

CASTLE NEWS

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

December 2018



Published by Calder Publications. To advertise please call 780-918-0336 or email josh@communityleagueneeds.com

SKATE WITH SANTA

SUNDAY DECEMBER 16
JOIN SANTA 2-4PM
COOKIES & HOT CHOCOLATE



At Lorelei Beaumaris

Winter Carnival

Baturyn Play-school will be hosting a Winter Carnival on Sunday Dec 2, 12-4. For just \$5/family enjoy a sleigh ride, face painting, hot chocolate, cookie decorating and other fun! Please consider bringing empty bottles to donate to the Scouts' bottle drive happening the same day.



Call for donation of used equipment

If you have gently used and unnecessary helmets or skates that collect dust in your garage please consider donating them to the Lorelei Beaumaris Community League. They will be put to a good use by the community children.

We can arrange drop-off or pick up at your convenience.

Please contact Maria (780) 686-4415



FREE DROP-IN



LEARN TO SKATE

Learn the skills to become active on the ice. Our program is designed around basic skills, movement, participation and fun! You can expect skills for speed, agility, and control. All of which will give you the skills for other types of skating.

This free program is targeted for children (ages 6-12) and their families, however, all are welcome to attend!

- Skates and a CSA approved helmet are required to participate.
- Programs will cancel at -23°C with wind chill, or if the ice is closed by the facility.

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

LOCATION	DATE	TIME
Lorelei 16220 103 Street	TUESDAYS JANUARY 8—FEBRUARY 12	5:30 — 8:30 PM

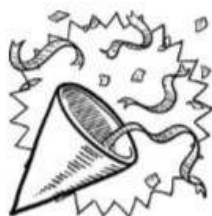
PALLET RACES
SLEIGH RIDES
SKATING
SNOW SHOEING
SNOW ART
HOT CHOCOLATE

#WINTERFESTYEG

CASTLE DOWNS RECREATION SOCIETY



WINTERFEST
SUNDAY,
JANUARY 20
12-3 PM



Family Friendly New Year's Eve Party at Baturyn Hall 5:30pm-8pm

- Doors open at 5:30pm
- 3-course pasta dinner at 6pm (with vegetarian option)
- Cash Bar (pending completion of AGLC's new complicated licensing process)
- Photobooth
- Music
- Other Family Fun

EARLY BIRD TICKET PRICING (UNTIL DEC. 20TH)

\$20 General
\$15 Child/Student/Senior
\$10 Child (12 & Under)
\$50 Family (2 adults & 2 kids)
3 & Under FREE

Tickets available online at www.baturyn.ca or contact Courtney at 780-278-6888 for tickets.



Fireworks
at 8pm!

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
Secretary	Laura Bots	secretary@baturyn.ca
Castle Downs Rec. Society Rep.	Claudia Gonzalez	CDRS_1@baturyn.ca
Castle Downs Rec. Society Rep.	Rueben Tucker	CDRS_2@baturyn.ca
Communications Director	Courtney Barnes	communications@baturyn.ca
Communications Assistant	Angela Ferguson	
Facilities	Earl Archer	facilities@baturyn.ca
Membership Rep	Vacant (covered by Courtney B)	membership@baturyn.ca
Playschool Chair	Kelly Young	Bcps.chair@gamil.com
Programs Director	Angela Ferguson	programs@baturyn.ca
Soccer Director	Candice Bevan	soccer@baturyn.ca
Social Director	Vacant	social@baturyn.ca
Volunteer Director	Sephia Tidder	volunteers@baturyn.ca

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

July & August: No Scheduled Meetings



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

Important note: Rental rates to increase as of January 1st, 2019 once interior renovations completed. Book now for 2019 dates to receive current rates.

