

# CASTLE NEWS

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

July 2018



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## CASTLEDOWNS VARIETY SHOW

"An Evening of Adult Comedy"

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Box 31075 Nmao Center, Edmonton AB T5Z 3P3

Phone (780) 406-9070

### 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](mailto:varietyshow@castledowns.ca)

Check us out on Facebook Castle Downs Variety Show or Website: [www.castledowns.ca](http://www.castledowns.ca) and click on Variety Show.



## Naming Committee

Honouring People and Places in Our City

6<sup>th</sup> Floor Edmonton Tower  
10111 104 Avenue NW  
Edmonton, AB T5J 0P4  
Phone: 780-496-6226

Edmonton

### Carrol and Henry Paszek

As long-standing residents of the Baturyn community, Carrol and Henry Paszek have spent a lifetime supporting their neighbours. Dozens of stories were submitted to the Naming Committee ranging from the deeply personal to formal accolades from government representatives. They are the neighbours we all wish we had more of: kind, considerate, and warm.

Henry and Carrol met while working in Edmonton. Carrol was an office administrator for Federated Co-op while Henry was a travel agent and sales rep for Edmonton Co-op. They married in 1964 and had three children together in the next 4 years. In 1982, both Carrol and Henry were looking for a new career and began working for a company transporting disabled children to and from school. Henry brought those experiences forward when he served on community boards: AISH and Support for Independent Appeal Panel; the Seniors Special Needs Program Appeal Panel; and the Edmonton Citizens' Appeal Panel (2011-2011).

They served as parental figures to many families around them. Their home was a Block Parent location for a decade, formally, and their advice and support to neighbourhood children persisted even after the program ended.

The Paszeks are well known for their garden in Edmonton. Henry, drawing on the farming skills from his youth, starts seedlings for many of his friends and neighbourhood families. The bounty that their garden produces is similarly shared out in Baturyn. Their yard is frequently nominated for Edmonton's "Front Yards in Bloom" program, which recognizes the beauty brought to our streets by the efforts of residents.

Whether through their church community at St. Charles Parish, the Baturyn Community League, or organizations such as the YMCA, the Paszeks are always there to lend their hands towards improving the lives of their fellow residents. They are described as "the heart of the neighbourhood" and for over forty years, they have enthusiastically offered anything they could to make the world a better place. Whether helping care for a neighbour's property, arranging transportation, or welcoming newcomers, the warmth Carrol and Henry Paszek show for their fellow humans has no discernable limit.



Photo courtesy of Molly Anne Warring



Party in the Park

Free Fun for All

12 noon to 4:00 pm

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

Park at the YMCA and take the hayride to the park

### The Emotions of Food



We can experience many feelings around eating and drinking

We all have a relationship with food. It's a necessity of life that nourishes us. It may also bring us joy as it can delight the senses and stir pleasurable emotions. Some people may have an unhealthy relationship with food that can trap them in an emotional cycle of anxiety and shame.

"One estimate I've seen is that as much as 65 per cent of the population has some dissatisfaction in the way they manage their eating," says Mallory Becker, an Edmonton-based registered psychologist with an interest in eating disorders.

"This can range from life-threatening conditions such as anorexia nervosa, to situations where people feel a lot of guilt about missing the eating goals they've set for themselves. They get caught up in an idealized picture of what they think they should be doing, then crash when they've failed to meet those unre-

alistic goals."

One way to improve your relationship with food is to be more aware of your eating habits and understand what triggers you to reach for a tub of ice cream or bag of chips.

Small changes in your daily habits can lead to positive results. Instead of being constantly (and somewhat mindlessly) glued to a screen, you can reclaim your place in "the here and now" by conscious deep breathing, mindful eating, or using time to plan some healthy meals.

"For long-term success, it's better to set reasonable goals and look at healthy eating as a lifestyle change. Self-compassion is very important," Becker says.

Read the full article in Apple magazine's spring 2017 issue on [applemag.ca](http://applemag.ca).

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



# 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](mailto:president@baturyn.ca) to inquire about vacancies and opportunities.

