CASTLE NEWS

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

August/September 2018



DUNLUCE SOFTBALL 2018

Thank you to everyone that supported the Softball Program in Dunluce again this year. That would include the coaches, parents, tournament volunteers, equipment and registration assistants and, most importantly, the executive of Dunluce Community League. We are so lucky to have a supportive community league. There are many leagues in the City of Edmonton that do not have Softball programs but Dunluce is going strong thanks to the support of so many people.

coaches who are developing young

athletes and keeping them interested in the sport. We have one of the strongest softball programs in the North West Zone Edmonton thanks to our coaches and supportive par-

- T-ball (U6) #1 Amanda and David Hansen
- T-Ball (U6) #2 Brooke Hen-
- Mite (U10) #1 Jason Lafleur
- Mite (U10) #2 DJ Hamelin
- Squirt (U12) D'Arcy Sommer The Softball Program in Dunlu-

Special thanks to all of our ceruns smoothly because of people

Rick Bradford for continuing to organize the 3-Pitch Tournament

Rob Melnyk for helping to organize and maintain the softball equipment

Al Chapman for mowing the diamonds that the city keeps forgetting

Maureen Ewart and her 'crew' for running the concession at the tournament

See you all next spring! Loretta Wonitoy, Dunluce Softball Direc-

Photo: Second Generation Dunluce Softball Players James and



COMMUNITY LEAGUE DAY come join the fun!

Saturday, September 15th, 2018 11:00am to 3:00pm

Celebrations at **Baturyn Park** (10505-172Avenue) will include:

- 2018/2019 Membership Sales,
- An Inflatable Slide,
- Face Painting,
- FREE Food,
- FREE Freezies,
- Other Family Fun!

A CPSAC- certified car seat tech will also be on site to answer car seat questions and/or perform free seat checks on a drop-in basis.





★ FREE FOOD ★ ACTIVITIES ★ MARK YOUR CALENDAR AND JOIN US FOR THE FUN!



LORELEI BEAUMARIS COMMUNITY HALL 16220 - 103 STREE

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	Tricia Stettner	president@baturyn.ca
Vice President	Wayne Raymond	vicepresident@baturyn.ca
Treasurer	Paul Petersen	treasurer@baturyn.ca
Volunteer Director	Sephia Tidder	volunteers@baturyn.ca
Communications Director	Courtney Barnes	communications@baturyn.ca
Program Director	Angela Ferguson	programs@baturyn.ca
Soccer Director	Candice Bevan	soccer@baturyn.ca
Social Director	Violet Hejnar	social@baturyn.ca
Membership Rep	Samantha McRae	membership@baturyn.ca
Bingo Chairperson	Nicole Yankee	bingo@baturyn.ca

Board Meetings are held on the 1st Monday of the Month at 7pm

July & August: No Scheduled Meetings

Baturyn Community League

Proudly supporting the communities of Baturyn, Elsinore/Chambery (Castlebrook), Canossa (Castlewood), & Rapperswill (Newcastle) Website: Baturyn.ca or find us on Facebook

Become a 2018/2019 Member

Get your membership and enjoy the special perks of being a member. Annual Memberships are valid from September 1st to August 31st.

Membership Fees:

Family \$25.00 Single (16+) \$25.00

Senior (55+) \$10.00

(\$5 service fee applies to purchases made through efcl.org or Servus Credit Union)

Membership Benefits:

- Access to community hosted events
- Free Access to all Community League ice rinks (with skate tags)
- Community League sports programs
- Free access to community swim times at the YMCA (Saturdays: 5:00 pm 8:45 pm), Grand Trunk Fitness & Leisure Centre (Fridays: 7-9pm, Sundays: 4:15pm-5:45pm & Wednesdays: 8am-10am), O'Leary Fitness & Leisure Centre (Saturdays: 3:45pm - 5:45pm) and Londonderry Fitness & Leisure Centre (Sundays: 4:15pm-5:45pm)
- 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. To learn more please call 311 or visit www.edmonton.ca/wellness
- **NEW** 30% off all Cloverdale Paint products and up to 20% off all sundry items.
- NEW 30% off all online orders at Papa John's Pizza for the rest of 2018 (to redeem, request a Papa John's promo card from memberships@baturyn.ca)

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

Get your membership today by going to **EFCL.org or your local Servus Credit Union.** Your membership fees help support the delivery of various community programs and events.

Homeowners as Communications Partners

main roads of our community? Or does your back fence face onto a main road? We are looking for homeowners who might be willing to help us communicate with the rest of the community by

Do you have a home that is along one of the allowing advertising to be placed on their property for special events throughout the year. For further information, please contact communications@baturyn.ca to see how we might be able to work together to build our community.