Hall Rental Information:

Standard Rates	
Rental Period	Rates
Weekday Evenings	\$35/hr
Saturday 10:00 am – Sunday 10:00 am	\$425
Sunday 11:00 am – 5:00 pm	\$150
Sunday (Long Weekend)	\$250
Package Rates	
Rental Period	Rates
Friday 6:00 pm – Sunday 10:00 am	\$500
Saturday 10:00 am – Sunday 5:00 pm	\$550
Friday 6:00 pm – Sunday 5:00 pm	\$600

Notes & Exceptions:

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

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

New Years Eve Party

Please join us for Baturyn's 3rd annual Family Friendly New Year's Eve Party! Festivities include a 3-course pasta dinner (with vegetarian option), photobooth, toonie bar (pending completion of AGLC's new complicated licencing process) and other family fun, all culminating with FIREWORKS at 8pm!

Early bird tickets available until Dec 20th:

General Admission \$20

Student/Senior \$15

Child (12 & Under) \$10

Family (2 adults, 2 children) \$50

Tickets are available on our website at www.baturyn.ca or contact Courtney at 780-278-6888 for tickets.

FIND US ONLINE!

Want to know what's going on in your community?
For community announcements and event information see:



Lobster Dinner Returns!

Baturyn Community League used to host a very popular lobster dinner and has recently gathered a crew to host this event again. Unfortunately, our social director has had to step down so we would VERY much appreciate someone who would be willing to plan an execute this event. Our tentative date for the dinner is February 15th, 2019. If you are interested in volunteering to help with this fun social event, please contact social@baturyn.ca (the email is currently forwarded to the president).

Community Parking Lot

Just a friendly reminder that the parking lot between Baturyn Hall and St. Charles School is for administration parking only during school hours due to safety concerns. Please use street parking for all school pick up and drop offs. The board is working with St. Charles administration to ensure the parking lot is used appropriately.

Baturyn Community League

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



2019 ANNUAL GENERAL MEETING & Spring Sports Registration

Sunday, February 24th at Noon
10505-172 Avenue

* Coffee and light refreshments provided starting at 11:30am *

Come find out what is going on with your community league including ice rinks, building repairs, renovations and community programs. Learn about what's new and what changes are anticipated.

*** Elect your 2019-2020 Board of Directors ***

Please consider getting involved in your community!

*Current known position vacancies include Communications, Social, and Memberships
For complete position descriptions please visit our website or FB page.*

Sports Registration to follow meeting

Attend the AGM for your chance to win one FREE registration.

You will be required to start the soccer registration process by going to the EMSA's website at <https://emsasoccerportal.com> (opens January 15th) and completing the required registration documents. To complete the registration process, you will also be required to attend one of the leagues in person registration sessions.

We do not currently have a softball director but will accept registrations to be sent out to other leagues. Register in person at one of the league registration events.

Registration information, including sports fee information, will be available online at www.baturyn.ca beginning mid-January.

Purchase your Community League Membership in person, at any local Servus Credit Union or online at EFCL.org

Visit www.baturyn.ca for further details.

Baturyn Ice Rinks

The Baturyn rink is a go for the 2018/19 season!!

Weather – and therefore ice – permitting the Baturyn rink will be open for:

Public Skating on Tuesdays from 6-9 and Saturdays from 1-4

Shinny Hockey (all ages) on Fridays and Saturdays from 6-9

Skating is free with community league membership skate tags, or \$2 for drop-in.

The rink committee would still welcome more volunteers to supervise while the rinks are open. Please email vicepresident@baturyn.ca if you're interested.

Skate Tags

If you already have a membership but need your skate tags as proof of payment, tags will be available prior to the BCL board meeting on Monday Dec. 3rd from 6:30-7pm. New memberships will also be available for purchase. If you can't make this time, please contact memberships@baturyn.ca to make other arrangements.

Hall Rehabilitation Committee

The Hall Rehabilitation Committee is excited to announce that the interior repaint of the hall and new floors has been completed. Further work plans include new sound dampening panels, an audio/visual system and other smaller projects. In the spring we hope to have some important grading and landscaping work completed to rectify drainage issues that are understood to be the culprit of our foundation/crack issue. Please contact hallrehab@baturyn.ca if you have any questions or would like to offer input into the upcoming projects.





