

CASTLE NEWS

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

May 2018



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CASTLEDOWNS VARIETY SHOW "An Evening of Adult Comedy"

www.castledowns.ca

Box 31075 Namao Center, Edmonton AB T5Z 3P3

Phone (780) 406-9070

CASTLE DOWNS VARIETY SHOW WRITERS AND DIRECTORS NEEDED

It's that time of year already. We are looking for interested writers and directors for the 2018 Castle Downs Variety Show. The Castle Downs Variety Show is an Evening of Adult Comedy comprised mostly of skits, stand-up comedy & dance numbers.

Your submission should include all of the following:

The Show Name,
Three sample skits
Black Light Number
A running order for the whole show

Please submit package, including compensation expectations to:

Variety Show Chairperson c/o Castle Downs Variety Show
P.O. Box 31075 Namao RPO, Edmonton T5Z 3P3
Or by email to varietyshow@castledowns.ca

Submissions must be received no later than May 14th 2018.

The Variety Show Committee will then review the submissions and set up interviews with the candidates.

Please check the website for more info: www.castledowns.ca and look under the Variety show tab, you can email any questions to: varietyshow@castledowns.ca



CANADA DAY Celebrations 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

Variety Show Hall Tender

Following a very successful year of the Castle Downs Variety Show for 2017 it is time to start the planning for the 2018 Show. Hall tenders are now being accepted for the 2018 Castle Downs Variety Show brought to you by the Castle Downs Recreation Society.

Please submit your tender to the Variety Show Committee by email (varietyshow@castledowns.ca) by May 14, 2018. Prior to the committee's decision we would kindly request an opportunity to view the space and ask any pertinent questions. Please email the Variety Show chairperson to set up a viewing time for the committee to come in and look at the space.

The decision will be based on the follow criteria:

- Availability of the Hall for all required dates (see below)
- Capacity of the Hall and configuration of seating (Chair and tables for up to 200)
- Cost
- Appropriate stage area and prep area for cast, band area, lighting and sound areas
- Bar and kitchen facilities- oven, coolers and freezer space
- Storage space available for costumes, change rooms, props
- Appropriate committee work area and liquor storage (locked room)
- Available parking
- Suitable coat check area

- Building security; with alarm system.
- Janitorial services provided

Possibility of looking at a 2 year contract

Thank you for your interest in hosting the 2018 Variety Show. We look forward to hearing from you. To help with your planning, listed below are the dates the hall would need to be available.

Sunday and Wednesday evenings August 29, 2018 - October 10, 2018 for rehearsals and/or box office. Sunday evenings until the end of show (Nov. 10, 2018) for box office sales only.

Friday and Saturday evenings October 12, 2018 - November 10, 2018.

Other important dates: Saturday September 22, 2018 for move-in, November 11, 2018 for move-out, Dress Rehearsal Thanksgiving weekend (Oct 6-8, 2018)

The hall needs to be booked EXCLUSIVELY for the Variety Show during this time frame (Sept 22, 2018 – Nov. 11, 2018) (other than Community League Executive meetings). No other rental or access for programs can be permitted to ensure safety of VS equipment/costumes and to allow tables to be left set up with chairs on the tables to allow for floor cleaning. **NEGOTIABLE**

Windup Party for the Variety Show – Nov. 17, 2018 – Saturday

Thank you 2018 Castle Downs Variety Show Committee

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
Secretary	Laura Bots	secretary@baturyn.ca
Treasurer	Paul Petersen	treasurer@baturyn.ca
Facilities Director	Earl Archer	facilities@baturyn.ca
Hall Rental Rep	Colleen H.	rentals@baturyn.ca
Volunteer Director	Sephia Tidder	volunteers@baturyn.ca
Ways & Means Director	Leticia Pearson	finance@baturyn.ca
Casino Chair	Sandi Jones	casino@baturyn.ca
Communications Director	Intentionally left blank	communications@baturyn.ca
Communications Assistant	Angela Ferguson	communications@baturyn.ca
Program Director	Angela Ferguson	programs@baturyn.ca
Past President	Courtney Barnes	pastpresident@baturyn.ca
Soccer Director	Candice Bevan	soccer@baturyn.ca
Social Director	Violet Hejnar	social@baturyn.ca
Membership Rep	Samantha McRae	membership@baturyn.ca
Bingo Chairperson	Nicole Yankee	bingo@baturyn.ca
CDRS Rep	Claudia Gonzalez	cdrs1@baturyn.ca
CDRS Rep	Wayne Raymond	cdrs2@baturyn.ca
Variety Show Rep	Shyehana Goonewardena	varietyshow@baturyn.ca
Variety Show Rep	Holly Twerdochlib	varietyshow@baturyn.ca
Playschool Chair	Kelly Young	bcps.chair@gmail.com