Position	Name	Email
President	Tricia Stettner	<a href="mailto:president@baturyn.ca">president@baturyn.ca</a>
Vice President	Wayne Raymond	<a href="mailto:vicepresident@baturyn.ca">vicepresident@baturyn.ca</a>
Treasurer	Paul Petersen	<a href="mailto:treasurer@baturyn.ca">treasurer@baturyn.ca</a>
Volunteer Director	Sephia Tidder	<a href="mailto:volunteers@baturyn.ca">volunteers@baturyn.ca</a>
Communications Director	Courtney Barnes	<a href="mailto:communications@baturyn.ca">communications@baturyn.ca</a>
Program Director	Angela Ferguson	<a href="mailto:programs@baturyn.ca">programs@baturyn.ca</a>
Soccer Director	Candice Bevan	<a href="mailto:soccer@baturyn.ca">soccer@baturyn.ca</a>
Social Director	Violet Hejnar	<a href="mailto:social@baturyn.ca">social@baturyn.ca</a>
Membership Rep	Samantha McRae	<a href="mailto:membership@baturyn.ca">membership@baturyn.ca</a>
Bingo Chairperson	Nicole Yankee	<a href="mailto:bingo@baturyn.ca">bingo@baturyn.ca</a>

**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](http://Baturyn.ca)

### Planning a big party or hosting a big event?

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



#### Hall Features:

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

#### Hall Rental Information:

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

#### Notes & Exceptions:

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

**To inquire about renting the hall, please email [rentals@baturyn.ca](mailto:rentals@baturyn.ca).**



Emergency  
Medical  
Services



## Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

### Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

### Further prevention tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.  
[www.windowssafety.ca](http://www.windowssafety.ca)

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)



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**Want to know what is going on in your community?**

**To find out community announcements and events**

Find us at [www.facebook.com/](http://www.facebook.com/BaturynCommunityLeague)  
**BaturynCommunityLeague**



Summer Block Parties

Save the date and join us for a block party in your neighbourhood! Block parties will run from 11am-2pm and the community league will provide all beef hot dogs, juice, water & Freezies

July 15 - Rapperswill Park  
July 29 - Chambery/Elsinore Park  
August 12 - Baturyn Park  
August 19 - Castlewood Green Space

Join us to meet your neighbours, find out more about the community league and our upcoming events.

Summer Porta Potties

Baturyn Board has voted to fund Porta Potties at the Baturyn, Chambery/Elsinore and Canossa green shack locations this summer. If you see any issues with these facilities, please contact president@baturyn.ca

Early Indoor Soccer Registration

Beat the rush and spread out the back to school costs by attending our early Fall Indoor Soccer Registration on July 21st. Watch the BCL signs for the time!

Local Park Renamed in Honour of Baturyn Residents

The park located at 11023 - 172 Avenue NW is being named in honour of long-standing Baturyn residents Carrol and Henry Paszek. The city is currently working on the signs that will be placed at the park.

(See front page for full story)

Homeowners as Communications Partners

Do you have a home that is along one of the 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 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.



New Lines for Baturyn Basketball Courts

The Community League spoke to the City and new lines have been painted on the basketball courts by Baturyn hall. With new nets supplied by the Community League, they are looking spiffy for a game!



# CASTLEDOWNS Dental Centre



## Dr. Tarek Tarchichi

[www.castledownsdentalcentre.com](http://www.castledownsdentalcentre.com)

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Saturdays 9 am to 4 pm

We are closed on Sunday & Public Holidays

At Castledowns Dental Centre, We are more than glad to offer you the following services:

- Root Canal Treatment
- White Fillings
- Wisdom Tooth Extractions
- Partial Dentures
- Dental Implants
- Sedation
- Crown & Bridges
- Veneers
- In office Zoom Teeth Whitening

We Accept:



Baturyn Ice Rinks



In the middle of summer it's hard to think about winter, but 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 need someone to spearhead the project (it would require a dedicated team of people, not just one or two), but there are also financial considerations. Anyone interested in joining this sub committee, please email vicepresident@baturyn.ca for the next meeting date.

FREE DROP-IN

# SUMMER GREEN SHACK



LOCATION	DATES	DAYS	TIMES
Baturyn 10505 - 172 Ave	July 3 - August 23 <small>Flying Eagle will be on site July 30 - August 3</small>	Monday-Friday	10:00 AM - 1:30 PM
Canossa 17036 - 115 St	July 3 - August 23	Monday-Friday	2:30 PM - 6:00 PM
Elsinore 17604 - 104 St <small>Elsinore/Chambery Park</small>	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!