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- Partial Dentures
- Dental Implants
- Sedation
- Crown & Bridges
- Veneers
- In office Zoom Teeth Whitening

We Accept:   

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
- 30% off all Cloverdale Paint products and up to 20% off all sundry items.
- 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.**

Baturyn Community Playschool

Still Accepting Registrations for 2018-2019

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

LOCATION: Baturyn Community Hall, 10505 172 Avenue

COST TO REGISTER: \$45 non-refundable registration fee.

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



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

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

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

Find us on Facebook  by typing [www.facebook/BaturynCommunityPlayschool](https://www.facebook.com/BaturynCommunityPlayschool)

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

Caernarvon News

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

president@caernarvon.ca
treasurer.ccl@shaw.ca

President	Evan Hellyer
Vice President	Jennifer Schell
Treasurer	Teena Burrell
Bingo	Lynne Hellyer
Casino	Amanda Evans
CDRS	Danny Burrell Jennifer Schell
Equipment	D'Arcy Sommer Giovanni Borrelli Sandy Reda
Hall Maintenance	Ahmet Kaplan
Hall Rental	Danny Burrell Jennifer Schell Dawn Vargas
Membership	Adam Evans
Newsletter	Dawn Nebeker
Secretary	Dawn Nebeker
Signs	Christina Burynuik
Soccer	Wil Fraser
Social & Programs	Kati Hutt 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 brand-new 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.

Keep active during winter time



Snow, ice, cold and fog are just a few of the natural elements we experience when winter is in Alberta.

Although winter provides us with an excuse to cozy up inside and stay warm, this isn't always the healthiest choice. Children often experience a variety of distractions on a daily basis and the frosty winter weather is yet another obstacle to getting the recommended amount of daily physical activity. In order to overcome the cold, sometimes we all need a little extra motivation.

Here are some tips and helpful hints on how to get the whole family outside and active this winter:

Get the whole family involved by building snow angels, or, if you're really feeling ambitious, create your own look-alike snowperson family.

Try making the snow into

your own work of art by creating snow castles, mazes, or snow sculptures.

Take a slide on the wild side and go tobogganing (find a safe hill and remember your winter sports helmet).

Play snow-pitch, a traditional game of slow pitch isn't just for summer anymore! Try playing a game in your local diamond out in the snow, for a fun twist on this great family pastime.

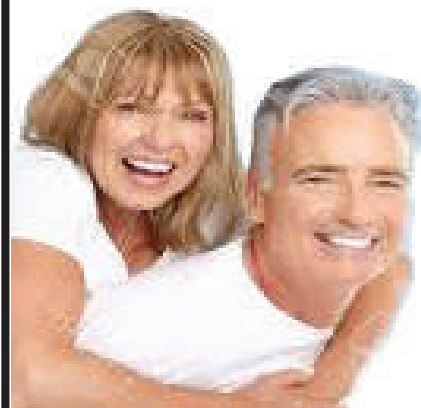
Create a more challenging game of hopscotch in the snow by using food coloring.

Don't forget snowshoeing and cross country skiing. Even if you don't own equipment, these items can generally be rented at a variety of outdoor activity centres and parks.

Gear up with a helmet and safety gear and head to your local outdoor rink for a skate or a game of hockey.

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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.

Get walking this winter!

If you're looking to maintain an active lifestyle throughout the seasons take advantage of COCL's community walking map. This beautiful, full colour fold up map has a detailed layout of our neighbourhood with dozens of destination points ranging from shopping to parks. As well, there are several "community routes" that provide distances and approximate times for completing them. Don't let the colder weather stop you from enjoying your community. Here are some fun facts about winter walking.

On average, Edmonton has 325 days a year with some bright sunshine and is considered the third sunniest city in Canada. Walking outdoors in all that sunlight will help your body's production of Vitamin D and the physical activity can help to increase our body's production of endorphins, which naturally makes us feel better!

While everyone seems to have a great memory about it being -40 for two months straight the facts are something quite different.

The 1961-1990 average daily temp in January was -12.5.

From 1971 – 2000, the average daily temp in January was -11.7.

From 1981- 2010, the average daily temperature in January was -10.4.