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

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

Check out the Classroom on Wheels (C.O.W.) Bus!

The Centre for Family Literacy runs a mobile program called C.O.W. Bus, that stops in our neighbourhood every Tuesday from 1-2:30pm. C.O.W. Bus is a free drop-in program for parents and children 0-6 years. Children and caregivers that attend can borrow books for free and enjoy a facilitated story and song time. The bus can be found parked along 172 Ave between St. Charles and Baturyn schools every Tuesday until June 12th. For more information visit www.famlit.ca.

Edmonton Bike Swap

Need a new bike? Or have one to pass on? Edmonton's Alberta Bike Swap is happening on May 12th, at Kinsmen Sports Centre Fieldhouse. Consign your bike from 8am-2pm, buy a bike from 2:30-4pm and donate anytime from 8am-4pm. For more information visit www.albertabikeswap.ca

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.



Mondays at 8:15pm

May 7th to June 25th

at Baturyn Hall

Drop in: \$15

5 pass: \$60 8 pass: \$80

10% Discount for Baturyn
Community League Members

(Sorry, no refunds on unused pass cards)

Punch passes available on May 7th.

Contact Angela at programs@baturyn.ca
if you have any questions.

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.



10505 172 Avenue
rentals@baturyn.ca

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.

Want to know what is going on in your community?
 To find out community announcements and events
 Find us at www.facebook.com/BaturynCommunityLeague
 LIKE US ON 

Baturyn Ice Rinks



Unfortunately, as in the past several years, BCL had not been able to find any volunteers willing to make and maintain our ice rinks this past season. 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.

Lobster Dinner Resurrection?



No, we're not talking about bringing the lobsters back to life! Baturyn Community League used to host a very popular lobster dinner and still has the equipment to do so. What we don't have is anyone experienced in running the kitchen for such an event! If you are interested in helping bring back this fun social event, please contact social@baturyn.ca



CASTLEDOWNS Dental Centre



Dr. Tarek Tarchichi

www.castledownsdentalcentre.com

780-456-2990

11816-145 Ave



**New Patients Welcome.
Emergency & Walkins.
Apointments Available
Gentle Dentistry for
the whole family.**



Dental Centre Hours

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

We are closed on Sunday & Public Holidays

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

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

We Accept:








ALL KIDS MEALS

\$6.99

Comes with an activity pack and a create-your-own sundae.

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



Happy Mother's Day !

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

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
	D'Arcy Sommer
Equipment	Giovanni Borrelli
	Sandy Reda
Hall Maintenance	Ahmet Kaplan
	Danny Burrell
Hall Rental	Jennifer Schell
	Dawn Vargas
Membership	Adam Evans
Newsletter	Dawn Nebeker
Programs	Carolina Ibarra
Secretary	Dawn Nebeker
Signs	Christina Burynuik
Soccer	Wil Fraser
Social	Kati Hutt
Variety Show	Petar Jankovic
Baseball	VACANT
Casino (2)	VACANT
Member At Large	VACANT
Variety Show (2)	VACANT

Sign Up for Adult Co-Ed 3-Pitch Slow Pitch Tournament!

We're hosting an Adult Co-Ed 3-Pitch Slow Pitch Tournament on Friday, May 11, and Saturday, May 12, 2018, at the Baseball Fields behind Caernarvon Community Hall. The fun begins Friday evening and continues all day Saturday.