This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.

For more information, please visit:  
[edmonton.ca/greenshacks](http://edmonton.ca/greenshacks)  
or call 311.





Website: [Baturyn.ca](http://Baturyn.ca) or find us on Facebook

## Become a 2017/2018 Member

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

### 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](http://www.edmonton.ca/wellness)
- **NEW** - 30% off all Cloverdale Paint products and up to 20% off all sundry items.

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

Get your membership today by going to  
[EFCL.org](http://EFCL.org) or your local Servus Credit Union.

Your membership fees help support the delivery of various  
community programs and events.

## Baturyn Community Playschool

### Registration now open for the 2018-2019 year!

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

**LOCATION:** Baturyn Community Hall, 10505 172 Avenue

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

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



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

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

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

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

For more information, please visit our website at  
[baturynplayschooledmonton.weebly.com](http://baturynplayschooledmonton.weebly.com) or  
email our co-chair at [bcps.cochair@gmail.com](mailto:bcps.cochair@gmail.com)  
for more information on how to register.

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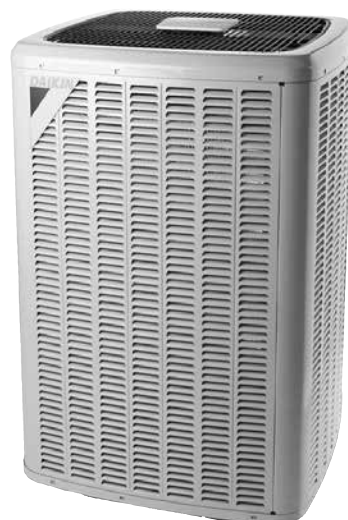
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## NEIGHBOURHOOD SUMMER DAYCAMP

Edmonton

# Little Nature Nuts



Date	Time	Ages	Cost	Course Code
August 13 - 17	1:30 pm - 4 pm	Ages 4 - 6	\$83	626028

### Baturyn

10505 - 172 Ave

Join us as we explore the wonderful world of nature in this fun-filled camp. Come and get the scoop on growing flowers, learning outdoor skills, and using a magnifying glass to discover new creatures. Learn about different animals through songs and games. Get ready for an adventure!

### To Register:

- Call 311
- Online at [ereg.edmonton.ca](http://ereg.edmonton.ca)
- In person at any City of Edmonton Recreation Centre



# Caernarvon News

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

[president@caernarvon.ca](mailto:president@caernarvon.ca)  
[treasurer.ccl@shaw.ca](mailto: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.



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\*Some conditions and restrictions apply.

[www.londonderrydentureclinic.com](http://www.londonderrydentureclinic.com) 13594 Fort Rd. Northeast Edmonton



## 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	<a href="mailto:carlisesoccerdirector@gmail.com">carlisesoccerdirector@gmail.com</a>
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

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**[www.dynamyxgymnastics.com](http://www.dynamyxgymnastics.com)**  
25 Chisholm Ave, Bay 104, St. Albert  
Located in the Campbell Park Business area

**780-458-3153** BIRTHDAYS • \$165 • SATURDAYS & SUNDAYS

## 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 pm  
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

## Carlisle All-In-One Event – July 21

Family Fun Day, BBQ, Indoor Soccer, Fall Programs Registration and Shredding Event Sat July 21st noon to 4pm. Come out & meet your neighbors, register your kids for Fall Programs and get rid of any shredding you have around your house for free.

## 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 Zuzanna 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 Zuzanna at (780) 914-1775

## Hall Rental



**Members \$300 and  
Non-Members - \$350**  
**Rental Inquiries Contact  
Hall Rental Director  
John Paul Potestio  
@ 780-993-3503**  
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# Castledowns Dental

## General Dentistry

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HAPPY  
**Canada**  
DAY

Please join me at the  
**CDRS Celebrations**  
on July 1<sup>st</sup>

**Castle Downs District Park**  
11520 153 Ave NW

**Nicole  
Goehring**

**MLA, Edmonton - Castle Downs**

**780-414-0705**  
edmonton.castledowns@assembly.ab.ca  
12120 - 161 Avenue, Edmonton, Alberta T5X 5M8

**Edmonton North  
Animal Hospital**

**15387 Castle Downs Rd.**

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# Cumberland/Oxford News



## Cumberland Oxford Community League

Website: [cocl.org](http://www.cocl.org)

