowka	780-486-2893 780-910-9450	<u>4jars@telus.net</u>		
Newsletter Editor/Web- site	Michael Foster	780 991-4738	othyrus@gmail.com		
Rink Attendant	Fred Gregory	780-457-1044	fredatball@gmail.com		
Soccer Director	Rob Lewis	780-486-2893	rmlewis 10@shaw.ca		
Program Director	Diane Neiman	780-457-6239	neimandiane55@gmail.com		
Variety Show Represent- atives	Michael Foster VACANT	780 991-4738	othyrus@gmail.com		
CDRS Representatives	VACANT Kerri-Lynn Parker Krista Hennigar	780 554-7037	kerrilynnp@gmail.com		
		780-951-7627	<u>khennigar@shaw.ca</u>		
Hall Rental Director	John Paul Potestio	780-993-3503	jpp1@shaw.ca		
Social Director	Tess Potestio Kara Henebury	780-974-3503 780-995-2444	mpotestio@yahoo.ca karalhenebury@hotmail.com		
CRC – City of Edmonton	Trudy Raadik	780-496-1911	trudy.raadik@edmonton.ca		
Member at Large	Neil Chymko	780-975-0421	neil.chymko@gmail.com		

Fitness Classes

Come and Join us

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



All levels welcome – beginner to pro

Monday and Wednesday 7:30 - 8:30 pm

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

For more information please call Zuzana at 780-914-1775
-AFLCA Certified Instructor



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

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. **YAA Certified Instructor**

Programs

Programs updates

ABC-123 - Tuesday, October 3, 2017

Gymnastics - Wednesday, October 4, 2017

Fit Kids - Thursday, October 5, 2017

Cardio & Pilates - Monday, September 11, 2017

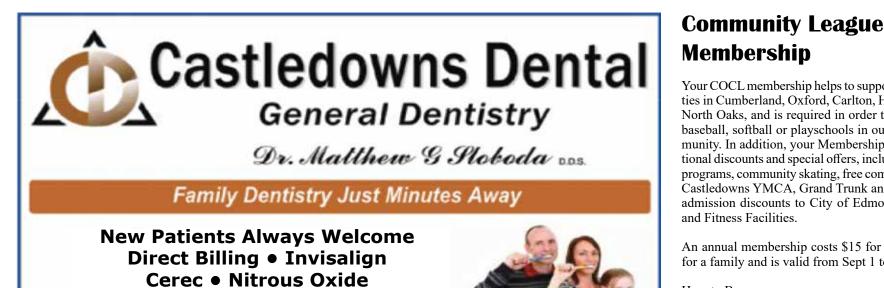


Cumberland/Oxford News



//www.facebook.co	m/COCLEdmonton	
Executive Board		
Name	Email	
Justin Yerichuk	President@cocl.org	
Todd Boyer	VicePresident@cocl.or	
Helena Zheng	Treasurer@cocl.org	
Christine Crowe	Secretary@cocl.org	
T	1	
	baseball@cocl.org	
	bingo@cocl.org	
1		
-		
· · · · · · · · · · · · · · · · · · ·		
Brittany Yerichuk		
Vacant	fundraising@cocl.org	
Jackie Nicholls	membership@cocl.org	
Ali Haymour		
Calvin Cazes		
Chris Cebula		
Wendy Sellgren		
Joanne Thorlakson		
Peter Balaban	soccer@cocl.org	
Tim Atlee	boys.soccer@cocl.org	
Carol Cimino		
Kismat Othman		
Cameron Tse		
Vanessa Latos		
Vacant		
	Name Justin Yerichuk Todd Boyer Helena Zheng Christine Crowe Michelle Innes Denine Pelley Vacant Vini Buecken Lynnette Thompson Christa Gagnon Vanessa Forester Rosemary Sibanda Brittany Yerichuk Vacant Jackie Nicholls Ali Haymour Calvin Cazes Chris Cebula Wendy Sellgren Joanne Thorlakson Peter Balaban Tim Atlee Carol Cimino Kismat Othman Cameron Tse Vanessa Latos	

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



Dental Implants

#202, 15961 - 97th Street NW

Castle News

admission discounts to City of Edmonton Leisure, Sports and Fitness Facilities. An annual membership costs \$15 for an individual or \$25

for a family and is valid from Sept 1 to August 31.