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

H. H.D. and J. Committee						
Hall Rental Information: Standard Rates						
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.
- 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



Want to know what is going on in your community?

To find out community announcements and events

Find us at www.facebook.com/ BaturynCommunityLeague

Summer Block Parties

Thanks to all who came and enjoyed the block parties held this summer at the various locations around our community. We hope to host them again next summer but remember you can always arrange your own too. Visit the City of Edmonton website for more information on hosting your own Block Party any time of the year!

Baturyn Ice Rinks

As we approach fall, winter isn't that much farther off! That means planning for any ice rinks this winter is at a critical stage and we are still looking for residents interested in helping make sure there will be ice at our rinks in the upcoming season. Over the last several years, BCL hasn't been able to find any volunteers willing to make and maintain our ice rinks. We have heard from many in the community who feel that ice rinks are important to our community and would like to work towards ice rinks for the 2018/19 season. Our Vice President is actively looking for volunteers to join a Committee to ensure there is a plan in place for coming years. There will be much to discuss, and a business plan must be created. Not only do we require a dedicated team of people, there are also financial considerations. Anyone interested in joining this sub committee, please email vicepresident@ baturyn.ca for the next meeting date.





CASTLEDOWNS Dental Centre



www.castledownsdentalcentre.com

780-456-2990

11816-145 Ave





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
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- Veneers
- In office Zoom Teeth Whitening

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We are closed on Sunday & Public Holidays

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level in Beaumaris /
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Poss. – Only \$304,900!!

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* Renaissance Place:

concrete high-rise top floor unit, excellent views! Many upgrades & building amenities. U/G Parking, Immed. Poss. - Only \$214,000!



Baturyn Community Playschool

Registration AGM Monday, August 27, 2018 Meeting at 7pm, doors open at 6:30pm

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, kindercooking 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 **Tuesdays and Thursdays** olds: AM Class - 9:00am to 11:30am

For 4 year Mondays, Wednesdays, and Fridays olds: AM Class - 9:00am to 11:30 am

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

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.



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Baturyn Community League Day 2018/2019 Indoor Soccer Registration







Online Registration begins July 15th with EMSA. You will be required to start the registration process by going to the EMSA's website at https://emsasoccerportal.com and completing the required registration documents. To complete the registration process, you will also be required to attend one of the registration sessions listed below:

Early Bird Registration (passed): July 21st - 9am to 10am

Regular Registration: August 13th - 6pm to 7:30pm

Attend this date to avoid late registration penalties.

Late Registration: September 6th – 6pm to 7:30pm

IMPORTANT: You must attend an early registration event in person to qualify for the regular registration pricing. A late registration fee of \$25 plus an additional volunteer commitment per registration applies to all registrations processed on September 6th, 2018 or later even if you have registered online prior to this date.

All registration sessions will be held at Baturyn Hall, 10505 172 Avenue.

Make all-terrain travel all good

If you're an all-terrain vehicle (ATV) driver, it's hard to resist the allure of exploring backcountry trails during the summer. These tips will help newbies and trail veterans alike navigate the ins and outs of ATV safety.

Age limits

Some exceptions apply, but the minimum age by law for operating off-highway vehicles is 14 years. The AHS recommended age is 16.

Know the risks

When not used safely, ATV risks include

- Scrapes and cuts
- · Strains and sprains
- Broken bones
- · Dislocated joints
- Bruising
- · Concussions and head injuries
- Internal injuries.

Safety tips

- Choose an ATV that's right for your size to reduce a chance of rollover or serious injury.
- Wear protective equipment such as an approved ATV helmet, eyewear and
- · Wear pants, long sleeves and boots to prevent cuts and scrapes.
- Ride during daylight hours, at a safe speed, with other people around.
- Carry a first-aid kit with each vehicle.
- Don't drive while or after using alcohol or other drugs.
- Take a certification course through the Alberta Safety Council.

Visit myhealth.alberta.ca and search for ATV safety.



Caernarvon News

Caernarvon Community League Executive 14830 - 118 Street NW, Edmonton AB Phone or Text (780) 456-3435

> <u>president@caernarvon.ca</u> <u>treasurer.ccl@shaw.ca</u>

President	Evan Hellyer		
Vice President	Jennifer Schell		
Treasurer	Teena Burrell		
Bingo	Lynne Hellyer		
Casino	Amanda Evans		
CDRS	Danny Burrell		
CDR3	Jennifer Schell		
	D'Arcy Sommer		
Equipment	Giovanni Borrelli		
	Sandy Reda		
Hall Maintenance	Ahmet Kaplan		
	Danny Burrell		
Hall Rental	Jennifer Schell		
	Dawn Vargas		
Membership	Adam Evans		
Newsletter	Dawn Nebeker		
Secretary	Dawn Nebeker		
Signs	Christina Burynuik		
Soccer	Wil Fraser		
Casial & Dragrams	Kati Hutt		
Social & Programs	Amanda Evans		
Variety Show	Petar Jankovic		
Baseball	VACANT		
Casino (2)	VACANT		
Member At Large	VACANT		
Variety Show (2)	VACANT		

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".