All you need is a team of 5 women and 5 men (Aged 18+) and a \$200 entry fee. Cash prize for the winner and your success will be immortalized on a prestigious trophy that will be displayed in Caernarvon Community Hall's foyer!

Please contact Chris at 780-884-9672 even if you do not have a full team and we will see what we can do!

More details will be available on our Facebook page as we approach May.

Casino and Bingo Opportunities

We have a Casino coming up and need volunteers to help raise funds for our community! Our dates are May 25 and 26, 2017. If you're interested please contact us by phone or text to 780-456-3435!

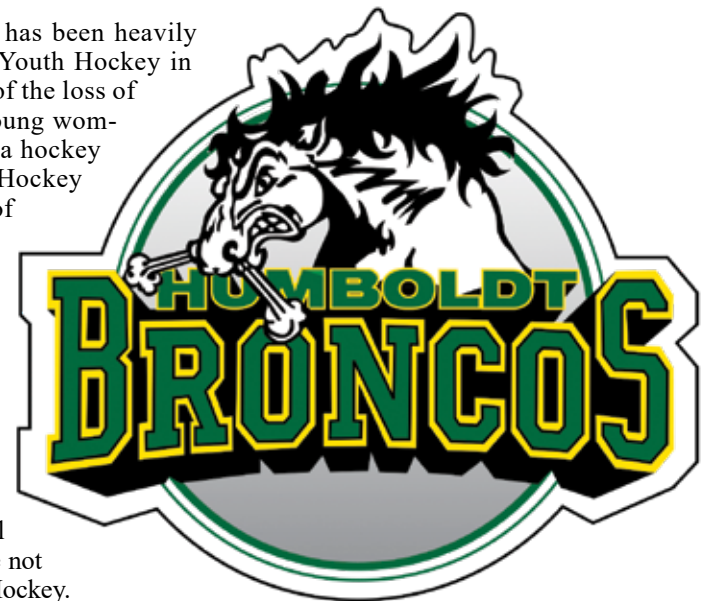
We are looking for volunteers to work upcoming Bingo nights. Bingos bring money into the Community League which supplements activities we offer as well as pays the utilities for the Hall. We offer Caerny Bucks towards registered activities in Edmonton. Call Lynne at 780-641-4996 for more details or check out our Facebook page.



In Remembrance of the Humboldt Broncos

As a community that has been heavily involved in supporting Youth Hockey in Edmonton, the tragedy of the loss of the young men and a young woman on their way to play a hockey game truly hits home. Hockey is part of the fabric of our country.

Caernarvon will be paying tribute to the Humboldt Broncos with a \$1,000 donation in their honor to the Hawks Athletic Club in Edmonton. The aim of this donation is to provide youth(s) who, because of financial barriers, would otherwise not be able to participate in Hockey.



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!

Caerny Bucks

Caerny Bucks are worth \$40 and are given to people who work extra bingos when they cannot be filled with sports registration commitments. These valuable credits can be put towards registered programs such as soccer registration, YMCA memberships, or City of Edmonton registered programs.

If you would like to be included on the Caerny Buck list to work Bingos please contact our Bingo Director Lynne Hellyer through our Facebook page or 780-456-3435.

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".



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may receive your
dentures
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TO YOU***

*Some conditions and restrictions apply.

www.londonderrydentureclinic.com 13594 Fort Rd. Northeast Edmonton

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.

Big Bin Event at Castledowns YMCA

June 2 and 3, 2018
9am to 5pm
Castledowns YMCA
11520 - 153 Avenue

Due to the complete replacement of Caernarvon Community League's parking lot this summer, we cannot yet commit to a community big bin event. We encourage that you attend our nearby City of Edmonton Big Bin Event.

Big Bin Events allow residents to dispose of household items that are too large for regular collection for free.

Materials Accepted
Couches, chairs, mattresses, and other household furniture items too large for curbside pickup
Fridges, freezers, washers, dryers and other large household appliances (will be recycled)
Computers, televisions and other household electronics (will be recycled)
Reusable Items will be accepted (more details on website)

If you have items that are in good condition and can be reused, you can donate them.