Your COCL membership helps to support community activities in Cumberland, Oxford, Carlton, Hudson, Skyview and

North Oaks, and is required in order to register for soccer, baseball, softball or playschools in ours or any other community. In addition, your Membership entitles you to addi-

tional discounts and special offers, including access to sports programs, community skating, free community swimming at Castledowns YMCA, Grand Trunk and O'Leary Pools and

How to Buy

Membership can be purchased online through the Edmonton Federation of Community Leagues (EFCL) website (\$5 administrative charge applies) or by contacting our COCL membership director at membership@cocl.org.

780-456-444



ON OCTOBER 16TH VOTE

SHELLEY TUPPER

For Edmonton City Council

- A Proven Community Champion with Years of Volunteer Service
- Committed to Quality Public Services
- Committed to Fiscal Responsibility and Transparency
 - Committed to Improved Communication between Council and Residents

Connect with Shelley:

www.facebook.com/tupper4ward2

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www.shelleytupper.ca
780-328-6595
tupper4ward2@gmail.com



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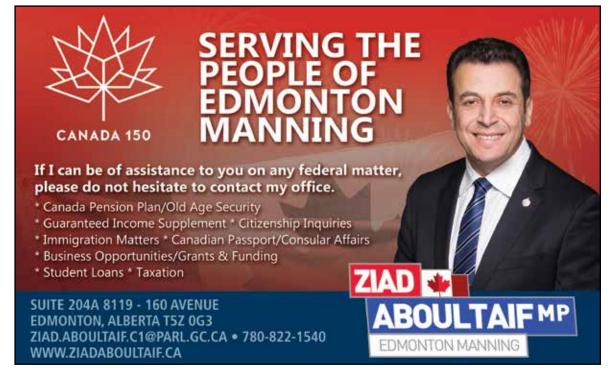
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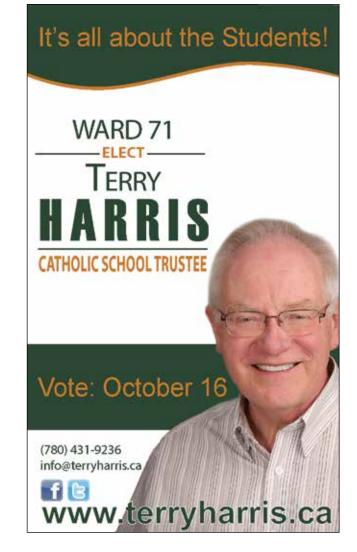
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9



unluce 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	
77 H 12 1 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1	nyse Ward prina 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	

Dunluce Playschool Time for Play

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

Accepting students for our 3 and 4 year old class, starting September 2017. For more information please contact our registrar at 780-499-0232, by email at dunlucepreschool@ For more information call Zuzanna at hotmail.com, or check us out on Facebook!

We look forward to seeing you and your little ones. www.dunlucepreschool.com

Would You Like To Volunteer

Dunluce Community 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

FOLLOW US! LIKE US!

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



FITNESS CLASSES

Dunluce Community League has FAT **BURNING & STOMACH FLATTENING** WORKOUT

Dunluce Hall 11620 - 162 Ave Tuesday & Thursdays 8:00 to 9:00 PM

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

780-914-1776 AFLCA Certified

<u>Upcoming</u> **Bingos**

If you have an upcoming Bingo please see dates below and vou 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: October 13th, November 2nd, December 2nd, 2017 All Bingos are at Kensington **Bingo Hall unless otherwise** stated.