Membership



Community League membership is accompanied by these perks: access to community hosted events, Community League sports programs, free swim times at the YMCA, Grand Trunk Fitness & Leisure Centre, and O'Leary Fitness & Leisure Centre, free access to all Community League outdoor rinks, 20% discount on City of Edmonton Recreation Facilities annual passes or continuous monthly passes. 15% off Multi-Pass purchases. Visit http://efcl.org/membership to purchase or attend one of our events!

Hall Rentals

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 coat room, raised stage, full kitchen with brandnew Commercial gas stove with 2 ovens, wet bar, glass door refrigerators, plenty of kitchen prep space, tables (round and rectangular), and chairs. Also available for an additional fee or deposit are dishes, cutlery, commercial 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 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 wares)

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.

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 mem-

berships, 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 through our Facebook page or 780-456-3435.

Back to School Safety

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles other than those that are parked in school zones or playground zones, during posted hours.

Around School Buses

- Flashing amber lights mean a bus is slowing down to stop motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop

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Carlisle News

Carlisle Community Executive					
Position	Filled by	Contact			
President	Krista Hennigar	780- 951-7627			
Vice-President	Heather Magnes	780-903-3583			
Treasurer/Grants	Myer Valeriano	780-907-1198			
Membership	Tara Pohl-Gobeil	780 218-3399			
Secretary	Tara Pohl-Gobeil	780-218-3399			
Buildings and Grounds	Ryan Simpson	780-267-7777			
Bingo Chairperson	Chantal Brown	780-238-6234			
Casino Chairpersons	VACANT Krista Hennigar	780-951-7627			
Sports Equipment	Rob Jarowka	780-486-2893 780-910-9450			
Newsletter Editor/Website	Michael Foster	780 991-4738			
Soccer Director	Rob Lewis	carlislesoccerdirector@gmail.cor			
Program Director	Diane Neiman	780-457-6239			
Variety Show Representatives	Michael Foster VACANT	780 991-4738			
CDRS Representatives	VACANT Kerri-Lynn Parker Krista Hennigar	780 554-7037			
		780-951-7627			
Hall Rental Director	John Paul Potestio	780-993-3503			
Social Directors	Tess Potestio Kara Henebury	780-974-3503 780-995-2444			

YOGA CLASSES

For anyone who wants to stretch and learn basic yoga postures ending with relaxation. Beginners are welcome. Tuesdays and Thursdays 7:30-08:30

Prepaid registration is \$80.00 for 20 classes or \$10.00 for drop in.

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

Starts September 4, 2018



FITNESS CLASSES

FAT BURNING & STOMACH FLATTENING WORKOUT Mondays and Wednesdays 7:30-8:30

All levels welcome--beginner to pro Prepaid registration is \$80 for 20 class-

or \$10.00 for drop in.

For more information, call Zuzanna at (780) 914-1775. AFLCA Certified In-

Starts September 5, 2018

GYMNASTICS - Ages 5-12, Wed. 5:30-6:30 pm

ABC123 - Ages 2 and up, Tues. 10-11

FIT KIDS - Ages 2 and up, Thurs. 10-

For more information and registration, please contact Zuzanna at (780) 914-



For all of the above programs, please note that you require a membership from a community league in Edmonton or a membership from Carlisle Community League can be purchased at a cost of

Hall Rental



Members \$300 and Non-Members - \$350 **Rental Inquiries Contact Hall Rental Director John Paul Potestio** @ 780-993-3503 **Now Accept VISA & Mastercard**



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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	coclbingo@gmail.com		
Bingo Director, Assistant #1	Vacant			
Bingo Director, Assistant #2	Vacant			
CDRS Representative	Vini Buecken			
CDRS Representative	Lynnette Thompson			
Communications Director	Vacant			
Director at Large	Vanessa Forester			
Director at Large	Rosemary Sibanda			
Director at Large	Brittany Yerichuk			
Director at Large	Christa Gagnon			
Director at Large	Salam Yousef			
Fundraising Director	Vacant	fundraising@cocl.org		
Membership Director	Jeff Deptuck	membership@cocl.org		
Neighborhood Watch Director	Vacant			
Past President	Calvin Cazes			
Capital Projects Director	Chris Cebula			
Registration Director	Laurie Lachine			
Registration Director	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	Lydia Chan-Kruska			

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.