Materials Not Accepted
Commercial Waste
Household Hazardous Waste - please take to an Eco Station at no cost.

Secure Your Load Properly
Residents are reminded to secure their load properly by tying large items to their vehicle and covering loose material with a tarp.

For more information go to www.edmonton.ca and type "Big Bin Events" in the search bar.

Congratulations to Vianne Rouleau



National Gold Medalist and Going to the Pan-Am Games

Caernarvon's own Vianne Rouleau won a gold medal competing in the U17 National Wrestling Championships held at the University of Alberta on April 14, 2018. On April 15 she competed again in the United World Wrestling Tournament and won gold again! She now qualifies to represent Canada at the Pan American Games. Congratulations Vianne on such a monumental accomplishment!

Ask Charles

I just bought a house, and on possession day, I noticed the movable island from the kitchen, which I loved when I viewed the property, was gone. Was the seller allowed to take it with them?

The short answer is yes, the seller was allowed to take the movable island with them. A movable island is an example of an unattached good, which are movable items that are not included in the sale of a property unless agreed to, in writing, by the parties.

Unattached goods include items such as wall art, area rugs, non-built-in appliances such as microwaves, and even curtains. Unless otherwise agreed to, sellers can take movable items from the property before the buyer takes possession.

The opposite of unattached goods are attached goods. Attached goods are items that you cannot remove from a property without causing damage to the property. For example, chandeliers, built-in appliances such as dishwashers, and curtain rods and brackets are attached goods. Unless otherwise agreed to, sellers are expected to leave attached goods behind.

However, the good news for buyers is, if there is something you like in a property you are considering buying, but it's an unattached good, all is not lost. If you want a particular unattached good included in your purchase of the property, list it as an inclusion in your offer to purchase. Now, it's subject to negotiation between you and the seller.

The seller may agree, or they may remove it from the list of inclusions in a counter offer. It is up to the buyer and seller, with the help of their real estate representatives, to negotiate the transaction, and that includes what items are included or not.

When it doubt, write it out. This is the best way to ensure you know what is included when you're purchasing a property. For larger more expensive items, you may wish to include the make, model, and serial number. This may eliminate a seller's urge to switch nice appliances, for example, with less expensive, used items.

Now, what do you do in the event the seller was supposed to leave something behind, but didn't? If you don't find out until after possession, you need to call your lawyer as it is now a legal issue between you and the seller. Your real estate professional can attempt to discuss the matter with the seller's representative, but if things aren't fixed to your satisfaction, your only recourse is to speak to your lawyer.

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

Ask Charles

There was a major hail storm after a seller accepted my offer to purchase their home, and the house needs a new roof. Who is responsible for it?

Until the deal closes and you take possession of the property, the seller is responsible for the property. Any damage to the property or to the items included in the sale, are the sole responsibility of the seller until your purchase funds are transferred and you take possession of the home.

When you take possession, the property – and its inclusions (appliances, etc.) – should be in the same condition as when you viewed it and submitted your offer to purchase.

Even if the property is vacant, and has been for weeks, it is still the seller's responsibility to maintain home insurance on the property.

As the buyer, you should make sure you arrange for your home insurance to begin on your possession day, even if you aren't moving in right away. As soon as you take possession, insuring the property is your responsibility.

If something such as a hail storm damages the property in the time between the seller accepting your offer and possession day, have your agent talk to the seller's agent to confirm the seller is handling the damage. If the seller confirms they're handling the repairs, you may wish to add an addendum to your accepted offer to purchase that outlines the seller's responsibility to replace the roof prior to possession day, or you may ask the



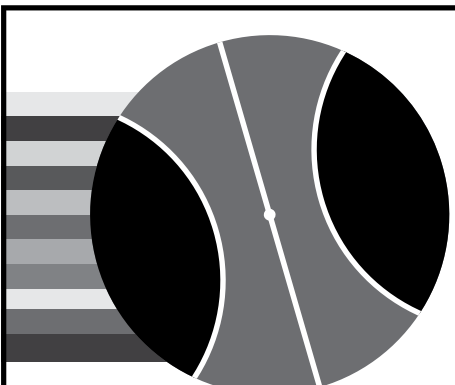
seller to agree to you holding back a small portion of the purchase funds until the roof is repaired. Make sure any agreements between you and the seller are in writing.