Facebook: <https://www.facebook.com/COCLEdmonton>

Executive Board		
Position	Name	Email
President	Justin Yerichuk	<a href="mailto:President@cocl.org">President@cocl.org</a>
Vice President	Todd Boyer	<a href="mailto:VicePresident@cocl.org">VicePresident@cocl.org</a>
Treasurer	Helena Zheng	<a href="mailto:Treasurer@cocl.org">Treasurer@cocl.org</a>
Secretary	Christine Crowe	<a href="mailto:Secretary@cocl.org">Secretary@cocl.org</a>
Baseball Director	Michelle Innes	<a href="mailto:baseball@cocl.org">baseball@cocl.org</a>
Bingo Director	Denine Pelley	<a href="mailto:coclingo@gmail.com">coclingo@gmail.com</a>
Bingo Director, Assistant #1	<b>Vacant</b>	
Bingo Director, Assistant #2	<b>Vacant</b>	
CDRS Representative	Vini Buecken	
CDRS Representative	Lynnette Thompson	
Communications Director	<b>Vacant</b>	
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	<b>Vacant</b>	<a href="mailto:fundraising@cocl.org">fundraising@cocl.org</a>
Membership Director	Jeff Deptuck	<a href="mailto:membership@cocl.org">membership@cocl.org</a>
Neighborhood Watch Director	<b>Vacant</b>	
Past President	Calvin Cazes	
Capital Projects Director	Chris Cebula	
Registration Director	Laurie Lachine	
Registration Director	Joanne Thorlakson	
Soccer Director	Peter Balaban	<a href="mailto:soccer@cocl.org">soccer@cocl.org</a>
Soccer Director, Assistant	Tim Atlee	<a href="mailto:boys.soccer@cocl.org">boys.soccer@cocl.org</a>
Soccer Director, Assistant	Carol Cimino	
Social Director	Kismat Othman	
Social Media/Website	Cameron Tse	
Variety Show Director	Vanessa Latos	
Variety Show Director #2	<b>Vacant</b>	
Volunteer Director	Pam Ushkowski	<a href="mailto:volunteer@cocl.org">volunteer@cocl.org</a>
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 <a href="mailto:president@cocl.org">president@cocl.org</a> to inquire about vacancies and opportunities.		

## COCL Yoga in the Park

Join us for a wonderful drop in yoga experience in the great outdoors. All you need is a mat, water and a towel. No prior experience necessary. Check our website [www.cocl.org](http://www.cocl.org) for details.

Yoga in the park is running every Tuesday at 7:00 PM until the end of August.

Price: The event is free for the month of June. July and August sessions are just \$5 per person per session for COCL members and \$10 per person per session for non COCL members. Place: Hudson Park

You can also send your questions to [kismatothman@yahoo.ca](mailto:kismatothman@yahoo.ca)

## COCL Thanks You for a Great Spring!

As our spring ball sports near the end of season, COCL would like to thank the parents for supporting our sport programs; the coaches and volunteers for their work developing our young athletes, and, most importantly, the kids who are the reason we do what we do. We hope everyone enjoyed the season and hope to see you again in the fall for indoor soccer and next spring for soccer and baseball.

During the summer, we look forward to seeing you at a number of our community events. Keep an eye out for updates on the community message boards, website ([www.cocl.org](http://www.cocl.org)), and Facebook page (<https://www.facebook.com/COCLEdmonton>) for upcoming event details.

## COCL Community Garden:

The COCL Community Garden beds are now ready and available to rent.

Rental fees for the season are \$20 for 5×5 and \$40 for 5×12 for COCL members (Cumberland and Oxford community league). Otherwise it is \$25 for 5×5 and \$50 for 5×12 for those who don't have a COCL membership.

Membership information can be found at <http://www.cocl.org/Membership.aspx>

The garden is located at Gateway Alliance Church (13931 140 St NW, Edmonton, AB T6V 1J7).

For more information or to get involved, email Kismat Othman at [kismatothman@yahoo.ca](mailto:kismatothman@yahoo.ca)

## Ask Charles

I want to buy a new build home from the builder, but I don't want to work with the builder's representative. I want to work with my own agent, is that allowed? Will it cost me more money?