Marrazzo Law Office



- Wills Notary
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- Personal directives
- Mobile visits available

Call today 780-756-5500

9535 135 Avenue (by Northgate Mall)

Indoor Soccer Registration



The winter season of Soccer is on the way! Registration has already started with games beginning in October.

Registration is a two step process. First, log into the EMSA Portal online (emsasoccerportal.com) to register for the Indoor Soccer season. This must be done prior to the second part of registration.

The second step is to attend one of COCL's upcoming registration events in the Gateway Alliance Church located on 13931 140 Street. The events are scheduled for Wednesday, August 29, from

6pm to 8pm, Wednesday, September 6, from 6pm to 8pm and Sunday September 9, from 12:45pm to 3:00pm.

Please http://www.cocl.org/Sports/Soccer for more information. Also, keep an eye on our community message boards, Facebook page, and our website (cocl.org) for updates.



ENTER TO WIN

with every purchase in store (prescriptions excluded)

1st prize - \$100 Visa Gift Card 2nd prize - \$60 Visa Gift Card 3rd prize - \$40 Visa Gift Card

Minimum \$2 purchase to enter. Must be 18 years or older. Offer valid from Friday, August 10th - Monday, August 13th, 2018.



Plastic Bandages Sterile Latex Free

150 each atoma® Plastic bandages 60's Limit 2 per family.

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81 mg • 30's
Limit 2 per family.



400 Alex Napro 220 r Limit

Aleve
Naproxen tablets
220 mg • 24's
Limit 2 per family.

Castle News

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Cannot be combined with any other promotion. Offer valid from Friday, August 10th - Monday, August 13th, 2018. While supplies last.

Rosemary Sibanda, B.Sc. Pharm. Prescribing Pharmacist

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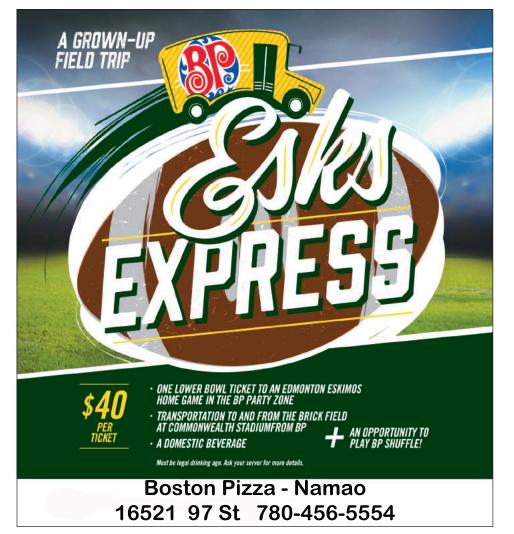
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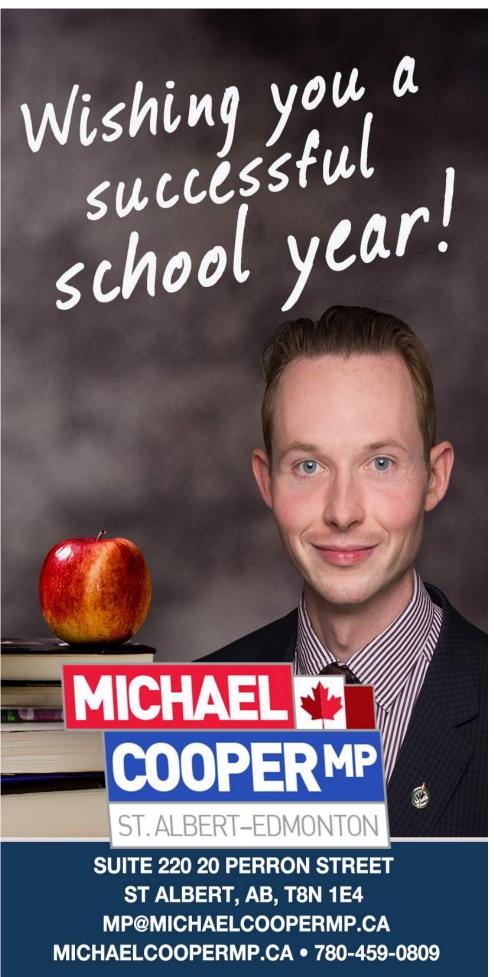
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Dunluce New