If there is any resistance on the part of the seller, either to fixing the damage or to putting details and agreements in writing, you need to talk to a lawyer for legal advice.

Likewise, if either party wishes to end the transaction in light of the damage done to the property, or if the seller refuses to repair the roof prior to possession, contact a lawyer for legal advice.


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


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



SEE A PLAYGROUND, SLOW TO 30.

7:30 am to 9:00 pm
EVERYDAY





edmonton.ca/why30?

MOTHER'S DAY

LET US RECOGNISE ALL MOTHER'S

Memberships

League memberships for 2017/2018 available.
Please contact Tara Pohl-Gobeil 780-218-3399.



Congratulations to Carlisle U18 girls for winning GOLD at Provincials Mar 16-18



CongratulationstoCarlisleUnitedLadiesteamforwinningBronzeinProvincials in Calgary Mar 23-25

Hall Rental



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

Alzheimer’s Disease

Alzheimer’s disease is the most common type of dementia, a syndrome that affects memory, thinking, orientation, judgment and ability to carry out everyday tasks. It is estimated that by 2038, about one in ten Albertans over the age of 65 and nearly half over the age of 90 will be living with some form of dementia.

Certain problems can be warning signs of dementia. Contact your doctor if you notice a loved one having increased difficulty with any of the following:

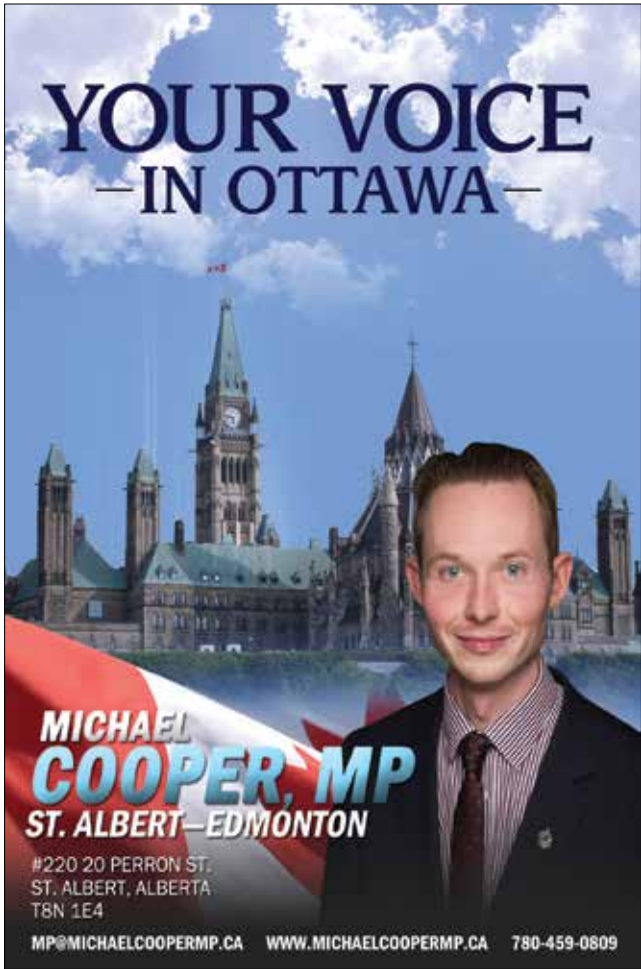
- Learning and retaining new information
- Handling complex tasks, like balancing a cheque book
- Knowing what to do when problems come up
- Finding his or her way around familiar places, driving to and from places he or she knows well
- Finding the right words to say what he or she wants to say
- Understanding and responding to what he or she sees and hears
- Acting more irritable or suspicious than usual, or withdrawing from conversation and activity

Finally, here are some tips in communicating with anyone who may have dementia:

- First, make sure the person does not have a hearing or vision problem. Sometimes a person may not respond to you because he or she cannot hear you. Not being able to see well may make the person more confused, agitated, or withdrawn.
- Don’t argue. Offer reassurance, and try to distract the person or focus his or her attention on something else.
- Use short, simple, familiar words and sentences. Present only one idea at a time.
- Explain your actions. Break tasks and instructions into clear, simple steps,
- Pay attention to your tone of voice. Be calm and supportive. A person with dementia is still aware of emotions and may become upset upon sensing anger or irritation in your voice.
- Maintain eye contact and use touch to reassure and show that you are listening. Touch may be better understood than words. Holding the person’s hand or putting an arm around his or her shoulder may get through when nothing else can.
- Pay attention to the person’s tone of voice and gestures for clues as to what the person is feeling. Sometimes the emotion is more important than what is said.
- Do not confront the person about his or her denial of the disease. Arguments will not help either of you.
- Allow choices in daily activities. Let the person select his or her clothing, activities, and foods. But too many choices can be overwhelming. Offer a choice of 2 to 3 options, not the whole range of possibilities.

In Alberta, services are readily available for both those suffering from any form of dementia and their caregivers. Albertans can receive advice by calling Health Link at 811. Health Link will assess the needs of the person and provide immediate advice for their concerns, 24/7.

YOUR VOICE
— IN OTTAWA —



MICHAEL COOPER, MP
ST. ALBERT—EDMONTON

#220 20 PERRON ST.
ST. ALBERT, ALBERTA
T8N 1E4

MP@MICHAELCOOPERMP.CA WWW.MICHAELCOOPERMP.CA 780-459-0809

Edmonton North
Animal Hospital

15387 Castle Downs Rd.

Across from Sobeys &
Edmonton Public Library

780-476-3444




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




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SERVING THE PEOPLE OF EDMONTON MANNING

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

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- Student Loans
- Taxation Issues



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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	bingo@cocl.org
Bingo Director, Assistant #1	Vacant	
Bingo Director, Assistant #2	Vacant	
CDRS Representative	Vini Buecken	
CDRS Representative	Lynnette Thompson	
Communications Director	Christa Gagnon	
Director at Large	Vanessa Forester	
Director at Large	Rosemary Sibanda	
Director at Large	Brittany Yerichuk	
Fundraising Director	Vacant	fundraising@cocl.org
Membership Director	Jackie Nicholls	membership@cocl.org
Neighborhood Watch Director	Vacant	
Past President	Calvin Cazes	
Past Treasurer	Chris Cebula	
Registration Director	Wendy Sellgren	
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	Salam Yousef	

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

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COCL Hockey Committee

Please consider joining our Hockey Committee. The league is in the early stages of planning new rinks and skating activities. Help shape and create this vision by joining the COCL Hockey Committee. For more information please contact the COCL president via email @ president@cocl.org.

COCL Community Garden Project



The Cumberland Oxford Community League is putting a call out for people who are interested in, and committed to, starting a community garden. We are looking for individuals who are good organizers and enjoy being involved in their communities. The committee will take a 1.5 hour "Starting a Community Garden Workshop" with a Community Garden Facilitator (CGF) from sustainable living to help with the whole process.

If you would like to join the committee, or wish to join the waitlist to rent a plot, please contact the COCL president via email @ president@cocl.org.

Bingo Director and Assistants Needed

COCL is in urgent need of filling the positions related to the bingo fundraisers. Bingo is our bread and butter fundraising event. Much of what the community league is able to do for the community – from programs to playgrounds – is a result of the money that Bingo provides. Without the bingo fundraisers we would have to significantly reduce the amount of programming and projects as well as significantly raise the fees for programs like soccer or softball. One advantage to community sports is the affordability. The loss of the bingo fundraiser seriously puts that in jeopardy.

We are asking for community minded individuals to join our board and fill these positions. We run 12 bingo a year – usually one a month and the bingo chairperson (director or assistant) will be responsible for organizing the volunteers for that event by assigning positions, counting money and floats, and ensuring the event is as smooth as possible. They will need to be at the hall for 4:30 pm until the paperwork is balanced at the end of the event, usually a little after midnight.