Suicide: Reach out and save lives: understand the signs

Suicide affects people of all genders, ages and ethnicities. 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 recognizing the warning signs and taking them seriously:

- Talking about suicide or a plan
- Giving away personal possessions
- Visiting or calling people to say goodbye
- Making statements about hopelessness, helplessness or worthlessness
- Loss of interest in previously enjoyed activities
- Personality changes, including lack of self care/ neglect of self
- Increase in drug and alcohol use or risk taking behaviour
- 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.

Asking someone directly if they are suicidal does not put the idea in their head. In fact, talking openly to someone who may be suicidal can provide relief. Being aware of these signs and starting the conversation lets the person know you care and can make a difference so they can get the help they need.

If you or someone you know needs help, please call Health Link at 811.

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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Dr. Jonathan Skuba

Dr. Lisa Bergt

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Search Keyword "Edmonton Block"



Manheim is an Equal Opportunity Female/ Minority/Disabled/Veteran Employer.

Hall Rental

* SEATING CAPACITY 120 *

WEEKEND RATES:

Dunluce Community League Members: 6:00 PM Friday evening until 5:00 PM Sunday evening,

\$300.00 plus \$350.00 damage deposit.

Non – Dunluce Community League Members:

6:00 PM Friday evening until 5:00 PM Sunday evening,

\$350.00 plus \$350.00 damage deposit.

DAILY RATES (weekends only)

Saturday 9:00 AM until Sunday 9:00 AM (24 Hr. Rental)

\$350.00 damage deposit

Dunluce Community League Members: \$200.00

Non – Dunluce Community League Members: \$275.00

Hourly Rate: \$30.00 per hour. (3 hour minimum)

Hourly rate is only available Monday to Thursday.

For more information call: (780) 457-4342 or

e-mail: hall rental@dunlucecl.ca

GYMNASTICS • PLAY • FUN

Where we flip over fun!

Birthday Parties only \$159

One hour of fun & one hour of room rental!

Available Saturday & Sunday afternoons



Halloween Event—October 29th
12 noon to 2 pm—\$12 each
Register online or in person at:
www.dynamyxgymnastics.com

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

780-458-3153

Parent & To Drop-ins — Fridays 11 am-12 pm

11



Lorelei Beaumaris News

2017-2018 Lorelei-Beaumaris Board of Directors

presidentlbcl@gmail.com

treasurerlbcl@gmail.com

waysmeans@gmail.com

bingolbcl@gmail.com & casinolbcl@gmail.com

cdrslbcl@gmail.com

sportslbcl@gmail.com

sociallbcl@gmail.com

commlbcl@gmail.com

commlbcl@gmail.com

Rochelle Diederichs

secylbcl@gmail.com

vicepresidentlbcl@gmail.com

pastpresidentlbcl@gmail.com

membershipslbcl@gmail.com

communitysafetylbcl@gmail.com

www.loreleibeaumarisplayschool.com

Rochelle.Diederichs@edmonton.ca

hallrentalslbcl@gmail.com 780-686-4415

President Sonya
Vice President Silvija
Secretary Mouna
Treasurer Ghaida
Ways and Means Lila
Past President Cody
Gaming Directors VACANT

CDRS Representatives Jen & Julia Sports Director Ghaida Sabrina & Hanadi Social Directors Memberships Sabrina Communications Oksana Community Safety Directors Jennifer Website Oksana Playschool Information Ashley General Manager

City of Edmonton Community Recreation Coordinator

LBCL Website: www.lbcl.ca

Facebook: https://www.facebook.com/loreleibeaumaris
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.

Thank you! Thank you!

We are extremely grateful to Youssef Chebli and OES Group LLP Chartered Professional Accountants for all the help and assistance with getting our financials in order! They took a huge weight off of our shoulders.

We are looking forward to to our continued cooperation!