DUNLUCE EXECUTIVE P.O. Box 36050 Castledowns RPO **Edmonton AB T5X 5V9** Dunluce Hall: 11620-162 Ave. 780-456-3978

www.dunlucecl.ca

		,
PRESIDENT	Nadine Meads	780-982-6260
VICE PRESIDENT	Sabrina Jackson	780-232-1925
TREASURER	Loretta Wonitoy	780-457-9101
SECRETARY	Lorna Melnyk	780-456-4596
PAST PRESIDENT	Keoma McMurren	780-457-9101
CDRS REP	Ryan Korpesio	780-444-9212
	Jesse Webb	780-288-2218
VARIETY SHOW	Denyse Ward	587-983-9401
	Sabrina Jackson	780-232-1925
CASINO	Maureen Ewart	780-457-0708
	Mark Gross	780-456-5700
MEMBERSHIP	Christina Fletcher	780-484-3051
PUBLICITY	Bev Gross	780-456-5700
SOCIAL	Lorna Melnyk	780-456-4596
BINGO DIRECTOR	Janice Delo	780-504-2773
	Pam Smith	780-299-6777
SOCCER	Electra Fenwick	780-200-2551
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	Rochelle Diederichs	
HALL RENTALS	Al Chapman	780-457-4342

Dunluce Community League

INDOOR SOCCER & PROGRAM REGISTRATION Monday, August 27, 2018 6:30 - 7:30 pm

Dunluce Hall, 11620 – 162 Avenue

Register for indoor soccer and community programs. Only cash and cheques will be accepted (credit cards or debit NOT available). Soccer parents MUST pre-register online at http://emsanorth.com. Bring TWO printed copies of the forms with you.

Purchase a \$25.00 Dunluce membership fee (cash/ cheque), valid Sept

1/18 to Aug 31/19, one per household.

(2) Bring a \$200 undated volunteer deposit cheque. one per child being registered. Failure to fulfill your volunteer commitment will result in your deposit cheque being cashed.

(3) Pay fees by cash/cheque.

(4)Leave a \$100 soccer uniform deposit, returned at the end of season when your uniform is returned.

At this registration, you must sign up for one volunteer commitment PER CHILD. After this date, you must sign up for two volunteer commitments PER CHILD. Separate Deposit Cheques required for each child. Volunteer coaches are also needed.

Late Registrations accepted after this meeting will be subject to a \$50.00 late fee. All cheques payable to "Dunluce Community League"

Visit Dunlucecl.ca for fees, ages and game nights

HALL RENTAL RATES

For information call: (780) 457-4342 or e-mail: hallrental@dunlucecl.ca HALL IS NEWLY RENOVATED * 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.

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

FOLLOW US! LIKE US!

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



BINGO DATES

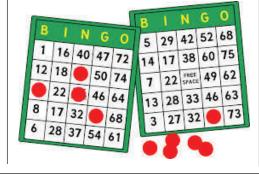
Upcoming Bingos

If you have an upcoming Bingo please see dates below. 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:

Janice: 780-504-2773 Pam: 780-299-6777 Dates are as follows:

August 15th, September 8th, October 22nd

All Bingos are at Kensington Bingo Hall unless otherwise stated.



Dunluce Pre-school

- 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 2018. 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

2018 Castle Downs Variety Show

Cast, Crew and Committee Call

34th Annual Variety Show Wednesday August 29th, 2018 at 7:00 pm

Caernarvon Hall 14830 -118 Street

If you would like to be on the committee, on stage or behind the scenes, come on out and meet the committee, the writers and directors and the returning cast and crew members.

Check us out to see if you would like to get involved. This is a Restricted Adult Comedy, you must be at least 18 years of age to participate.

If you have any questions please email: varietyshow@castledowns.ca

Check us out on Facebook Castle Downs Variety Show or Website: www.castledowns. ca and click on Variety Show.



CASTLEDOWNS VARIETY SHOW

"An Evening of Adult Comedy"

www.castledowns.ca Box 31075 Namao Center, Edmonton AB T5Z 3P3

Phone (780) 406-9070

10 Castle News



LCDS Preschool & Kindergarten

13931-140 St. (By Leon's)

Now accepting Registrations for the 2018-2019 School Year.

Openings for Preschool, Junior Kindergarten, and Kindergarten.

Interested in a *trial class* to see if your child is ready, LCDS is now booking appointments (parents must attend). Please contact the office for further information.

Check our website for updated information.

- Spacious bright environment
- onment staff
- 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

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



F: 780.244.0692

12916- 167th Ave

P: 780.244.2696

www.albanymedical.ca • info@albanymedical.ca • Facebook: Albany Medical Clinic



- Emergency and walk-In appointments available
- Primary care for the whole family
- Male and female physicians
- Specialists
- Aesthetic Centre





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.

Clinic Services: Routine visits, WCB, Injections & Travel, Gynecology & Urogynecology, Obstetric Care, Referrals & Diagnostic testing, Infertility Investigation and Management, Minor procedure, Notes and Forms, Complete Physicals and Much More!!