In 2013, the average daily temperature in January was -7.8!

40 below is more folklore than fact.

It only takes about 20 minutes to walk 1.5 kilometres and your body will generate it's own heat and burn calories. It takes about the same amount of time to heat up your car and defrost your windshield for that short drive to the local store!

Some Tips:

Dressing for any winter activity is all about layering your clothing. If you are planning to walk a good distance, remember that it is important that your first layer (base layer) wicks moisture away from your skin.

Winter walking surface conditions can change daily and even by the hour! Walking poles or ski poles and slip on studded winter grips for your boots are the simplest way to ensure better footing! Ask at your local sports store and even some hardware and department stores now carry these items!

If you are interesting in having your own COCL community map you can download an electronic copy from www.edmonton.ca/transportation/cycling_walking/community-walking-maps.aspx or if you want the full size fold up version please contact president@cocl.org

COCL Volunteers Needed

COCL has several positions that need to be filled. If you would like the opportunity to connect with your neighbours and help contribute to your community, please consider these options. Volunteering is a great way to build relationships, take satisfaction in your community and can be extremely rewarding. There can be a real sense of belonging when we are involved with people with shared goals and visions to try and make our community a better place. Plus, as an added bonus, it can count as a volunteer commitment. Please contact president@cocl.org to be connected.

Treasurer - The COCL Treasurer is responsible for all financial records of the League; responsible, on behalf or in the name of, the League, for all monies collected or otherwise received, issuing duplicate receipts, payments of all accounts when properly approved, and keep proper accounts, receipts, and vouchers of same, and deposit of funds to the League's bank accounts; report the financial standing at every Board of Directors' meeting; present to the Annual

General Meeting a statement of the financial affairs for the preceding fiscal year; and recommend, in conjunction with the President, an Annual Budget to the Board of Directors;

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

Communications Director - The COCL Communications Director is responsible for managing and directing the leagues external communications going out through the CastleNews, the Coffee News and the four message boards in our parks. The Director also supervises the sign volunteers and addresses any problems they may have. The Director also works with the Social Media Director and the COCL webmaster to ensure a consistent message is coming out of the league.

End of the Road for Haunted Forest?

For years the Haunted Forest has been an integral part of Halloween in our community. Hundreds of people from all ages have come out every October 31 to enjoy the experience. Many who come do not even live nearby – but it's worth the trip. Now we are at a crossroads. The event was made a success due to a large part from parent volunteers as well as a select few members of the community. But things have begun to evolve and we do not have the

volunteers or the traditional organizers available for the event anymore. Currently, we have come to the end of Haunted Forest.

In order for the event to continue we are asking a group of community minded committed individuals to come together and form an organizing committee.

If you are interested in keeping Haunted Forest alive and want to contribute please contact kismatothman@yahoo.ca

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Merry Christmas!


Nicole Goehring
MLA, Edmonton-Castledowns

Government of Alberta's Liaison to the Canadian Armed Forces
780-414-0705
edmonton.castledowns@assembly.ab.ca
12120 - 161 Avenue, Edmonton, Alberta





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



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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.**

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Nov 27th to Dec 6th

Daily	Dec. 6th
<ul style="list-style-type: none"> • Free Menu Tastings • Spin & Win Moments • Food & Drink Specials • Flok Member Rewards 	<ul style="list-style-type: none"> • Family Fun Day (4pm-9pm) • Free Game Play • Glitter Tattoos & balloon animals for the kids

GYMNASTICS • PLAY • FUN *Where we flip over fun!*



Winter Registration
Current Members November 26
New Members November 28
Winter Daily Camps
January 2, 3, or 4



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 BIRTHDAYS • \$165 • SATURDAYS & SUNDAYS

"Merry Christmas, from my family to yours."

- Jon Dziadyk, City Councillor




780-496-8136
BEV.ESSLINGER@EDMONTON.CA



**SEASONS GREETINGS
FROM COUNCILLOR
BEV ESSLINGER**





**LCDS Preschool
& Kindergarten**
13931-140 St. (By Leon's)

Open House
January 23, 2019
6:30-8:00pm

**Register for the
2019/20 school
year!**

Registration spots still available
for the current year.