Vacant Board Positions

The Board of Lorelei Beaumaris Community League has a couple of 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

Main duties: help to organize volunteers for Bingos

No experience required. 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: commlbcl@gmail.com

Many hands make the work light!



Upcoming Bingos



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

Wednesday, October 18, 2017 Thursday, November 23, 2017 Wednesday, December 20, 2017 Monday, January 22, 2018

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 our President Sonya at presidentlbcl@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 callbacks 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 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.

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 crafty scrappers at Lorelei-Beaumaris Hall (16220-103 street) for an upcoming mini-retreats on:

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

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

To register, please contact our registrar Ashley at: ashley21_miller@hotmail.com or 780 340-1328

For more information or to see what we have been up to please visit the playschool website http://www.loreleibeaumarisplayschool.com



Upgraded dream kitchen with beautiful cabinets & countertops with stainless steel appliances. Total of 6 appliances included. Laminate on main level. 1-4-pc & 1-3-pc. Quick possession possible. \$229,900



Gwyn Perkins 780-439-3300 or 780-914-1437 gwynp@telus.net

Memberships

Do not forget to purchase your Community Memberships for 2017-2018! They are valid until August 31, 2018.

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, administration fee applies)
- directly from the league. Please email membershipslbcl@gmail.com

Your community league membership provides you with many benefits:

FREE SWIM at

- Castle Down YMCA (Saturdays 6:00-8:30pm);
- O'Leary (Saturdays 3:45-5:45pm);
- Londonderry (Sundays 4:25-5:45pm);
- Grand Trunk (4:15-5:45pm).

FREE SKATE at

- Castle Down Rec Centre(Saturdays 11:45am -1pm, October March)
- Lorelei Beaumaris community outdoor rink (Tuesday and Thursday 6:00-9:00pm; Saturday 1:00-6:00pm; Sunday 1:00-5:00pm);
- Various outdoor community rinks (check availability with each community)
 FREE community events

DISCOUNT for rental of Lorelei Beaumaris community hall

DISCOUNT for City of Edmonton Rec Centre passes, etc.

For more information please see our Facebook page https://www.facebook.com/loreleibeaumaris/ or website http://lbcl.ca/memberships/

City Services & General Information

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

- •Inspections, licenses, permits
- •Comments, commendations, bylaw complaints
- •Roadway & waste management information
- •Program registrations and bookings
- Transit information
- 311 agents are available 24 hours a day, every day.



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 powerpoint, 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. **
- * Discounts may be available to LBCL Members who are booking for their use. Please talk to the hall manager for more information.

Feel free to call Maria 780-686-4415 for questions regarding hall rentals or to make an appointment to view the hall. Leave a detailed message or email hallrentals@lbcl. ca for more information.

For more photos of our hall please visit our website at www.lbcl.ca or our Facebook page at https://www.facebook.com/loreleibeaumaris

Ask Charles

I made an offer on my dream home and stopped looking at other properties. My offer was not accepted, and I later learned the house was already conditionally sold at the time I made my offer. Doesn't the seller have to tell me the house is conditionally sold before I make an offer?

Real
Estate
Council
Alberta

No. Sellers do not have to disclose to buyers if their property is conditionally sold to another buyer.

Sellers are in the driver's seat when it comes to disclosing the status of their property's listing, and that includes whether they disclose when it is conditionally sold. If the seller instructs their agent not

to disclose to buyers that their property is conditionally sold, the seller's agent must follow those instructions.

Remember that conditionally sold is not the same thing as sold. If the conditional offer falls through, the seller has to begin the process of attracting potential buyers again. But, if they continue to market the home while it is conditionally sold, they increase their chances of having a backup offer from another buyer in the event the first buyers don't waive their conditions.

I understand this was your dream home, you stopped looking at other properties once you made your offer, and it's frustrating to not get the home, but your agent should have advised you of the possibility of the property being conditionally sold. In doing so, they could have also advised you of possible other courses of action.