Aesthetic Centre: High Intensity focus Ultrasound, Lipolysis and Body Contouring, Botox Injections, Filler Injections, Regenerative Growth Hormones, Platelet Rich Plasma and Meso Injections, Hair and Wrinkle Removal, Pigmentation and/or Tattoo Removal, Skin Rejuvenation, Non-Surgical Face and Chin Lift.



Emergency Medical Services



Accidental Poisoning



Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming in contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication storage

- Place all medications in locked containers and store in an area inaccessible to children:
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle;
- Install child locks on all cabinets, or drawers where medications are stored.

Safety tips

- Child-resistant medication bottles are not <u>child proof</u>. They can still be opened by a child;
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups;
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers;
- Install child latches on cabinets children might also access by climbing on counters or chairs;
- Label all plants in and around your home and garden;
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested;
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414;
- In case of a poisoning emergency, <u>call 9-1-1</u>;
- Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

www.albertahealthservices.ca

Dunluce Community Programs

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

For more information or registration please phone, (780) 914-1775, or e-mail zuzana. bado@gmail.com

Play soccer for health, wellness — and fun

Soccer has been dubbed "the world's sport" for a reason. A recent survey by FIFA, soccer's international governing body, found it's a pastime shared by 265 million players around the globe. That's about four per cent of the world's population.

This summer many of them will watch the FIFA (Fédération Internationale de Football Association) World Cup in Russia. And they'll take to streets, parking lots, empty spaces, backyards and beaches to play the game.

One of the great things about soccer is you don't need to break the bank to play it. "Soccer is inexpensive if you want it to be. It could be as simple as two kids in a park with a ball, having fun, or better still, playing with their parents," says John Clubb, the Alberta Soccer Association's manager of Grassroots Development.

For children under six, it's about gaining the fundamentals of physical literacy: running and kicking. From seven to nine, it's about ball mastery: foot dribbling the ball while running and weaving through opponents. Most of all, it's about fun!

Children focus on developing their own skills and that gives them a chance to ex-

plore parts of the game. "So let them be and encourage them to have fun with the ball," Clubb says. "At 10 to 12 years old, they are old enough to be introduced to team play and passing the ball."

Whatever your or your children's age and ability, playing some form of soccer can add to physical, social and emotional health and wellness.

Players can reduce the risk of injury by warming up before playing and by wearing protective equipment, such as shin guards.

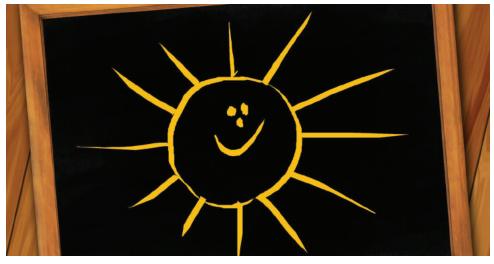
Christina Loitz, a health promotion facilitator with Alberta Health Services, says soccer helps brain function, coordination, balance, gross motor skills and stress reduction.

"It can also help children build confidence, social skills, leadership, creativity, and a lifelong enjoyment of being physically active," she says.

Excerpted from the Summer 2018 issue of Apple magazine.

To find out more about 'What's your balance?' visit ahs.ca/whatsyourbalance. You can also join the conversation on social media by using the hashtag #AHSwhatsyourbalance

Here comes the sun (screen)



Ah, the lazy, hazy days of summer. The sun shines brightly—and strongly. When it does, these tips will make your time in the sun safer.

Check the UV index, which measures sun strength. You can be sunburned in as little as 15 minutes. When the UV index is between 3 and 8, everyone, especially kids, needs sunscreen. If it's above 8, these tips will reduce your risk of sunburn as well as heat rash, heat stroke and, over time, skin cancer.

Safety tips

Cover up: Wear wide-brimmed hats, UV-blocking sunglasses and thin light-coloured clothing

Limit the rays: Take frequent breaks in the and the UV Index is at its highest.

shade or indoors

Apply and re-apply sunscreen: Put it on every two hours (at least). Match the sun protective factor (SPF) to the UV index and your skin's sensitivity to sunlight. Babies have thin skin and can burn easily. Keep them out of the sun. Use an SPF 30 lip balm on your lips.

Stay hydrated: Bring lots of water with you when spending time outside, and drink often, before you're thirsty

Car safety: Never leave your child or pet alone in a car. Your car can heat up quickly, even on days that do not seem very warm.

Try to stay out of the sun between 11 a.m. and 3 p.m., when the sun's rays are strongest and the UV Index is at its highest.

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Splash safely this summer



Summer and water go together like peanut butter and jam—how can you have one without the other?

Summers in Canada are earmarked for outdoor fun, such as swimming, boating and other water-related activities. As pleasurable as water can be, it has some serious risks. Here's how you and your family can reduce them.