We would like three people to share in this role so that the work is spread evenly. Only one director/assistant is needed per event.

As well, Sports Registration fees will be covered for these positions.

If you or someone you know can fulfill this role please contact us as your involvement can make a massive difference to our community. Please contact president@cocl.org for more information.

Edmonton Transit Service | City of Edmonton

Let's talk about Edmonton's changing bus routes.

From April 12 until June 14, help us refine your future bus network, online or at a community workshop. New bus routes will be shaped by Edmonton's Transit Strategy and your insights.

Find out more at edmonton.ca/newbusroutes or call 311

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SHAPE OUR CITY

ETS

Dunluce News

DUNLUCE EXECUTIVE

Hall: 11620-162 Ave 456-3978

PO Box 36050; Castledowns RPO

Edmonton, AB T5X 5V9

www.dunlucecl.ca

PRESIDENT	Nadine Meads	780-982-6260
VICE PRESIDENT	Sabrina Boutilier	780-232-1925
TREASURER	Loretta Wonitoy	780-457-9101
SECRETARY	Lorna Melnyk	780-456-4596
PAST PRESIDENT	Keoma McMurren	780-457-9101
CDRS REP	Ryan Korpesio Jerry Bernard	780 444-9212 780-885-5333
VARIETY SHOW	Denyse Ward Sabrina Boutilier	587-983-9401 780-232-1925
CASINO	Maureen Ewart Mark Gross	780-457-0708 780-456-5700
MEMBERSHIP	Christina Fletcher	780-484-3051
PUBLICITY	Bev Gross	780-456-5700
SOCIAL	Lorna Melnyk	780-456-4596
BINGO DIRECTOR	Angela Paris	780-920-8999
SOCCER	Ryan Korpesio	780-444-9212
SOFTBALL	Loretta Wonitoy	780-457-9101
PROGRAMS	Registrar	780-914-1775
WAYS & MEANS	Myah Westergreen	780-289-7706
SOCCER EQUIP.	Arlene Pettifer	780-456-3978
BUILDING & ASSETS	Al Chapman	780-456-9292
PLAYSCHOOL	Registrar	780-499-0232
COMMUNITY SERVICES	Rochelle Diederichs	
HALL RENTALS	Al Chapman	780-457-4342

HALL RENTAL RATES

For information call: (780) 457-4342 or

e-mail: hallrental@dunlucecl.ca

HALL IS NEWLY RENOVATED

*** SEATING CAPACITY 120 ***

WEEKEND RATES:

Dunluce Community League Members:

6:00 PM Friday evening until 5:00 PM

Sunday evening,

\$300.00 plus \$350.00 damage deposit.

Non – Dunluce Community League Members:

6:00 PM Friday evening until 5:00 PM

Sunday evening,

\$350.00 plus \$350.00 damage deposit.

DAILY RATES (WEEKENDS ONLY)

Saturday 9:00 AM until Sunday 9:00 AM

(24 Hr. Rental)

\$350.00 damage deposit

Dunluce Community League Members:

\$200.00

Non – Dunluce Community League

Members: \$275.00

Hourly Rate: \$30.00 per hour.

(3 hour minimum)

Hourly rate is only available

Monday to Thursday.

Dunluce Variety Show Hall Tender 2018

Following a very successful year of the Castle Downs Variety Show for 2017 it is time to start the planning for the 2018 Show. Hall tenders are now being accepted for the 2018 Castle Downs Variety Show brought to you by the Castle Downs Recreation Society.

Please submit your tender to the Variety Show Committee by email (varietyshow@castledowns.ca) by May 14, 2018. Prior to the committee's decision we would kindly request an opportunity to view the space and ask any pertinent questions. Please email the Variety Show chairperson to set up a viewing time for the committee to come in and look at the space.