- ✓ 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

Dunluce News

DUNLUCE EXECUTIVE

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	Ariene Pettifer	780-456-3978
BUILDING & ASSETS	Al Chapman	780-456-9292
PLAYSCHOOL	Registrar	780-499-0232
COMMUNITY	Rochelle Diederichs	
SERVICES		
HALL RENTALS	Al Chapman	780-457-4342

P.O. Box 36050 Castledowns RPO, Edmonton AB T5X 5V9,
Dunluce Hall: 11620-162 Ave. 780-456-3978 www.dunlucecl.ca

SPRING ANNUAL GENERAL MEETING, SOCCER & SOFTBALL REGISTRATION

Sunday, February 24, 2019
@ 2:00pm

Dunluce Hall, 11620 – 162
Avenue

Come register for outdoor
soccer and softball. Only cash
and cheques accepted (credit
cards or debit NOT available).
To register you will:

(1) Purchase a \$25.00
Dunluce Community League
membership fee (cash/
cheque), valid Sept 1/18
to Aug 31/19, one per house-
hold, per year.

(2) Leave a \$200 undat-
ed volunteer deposit cheque
for EACH child being regis-
tered. Failure to fulfill your
volunteer commitment(s)
as chosen will result in your
deposit(s) cheque being
cashed. Your cheque will be

returned when you complete
your volunteer shift.

(3) Register & pay ball
fees by cash/cheque. You
must PRE-REGISTER for
soccer online at emsanorth.com, and bring 2 printed cop-
ies of your registration confir-
mation with you.,

Bring child's Birth Certifi-
cate for verification of age.

****ALL THREE STEPS
MUST BE COMPLETED
BEFORE YOU LEAVE OR
YOUR CHILD WILL
NOT BE PLACED ON A
TEAM****

A \$100 soccer uniform
deposit (*does not apply to
softball) is required, and this
deposit returned at the end of
season when your uniform is
returned.

At this meeting, 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 re-
quired for each child. Chil-
dren are not required to attend
this meeting. Parents wishing
to coach can sign up at this
time.

Registrations accepted after
this meeting will be subject to
a \$50.00 late fee. All cheques
payable to "Dunluce Com-
munity League". Elections
are held to fill any vacant
Board positions. Without
volunteers, our league cannot
function.

Visit Dunlucecl.ca for fees,
ages and game nights

2018 HALL RENTAL RATES

For information call: (780)
457-4342 or e-mail:

hallrental@dunlucecl.ca
HALL IS NEWLY REN-
OVATED

* SEATING CAPACITY
120 *

WEEKEND RATES:
Dunluce Community
League Members:

6:00 PM Friday evening
until 5:00 PM Sunday eve-

ning,
\$300.00 plus \$350.00
damage deposit.

Non – Dunluce Commu-
nity League Members:
6:00 PM Friday evening
until 5:00 PM Sunday eve-
ning,

\$350.00 plus \$350.00
damage deposit.

**DAILY RATES (WEEK-
ENDS ONLY)**

Saturday 9:00 AM un-
til Sunday 9:00 AM (24 Hr.
Rental)

\$350.00 damage deposit
Dunluce Community
League Members: \$200.00

Non – Dunluce Communi-
ty 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**

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 ques-
tions or you have not received a registration
bingo date, call: Janice: 780-504-2773/Pam:
780-299-6777. Dates are as follows: Decem-
ber 23rd, 2018, January 19th + February 25th,
2019. All Bingos are at Kensington Bingo
Hall unless otherwise stated.

Season's Greetings

The Dunluce Community League Executive
would like to wish everyone the very best for
the upcoming holiday season and a safe and
prosperous 2019.