Yes, you're allowed to work with your own agent. The builder's representative is representing the builder's interests, and your real estate professional will represent your interests in negotiations with the seller (builder).

RECA always recommends having your own representation when buying a property, whether it's a new build, resale, a condo, or even a commercial or rural property. While builders can't stop you from having your own representation, it is possible you'll come across one that wants to deal with you, as the buyer, directly. If that's the case, your real estate professional can offer you advice and guidance behind the scenes but they won't be dealing directly with the builder or the builder's representative.

When you hire a real estate professional to represent you, you're required to enter into a written service agreement. The written service agreement sets out the roles and responsibilities of your real estate professional, and your obligations to that individual. It also sets out how your real estate professional will be paid.

Typically, buyer's representatives are paid through a portion of the commission the seller pays. Some builders, however, do not offer commission to buyer's agents. If this is the case, your real estate representative won't be paid in the usual manner.

Your agreement may contain a clause that sets out if your real estate professional will not receive a portion of commission from the seller's agent's

commission, you will owe compensation to your agent upon completion of your purchase. This compensation could end up being an out of pocket expense for you.

You may come across builders that have programs to pay commissions to real estate professionals who introduce a buyer to the builder, but this is not the same as having representation from a real estate professional throughout the process. In these cases, the builder is willing to pay commission to a real estate professional who introduces you – but then the builder expects to deal directly with you as the buyer, and you may not have the benefit of advice from your real estate professional.

RECA recommends carefully reviewing the fee portion of your written agreement before signing it.

If there is no mention of how your real estate representative will be paid in the event the seller or seller's brokerage is not offering commission to a buyer's representative, you need to talk about it with your real estate professional. If you have concerns about a possible out of pocket expense in terms of compensation for your real estate representative, get that out in the open at the beginning.

"Ask Charles" is a question and answer column by Charles Stevenson, Registrar of the Real Estate Council of Alberta (RECA), [www.reca.ca](http://www.reca.ca). RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email [askcharles@reca.ca](mailto:askcharles@reca.ca).

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# Dunluce News

**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 Jesse Webb	780-444-9212 780-288-2218
VARIETY SHOW	Denyse Ward Sabrina Jackson	587-983-9401 780-232-1925
CASINO	Maureen Ewart Mark Gross	780-457-0708 780-456-5700
MEMBERSHIP	Christina Fletcher	780-484-3051
PUBLICITY	Bev Gross	780-456-5700
SOCIAL	Lorna Melnyk	780-456-4596
BINGO DIRECTOR	Janice Delo Pam Smith	780-504-2773 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 CASINO

Dunluce Community League will be having a Casino on August 7th & August 8th 2018, at Century Casino and are looking for volunteers to help on either of these days. If you are able to do so, please contact the Casino Chair at: [casino@dunlucecl.ca](mailto:casino@dunlucecl.ca)

**FOLLOW US! LIKE US!**

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



## HALL RENTAL RATES

For information call: (780) 457-4342 or  
e-mail: [hallrental@dunlucecl.ca](mailto: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

## 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:**

June 20th, July 1st, August 2018

All Bingos are at Kensington Bingo Hall unless otherwise stated.

## Dunluce Pre-school Ad

- 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 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, starting September 2018. For more information please contact our registrar at 780-499-0232, by email at [dunlucepreschool@hotmail.com](mailto:dunlucepreschool@hotmail.com), or check us out on Facebook!

We look forward to seeing you and your little ones. [www.dunlucepreschool.com](http://www.dunlucepreschool.com)

## 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>.

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 re-

quired 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](http://Dunlucecl.ca) for fees, ages and game nights.

**Dunluce Community Programs**  
**Fall 2017/Spring 2018**  
**For more information or**  
**registration please phone,**  
**(780) 914-1775, or e-mail**  
**[zuzana.bado@gmail.com](mailto:zuzana.bado@gmail.com)**

PROGRAM	AGE	TIME	FEE	DAY	LOCATION	NOTE
Gymnastics	5-12	TBA	\$50	Wednesday	TBA	Body suit & bare feet
Dance Classes	3 yrs	TBA	\$100	Tuesday	Dunluce Hall	Pink tights, Black body suit
Ballet & Tap	4+5 yrs	TBA	\$120	Tuesday	Dunluce Hall	Ballet shoes, Tap shoes



## 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
- ✓ 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](http://www.lcdskids.com)

## JOIN ME AT OUR **FREE** EDMONTON MANNING COMMUNITY BBQ

**WHEN:** Sunday, July 15, 2018

**WHERE:** Steele Heights

Community Center

5825 140 Avenue NW

Edmonton, AB, T5A 1G5

**TIME:** 11 a.m. – 3 :00 p.m.



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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.