While a seller isn't required to disclose that their property is conditionally sold, your agent can always ask if it is. In that case, the seller has two options – they can instruct their agent to answer the question – and if doing so, they must answer it honestly and not lie. Or, they can instruct their agent to refuse to answer. If the seller's agent refuses to answer the question, you can probably read between the lines. Choosing not to answer the question can be an answer in itself.

So, what do you do in the event you find a home you want to see, but you're worried about it being conditionally sold?

If you love the home, go see it even if it is conditionally sold. This way, if the first conditional sale falls through, you'll be prepared to make an offer right away. Or, even submit an offer as a backup so that it's considered as soon as the first sale falls through.

"Ask Charles" is a 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 askcharles@reca.ca.

Community League Wellness Program

The Edmonton Federation of Community Leagues and the City of Edmonton are pleased to offer the Community Wellness Program exclusively for community league members.

The Community League Wellness Program offers community league members opportunity to purchase an annual pass or multiple admission pass packages to City of Edmonton sports and recreation facilities at a substantial savings.

Annual Pass – Community League Members receive a 10% discount on Adult, Family, Child and Youth/Senior Annual Passes (applies to new purchases only).

Continuous Monthly Pass – Community League Members enjoy a 10% discount using a convenient Pre-Authorized Debit Program.

Multi Admission Pass – Community League Members receive a 10% on the City's already discounted multi-admission pass (10+ visits)

Facilities and amenities include swimming pools, wave pool, dive tanks, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton, tennis and basketball courts, indoor running tracks, gymnasiums and pro shops. For more information, please call 311 or visit www.edmonton.ca/wellness



Boston Pizza - Namao 16521 97 St 780-456-5554

Edmonton North Animal Hospital

15387 Castle Downs Rd.

Across from Sobeys & **Edmonton Public Library**

780-476-3444

New Clients & Walk-ins Welcome



- 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

Hours: Mon - Fri 8:00 am to 6:00 pm Sat 9:00 am to 2:00 pm

I hope everyone had a wonderful summer and a smooth transition back to school. This is such a beautiful time of year and i was able to engage with constituents of all ages at Military events. Community League Day, and Back to School BBQ's. I heard great feedback about the cut to school fees for designated schools across the constituency and its positive impact for so many families.

We would like to encourage all elementary students of Edmonton Castle Downs to submit artwork to my office as we begin the 2nd Annual Holiday Art Contest for the Constituency Office. The winning submission will be used as the Constituency Holiday Card and will be mailed all across Alberta. Please drop submissions off to 12120 161 Ave, Edmonton AB, T5X 5M8 either in person or via mail by October 2.

Fall is also the season for the Castle Downs Variety Show. I want to encourage everyone to purchase tickets and attend this 33rd Season. Last year the Variety Show was able to update the stage and sound equipment due to provincial government community grants. It's important to support the arts and community league initiatives and if you know someone who would be interested to learn more about provincial grants please don't hesitate to contact

I want to also take the time to finally congratulate all the outdoor sports teams who recently wrapped up another fantastic season. I would be honoured to provide scrolls to teams in the community so please feel free to contact my office to submit the names and honour their achievements

Also, you can find me on social media.







Nicole Goehring

MLA for Edmonton Castle Downs 12120 161 Ave NW Edmonton, AB T5X 5M8 (780) 414-0705



Is your child 3,4 Or 5 years old?

LCDS still has afternoon spots available. You can book a trial class.

Check our website for open house dates.

LCDS Preschool & Kindergarten

13931-140 St. (By Leon's)

- Spacious bright environment
- Friendly, experienced staff
- Classroom teacher holds a B.Ed. Degree
- All staff have appropriate certification and criminal record checks
- Choice of attendance days
- Regular field trips
- Class parties



- Mild speech & language services for children who qualify (deadlines apply)
- Great parking, easy access
- Non-denominational



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



Emergency Medical Services



Yielding to Emergency Vehicles



Time is the enemy in an emergency. For everyone's safety, it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road:

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use *any* available road space to maneuver. This could include the shoulders, turning lanes, in order to pass other traffic.