Pool safety:

Teach your child to swim. Always closely supervise children when they're in and near water.

Have adequate barriers around backyard pools to keep everyone safe and secure.

Open water safety:

Teach children to swim parallel to shore if caught in a water current.

Never allow children to swim in a lake if an adult is not present; be within arms' reach at all times

Never let small children swim in rivers or other fast-moving water.

Boating safety:

Life jackets are mandatory for all children and adults in Alberta while on a boat.

Blow-up water rafts, mattresses or other devices are not safe replacements for a life jacket.

Make sure your life-jackets are the right sizes for you and your children.

Diving safety:

Diving headfirst into the water is not safe for children or adults without proper training and confirming water depths.

Enter backyard pools, lakes and other bodies of water with unknown depths gradually and feet-first.

Indoor Soccer Registration





EMSA North indoor soccer registration is now open! Register today for a community recreation team or a Club development team. This is a great sport to keep your athlete active in the long cold winter months. The season runs October – February and players can expect to play 1 game each week with additional practice time provided as well as options to play in tournaments all season long!

For Community Recreation Soccer: www.emsanorth.com
For Premier/ Club Soccer: www.edmontonxtremefc.com

Lorelei Beaumaris News

2017-2018Lorelei-BeaumarisBoardofDirectors

Lorelei Beaumaris Community League would like to thank our old Board and welcome members of our new Board! We are extremely lucky to have a great set of volunteers!

President	Sonya	presidentlbcl@gmail.com
Vice President	Ghaida	vicepresidentlbcl@gmail.com
Secretary	Muna	secylbcl@gmail.com
Treasurer	Oksana	treasurerlbcl@gmail.com
Ways and Means	Lila	waysmeans@gmail.com
Past President	Cody	pastpresidentlbcl@gmail.com
Gaming Directors	Chris/Sonya	bingolbcl@gmail.com &
CDRS Representatives	Julia & Melyssa	cdrslbcl@gmail.com
Sports Director	Ghaida	sportslbcl@gmail.com
Social Directors	Shanesha	sociallbcl@gmail.com
Variety Show	Jessica & Jen D	varietyshowlbcl@gmail.com
Memberships	Silvija	membershipslbcl@gmail.com
Communications	Jen A.	commlbcl@gmail.com
Community Safety Directors	Jennifer O.	communitysafetylbcl@gmail.com
Website	Jen A.	commlbcl@gmail.com
Playschool Information	Ashley	loreleibeaumarisplayschool@gmail.com
www.loreleibeaumarisplayschool.com		
General Manager	Maria	hallrentalslbcl@gmail.com
Recreation Coordinator	Rochelle Diederichs	780-686-4415
	_	Rochelle.Diederichs@edmonton.ca

LBCL Website: www.lbcl.ca Facebook: https://www.facebook.com/loreleibeaumaris Twitter: https://twitter.com/LBCommLeague



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 loreleibeaumarisplayschool@gmail.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

Lorelei-Beaumaris Community Memberships

Do not forget to purchase your Community Memberships for 2018-2019! They are valid until August 31, 2019.

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 gets you many discounts, free skate, free swim.

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

LORELEI BEAUMARIS HALL RENTALS

16220 - 103rd Street

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

Hall dimensions are approximately 60 ft x 52 ft (bar to wall)

Accommodation for 448 guests (non-fixed seats), 354 (non-fixed tables & seats), 280 (dining and beverage).

Air conditioned, pot lighting, coatroom, wheelchair accessible washrooms

Raised stage setting (stage dimensions 13 ft x 20 ft wide)

Stage risers for the floor area (Risers consist of 5 units (ea 4' x 8') for a total raised floor stage setting of 20' x 8', grey carpeted & black skirting - \$100 with main hall rental)

Black lecturn (podium)

30 - 5ft round tables, 40 - 6ft rectangular tables 2 - 3ft accent tables

Full, commercial kitchen with natural gas stove & ovens

Spacious wet-bar area with bar-fridge and

Large BBQ available (cooks up to 65 burg-

ers 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.

NEW HALL RENTAL RATES:

\$1000 – full weekend: Friday, Saturday, Sunday

(Note: Sept - May full weekend bookings must be made at least 8 weeks in advance)

\$400 - Friday

\$600 - Saturday

\$350 - Sunday

\$50 - extended hourly rate / week day hourly rate

Sound System INCLUDED into all rentals \$35 – music (if recorded music of any sort



is played - Socan & Resound tariff)

\$100 - 20'x8' floor level stage risers (carpeted and skirted)

\$100 – Large BBQ (cooks up to 65 burgers or 126 hot dogs at once)

\$50 – dishes rental (plates, cutlery, glassware, limited small wares)

Deposits: for single day or hourly rentals - \$500; for full weekend rental - \$750

All Rates include GST

** 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

FREE DROP-IN SUMMER **GREEN SHACK**

LOCATION	DATES	DAYS	TIMES
Beaumaris 10210 - 155 Ave	July 3 – August 23	Monday-Friday	10:00 AM - 1:30 PM
Lorelei 16220 - 103 St	July 3 - August 23	Monday—Friday	2:30 PM - 6:00 PM

Our Green Shack program is running in neighbourhoods all over Edmonton. Come and join us for games, crafts, sports, free play, and more!