# Lorelei Beaumaris News

## 2017-2018 Lorelei-Beaumaris Board of Directors

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	cdrsbcl@gmail.com
Sports Director	Ghaida	sportslbcl@gmail.com
Social Directors	Shaneshia	sociallbcl@gmail.com
Variety Show	Jessica & Jen D	varietyshowlbcl@gmail.com
Memberships	Silvija	membershipscl@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	loreleibeumarisplayschool@gmail.com
www.loreleibeumarisplayschool.com		
General Manager	Maria	hallrentalslbcl@gmail.com
Recreation Coordinator	Rochelle Diederichs	780-686-4415
		Rochelle.Diederichs@edmonton.ca

**LBCL Website: [www.lbcl.ca](http://www.lbcl.ca)**

Facebook: <https://www.facebook.com/loreleibeumaris>

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

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

## 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](mailto: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>

## Summer Sizzler Tournament



Congratulations to our teams who played the Summer Sizzler tournament June 9 and 10th. Eight teams of boys and girls ages 7-12 from Lorelei Beaumaris entered the tournament and had a great time playing even in the extremes of weather we had. We would like to shout out the Suley U9 boys team who brought home Gold, The Harriott U13 boys team with a Silver and the Saleh U13 boys team with a bronze. GO Tigers!!



FREE DROP-IN SUMMER GREEN SHACK			
LOCATION	DATES	DAYS	TIMES
Lorelei 16220 - 103 St	July 3 - August 23	Monday-Friday	2:30 PM - 6:00 PM
LOCATION	DATES	DAYS	TIMES
Beaumaris 10210 - 155 Ave	July 3 - August 23	Monday-Friday	10:00 AM - 1:30 PM

## 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 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](mailto:hallrentals@lbcl.ca) for more information.

For more photos of our hall please visit our website at [www.lbcl.ca](http://www.lbcl.ca) or our Facebook page at <https://www.facebook.com/loreleibeumaris>





*Happy*  
**CANADA DAY**

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## All types of play build skills



Play is the foundation on which children build lifelong skills and positive relationships with themselves and others.

Who will be the princess and who will be the pony? How will we get across this lava to safety? In a make-believe world, those kinds of big, creative decisions build healthy bodies and minds. Children learn to build and explore their world and their relationships with others.

“Children are usually told to brush their teeth and go to school, where to sit, which clothes to wear and when to go to bed,” says Laura Crawford, program facilitator with Alberta Health Services’ Early Childhood program. “Play lets them take the lead. It helps them balance those daily routines and unwind by doing things the way they want to.”

When kids lead play, they develop self-esteem and confidence. They learn to be creative and solve problems; their language skills grow. And when they name objects and describe their feelings, they make vital brain-cell connections that support learning and understanding.

Children play in different ways. Active play is running, jumping, kicking, throwing and catching. It gives children the chance to explore how their body moves, and move in increasingly complex ways. Pretend play is using imagination and acting out scenes and situations. It lays the foundation for language, literacy and problem-solving.

Creative play is making arts and crafts, building sandcastles and more. It lets children use their hands and minds to create. And it helps them learn to express themselves and tune their fine motor skills. Play can also provide a valuable emotional release. Children may not always have the words to express their feelings, but they can express them by playing a role, drawing a picture or telling a story. By playing together, kids learn to empathize with others and understand the give-and-take of relationships.

“The play experience helps children to broaden their understanding of the world. They learn how to get along with others, share, make friends, take turns and express themselves and their ideas,” Crawford says.

“Play is the foundation on which children build lifelong skills and positive relationships with others and themselves. They need to play every day.”

Read the full article in Apple magazine’s fall 2017 issue on [applemag.ca](http://applemag.ca).

To find out more about ‘What’s your balance?’ visit [ahs.ca/whatsyourbalance](http://ahs.ca/whatsyourbalance). You can also join the conversation on social media by using the hashtag #AHSwhatsyourbalance



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