When operating a vehicle:

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way;
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated;
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00;
- Always leave plenty of space between your vehicle and an emergency vehicle, should it be required to stop suddenly.

www.albertahealthservices.ca

Are You looking For Your Hairstylist?



Tammy or Kayla?

They're both at SPIKES HAIR STUDIO 120 - 10807 Castle Downs Rd 780-462-1766

Very competitive prices. Book your appointment today.

Time For Positive Change On City Council



If your Councillor hasn't done anything for you in two terms, why would they start now?

Our representation in City Hall has focused on downtown development while ignoring those who pay taxes in Ward 3. This is short-sighted and not how the ward system should work.

Jon Dziadyk is your choice for the upcoming municipal election. He will stand up for the North Side because a strong North Side equals a strong Edmonton. New blood equals new energy. Jon will stop the neglect, fix Beaumaris Lake, and improve our roads and parks. He will return your phone calls and listen to your concerns.

Jon is hardworking, honest, and ethical. He is an urban planner, military officer, and author. A movement is forming around Jon and you are invited to join it. Even if you live in Ward 2, Jon wants to hear from you. To volunteer, donate, request a lawn sign, or for more information, please contact www.JonDziadyk.com

On Oct 16 vote Jon D for Ward 3

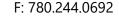
Back to School Lunches

Healthy school lunches and snacks give children and youth energy and the nutrition they need for proper growth and development. Without healthy food, children may feel tired, have difficulty concentrating and may not have the energy they need to learn and play at school.

Here are some tips to make healthy school lunches to fuel your child throughout their day.

- 1. Involve your kids. Let them help plan and prepare their lunches.
- Set aside time to make lunches a team effort. Making lunch can be fun and allow time to spend together. This can be a part of your family's routine; once the kids are home from school, or right after supper.
- 2. Bored with sandwiches? Switch it up. Use the same filling, but change the grain product. You can have more than a week's variety!
- Try using whole grain wraps, pitas, small bagels, English muffins, flatbread, naan bread or buns. Having some of these choices in the freezer can make it easy to switch up and help with reducing food waste.
- Use hummus, tzatziki (cucumber yogurt spread), guacamole, or salsa as a sandwich spread to add flavour and variety.
- 3. Are sandwiches not an option? Try these instead:
- Chili or stew (in insulated container) with grated cheese
- Whole grain crackers, cheese, and carrot sticks and snap peas with hummus.
- Oatmeal with fruit and nuts
- Salad with meat or beans and grated cheese.
- Fruit salad with cottage cheese and whole grain roll.
- 4. Make vegetables and fruit easy to eat. Prepare enough vegetables and fruit for a few days or the week instead of doing this every day. Some kids enjoy dips with their vegetables or fruit.
- 5. Include at least three of the food groups from Canada's Food Guide Aim to include a food choice from at least three of the four food groups from Eating Well with Canada's Food Guide for a balanced and healthy meal. Keep servings sizes appropriate for your child's age/appetite.





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- Emergency and walk-In appointments available
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We are thrilled to join the growing community of Albany and excited to announce the opening of the *Albany Medical Centre*, *Health Aid Pharmacy and Albany Laser and Cosmetic Centre*.

This shiny new fully-equipped Medical and Aesthetic Centre is here to stand out from the conventional walk-in clinic. Our state of the art centre is going to show you exactly how the tiniest details in your care matter.

Designed by a dedicated team of Health Professionals with over 20 years of experience in the field.

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It has been my honour and privilege to serve as your voice on City Council.

If you have any comments or concerns about issues affecting your community or the city, please contact me.

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