Scrapbooking and Paper Crafting

Want a great way to escape the hustle of life and capture the moments that will last a lifetime? Registration is now open for "Scrap It Up" workshops to give you time, space & lessons on creating storybook photo albums & projects, either traditionally or digitally, or for you to work on your card making,paper crafting and stamping.

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

October 20, 2018 / November 17, 2018 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.

Coffee, muffins in the morning, light snacks in the afternoon, and supper included in registration fee.

Unlimited use of all tools including Cricut Expressions cutter & cartridges, Cuttlebug & dies, and scanners (negative, flatbed & high speed scanners) for converting to digital. Please contact Tannis at photos@telusplanet. net (780) 885-1647 to register. Participant numbers are limited.

Outdoor Soccer Season Success

Congratulations to an amazing Outdoor Soccer Season. All of our teams worked hard and had lots of fun. A special congratulations goes out to Team Delgado U13 Boys who won Silver and made it to Inter Cities to win Silver there, Team Harriott U13 Boys who won Silver and made it to Provincials, and Team U11 Girls Delgado for making to the City Finals. We look forward to seeing you all at the 2018 Indoor Soccer Season.





LBCL 2018 Indoor Soccer Registration Information

Season dates: The season begins October 13, 2018 and will run until the end of February 2019.

Registration Day HOT DOG EVENT: July 22nd, 2018 Sunday from 6:00pm - 8:00 pm.

Registration Day: August 3rd, 2018 Friday from 6:00 pm - 8:00 pm.

Late Registration Day: August 19th, 2018 Sunday from 6:00 pm - 8: 00 pm. (late fees apply).

Late Registration Day: September 9th, 2018 Sunday from 6:00 pm - 8:00 pm. (late fees apply).

Location: Lorelei-Beaumaris Community hall (Rink Shack) 16220-103 ST Edmonton, AB, T5J 2R7.

New Level	Gender	Birth year	Format	Field Size	Halves	Tentative days	Fee
U5	Boys-Girls	2014	4vs4	Half U11 Field	25min	Saturday or Sunday	\$170.00
U7	Boys/Girls	2012 - 2013	6vs6	Half U13 Field	25min	Saturday	\$235.00
U9	Boys/Girls	2010 - 2011	7vs7	U10 Field	30min	Saturday	\$285.00
U11	Boys/Girls	2008 - 2009	8vs8	U12 Field	35min	Saturday	\$285.00
U13	Boys/Girls	2006 - 2007	11vs11	Full Field	40min	Saturday	\$285.00
U15	Boys/Girls	2004 - 2005	11vs11	Full Field	45min	Sunday	\$290.00
U17	Boys/Girls	2002 - 2003	11vs11	Full Field	45min	Sunday	\$290.00
U19	Boys/Girls	2000 - 2001	11vs11	Full Field	45min	Sunday	\$290.00

Registration Requirements:

- A Valid Community Membership for 2018. Memberships are available to purchase on registration day or online at
- http://efcl.org/membership/ (yearly family membership cost is \$25).

 The online registration (https://emsasoccerportal.com) opens on July 15th and must be completed before coming to the community registration. There are step by step instructions how to register. Please bring 2 copies of your online registration confirmation with you to the registration day.
- Deposit Cheque for \$250.00 per Volunteer Commitment.

 Player's legal proof of age (eg. Alberta health care, please note: school ID will NOT be accepted)
- Proof of address.

Notes:

- Each regular registration requires 1 volunteer commitment
- Each Late Registration requires 2 volunteer commitments. (Late Registration August 19th & September 9th 6:00 pm-8:00 pm A Cheque or Cash ONLY will be accepted for Registration Fees. You will be able to pay the soccer fees during the online
- registration, but please note that you will be charged a \$10.00 service fee.

A kind reminder that soccer registrations are not COMPLETE until you have attended one of the soccer registration dates and presented your registration forms even if you have chosen to pay online.



the Air Cadets













FREE! Youth ages 12 -18

- Camping Flying Sports
 - Music Trips
 - Summer programs

Wednesday Evenings 6:30 to 9:30 p.m. **Kingsway Hangar** 11410 - Kingsway Ave 504rcacs.ca