Dunluce Community Programs Fall 2018/Spring 2019

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**

Dunluce Playground

Did you know:

The current Dunluce community play-
ground is over 20 years old

The community is responsible for replacing
the old park (not the City)

It takes 3 – 5 years to complete grants, City
applications, fundraising, etc. for a new park

Do you have young children who visit the
park? Then WE NEED YOU! Please join the
new park committee and help plan the new
park. This is a 3 – 5 year plan, but without
you it will not happen, and the old park will
remain. If you would be interested in joining
the committee, please contact Sabrina at 780
232 1925

Dunluce Pre-school

A qualified, experienced, energetic and
creative Early Childhood Educator

- a great facility- well equipped with lots
of room to play

- Cooperative/Community-based play-
school: a great way to meet new families and
get involved in your community

Accepting students for our 3 and 4 year
old class. For more information please con-
tact 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

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	carlisesoccerdirector@gmail.com
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

WEISS-JOHNSON

HEATING, AIR CONDITIONING

5803 Roper Road, Edmonton

40th Anniversary Installation Special

Free humidifier or
no payments for 12 months
on any furnace replacement

LOCALLY OWNED

Call 780-463-3096 or
visit wjheats.com for a
FREE, no obligation
estimate.

DAIKIN
COMFORT FOR LIFE

780-463-3096 wjheats.com

Hall Rental



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

The Carlisle Ice Rinks

The Carlisle Ice Rinks will be open Late November or early December dependant on weather. Our hours of operation will be Mon, Tues, Thurs, Fri 5 to 9pm and Sat & Sun Noon to 5pm. Check out our Facebook to see when we are open.



Yoga Classes

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

Thursdays 7:30-08:30 pm

Prepaid registration is \$40.00 for 10 classes or \$10.00 for drop in.

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

Fitness Classes

**FAT BURNING & STOMACH
FLATTENING WORKOUT**

Mondays and Wednesdays 7:30-8:30 pm

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

or \$10.00 for drop in.

For more information, call Zuzana at

(780) 914-1775. AFLCA Certified Instructor

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

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

FIT KIDS - Ages 2 and up, Thurs. 10-11 am

For more information and registration,

please contact Zuzana at (780) 914-1775

Please note that you require a yearly membership from a community league in Edmonton. Membership info contact 780-281-3399



MERRY CHRISTMAS!
from your friends at The Salvation Army
Castledowns Community Church



We have many programs starting up again in the new year so register early to reserve your spot. Registration begins December 10th. All registration forms can be found on our Facebook Page.

**Piano, Bass Guitar, Community Choir, Castle Tots, Youth Group,
Seniors Luncheons, Alpha, and much more!**



www.fb.com/castledownssalvationarmy
12404 140 Ave ~ 780.457.0275

Lorelei Beaumaris News



Castledowns Dental

General Dentistry

Dr. Matthew G. Ploboda D.D.S.

Family Dentistry Just Minutes Away

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



#202, 15961 - 97th Street NW

780-456-4441

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 memberships@lbccl@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/loreleibeumaris/> or website <http://lbccl.ca/memberships/>



BOOK YOUR HOLIDAY PARTY WITH US!



We're the perfect place for groups of any size. Call **Namao Boston Pizza** 780-456-5554 to book your party!

HAPPY HOUR

This Holiday Season, join us for drinks and apps starting at \$4. Sunday to Thursday from 3pm - 6pm & 9pm - close.



BOSTON PIZZA E-GIFT CARD THIS SEASON!
 Give the gift of Boston Pizza - all your shopping done in just a few clicks! (bostonpizza.com)

Boston Pizza
Namao



780-456-5554
16521 97 St

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

loreleibeumarisplayschool@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.loreleibeumarisplayschool.com>



DO

GOOD

WE NEED VOLUNTEERS LIKE YOU
FOR OUR BINGO FUNDRAISERS
CONTACT SONYA AT PRESIDENTLBCL@GMAIL.COM
MUST BE 18 OR OVER

HELP SUPPORT
OUR CONTINUED
PROGRAMMING

2017-2018 Lorelei- Beaumaris Board of Director_s

President	Sonya	presidentlbcl@gmail.com
Vice President	Ghaida	vicepresidentlbcl@gmail.com
Secretary	Muna	secylbcl@gmail.com
General Manager	Maria	hallrentalslbcl@gmail.com
Treasurer	Okasana	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	cdslbcl@gmail.com
Sports Director	Ghaida	sportslbcl@gmail.com
Variety Show	Jessica & Jen D	varietyshowlbcl@gmail.com
Memberships	Silvija	memberships1bcl@gmail.com
Communications & Website	Jen A	comm1lbcl@gmail.com
Playschool Information	Ashley	loreleibeumarisplayschool@gmail.com
Community Safety	Jennifer O	communitysafetylbcl@gmail.com
City of Edmonton Neighbourhood Resource Coordinator	Rochelle Diederichs	Rochelle.Diederichs@edmonton.ca
LBCL Website:	www.lbcl.ca	
Facebook:	www.facebook.com/loreleibeumaris	
Twitter:	www.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

Upcoming Bingos

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

Thursday, December 13, 2018
Thursday, December 20, 2018
Thursday, January 17, 2019
Saturday, March 16, 2019
Monday, March 18, 2019
Wednesday, April 17, 2019
Thursday, May 16, 2019

If you are scheduled for a bingo, you will receive 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 call-backs quickly (calling out the bingo winner's number) which speeds up the games and gets you out earlier. Have fun; visit with your community members as you walk around, and think of all the good you are doing for your community and your body (it is exercise too!).



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 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.

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 ahot 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/loreleibeumaris>

Have you made a New Year's resolution and want to make it a habit?

You're not alone. Every year, people set goals wanting to change their lifestyle.

To get into action, the first step is to jot down ideas for changes you want to make. From this list, pick one that you feel ready to start. Then make it a SMART goal.

Deciding to lose weight is a goal that many people choose. To make it a SMART goal, focus on behaviour you will do every day, instead of the outcome (weight loss).

Using the SMART guidelines can help you to set a goal that is within reach. Changing too many things at once can be overwhelming. To make lasting changes, work on what you can stick with. A SMART goal example is packing a lunch that includes vegetables at least three days of the week.

Once you've set your goals, think about what might prevent you from achieving

your goals. This can help you plan ways to get around barriers. For example, if your goal is to pack a lunch that includes vegetables, your barrier may be that your week-nights are always busy and this prevents you from cutting up vegetables. To work around this barrier, you could wash and cut up vegetables on Sunday night and pack them for the week. It takes a bit of planning, but a little thought and time up front will help you achieve your goal.

Remember to reward yourself and to monitor your progress. Celebrate when you stick to your goal for a month. If your plan isn't working, take time to ask yourself why, and adjust the plan so you can make it happen.

Source: Alberta Health Services

Rink Hours

TUESDAY 6-9 PM

THURSDAY 6-9 PM

SATURDAY 1-6 PM

SUNDAY 1-5 PM

Colouring Contest

Hey kids!

Enter our colouring contest for a chance to win a **\$100** Save-On-Foods gift card! Valid at Save-On-Foods Oxford, Namao, 50th Street, and Londonderry!

Draw date will be Dec. 22, 2018

Visit your North Side Save-On-Foods stores for all your holiday shopping needs.

OXFORD @12903-153 Ave

LONDONDERRY @ 1101-1 Londonderry Mall NW 66th St

NAMAO @ 9510-160 Ave NW

And visit our newest store 50TH STREET @ 4805 167th Ave. NW



save on foods
Going the extra mile

save on foods

Spend \$75* with your More Rewards card and earn:

1000 points



Valid at Namao, Oxford, 50th Street & Londonderry Save-On-Foods

Limit 1 Spend/Receive coupon per single grocery purchase. No photocopies. Original coupon must be presented.

Coupon valid from December 10, 2018 to January 1, 2019

*Excl. Lotto, tobacco, gift cards, prescriptions, clinics, diabetes care, tickets, charities, bus passes, postage stamps, restaurant, insurance, wine, delivery, deposit & recycle fees, rewards and taxes, where applicable. Present this coupon with your More Rewards card to the cashier at time of purchase. Valid in store only.



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