The decision will be based on the following criteria:

- Availability of the Hall for all required dates (see below)
- Capacity of the Hall and configuration of seating (Chair and tables for up to 200)
- Cost
- Appropriate stage area and prep area for cast, band area, lighting and sound areas
- Bar and kitchen facilities- oven, coolers and freezer space
- Storage space available for costumes, change rooms, props
- Appropriate committee work area and liquor storage (locked room)
- Available parking
- Suitable coat check area
- Building security complete with alarm system
- Janitorial services provided
- Possibility of looking at a 2 year contract

Thank you for your interest in hosting the 2018 Variety Show. We look forward to hearing from you. To help with your planning, listed below are the dates the hall would need to be available.

● Sunday and Wednesday evenings August 29, 2018 - October 10, 2018 for rehearsals and/or box office. Sunday evenings until the end of show (Nov. 10, 2018) for box office sales only.

● Friday and Saturday evenings October 12, 2018 - November 10, 2018.

● Other important dates: Saturday September 22, 2018 for move-in, November 11, 2018 for move-out, Dress Rehearsal Thanksgiving weekend (Oct 6-8, 2018)

● The hall needs to be booked EXCLUSIVELY for the Variety Show during this time frame (Sept 22, 2018 – Nov. 11, 2018) (other than Community League Executive meetings). No other rental or access for programs can be permitted to ensure safety of VS equipment/costumes and to allow tables to be left set up with chairs on the tables to allow for floor cleaning. **NEGOTIABLE**

● Windup Party for the Variety Show – Nov. 17, 2018 – Saturday

Thank you
2018 Castle Downs Variety Show Committee

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

Dunluce Community Programs - Spring 2018. For more information or registration please phone, (780) 914-1775, or e-mail zuzana.bado@gmail.com

FOLLOW US! LIKE US!

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



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



Dunluce Pre-school

- A qualified, experienced, energetic and creative Early Childhood Educator

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

- Movement to music, drama, exercise, sports, singing and finger plays

- Monthly themes and hands-on activities... everything from stargazing to baking

- Learning through play-educational learning centres that ignite your child's passion for learning

- Exciting fieldtrips - onsite and offsite

- A program dedicated to meeting your child's individual needs

- Preparation for Kindergarten

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

Accepting students for our 3 and 4 year old class, starting September 2018. For more information please contact our registrar at 780-499-0232, by email at dunlucepreschool@hotmail.com, or check us out on Facebook!

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

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 & casinolbcl@gmail.com
CDRS Representatives	Julia & Melyssa	cdrslbcl@gmail.com
Sports Director	Ghaida	sportslbcl@gmail.com
Social Directors	Shanesha	sociallbcl@gmail.com
Variety Show	Jessica & Jen D	varietyshowlbcl@gmail.com
Memberships	Silvija	memberships lbcl@gmail.com
Communications	Jen A.	comm lbcl@gmail.com
Community Safety Directors	Jennifer O.	communitysafetylbcl@gmail.com
Website	Jen A.	comm lbcl@gmail.com
Playschool Information	Ashley	loreleibeau-marisplayschool@gmail.com www.loreleibeau-marisplayschool.com
General Manager	Maria	hallrentalslbcl@gmail.com 780-686-4415
City of Edmonton Community Recreation Coordinator	Rochelle Diederichs	Rochelle.Diederichs@edmonton.ca

LBCL Website: www.lbcl.ca

Facebook: <https://www.facebook.com/loreleibeau-maris>

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.**

Upcoming Bingos

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

Wednesday, April 18, 2018

Monday, May 21, 2018

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!).

Please consider volunteering!

\$50 Tiger bucks will be given for each volunteer spot filled.

Tiger bucks can be used for soccer registration fee or hall rentals.

SEEKING SOCCER PLAYERS

Lorelei Beaumaris still have room in a few of our teams:

- U13 boys (2005-2006 birth years) and
 - U9 girls (2009-2010 birth years)
- We have amazing, dedicated, very experi-

enced coaches and great players! Come join us!

For all inquiries contact our soccer director ASAP

Ghaida soccerlbcl@gmail.com

STAY ACTIVE! PLAY SOCCER!



Lorelei Beaumaris Community INDOOR Garage Sale is back!

Saturday, May 12 10am-6pm

Sunday, May 13 11am-4pm
(Community Hall 16220-103 street)

We are looking forward to seeing everyone come out

Table Set Up: Friday, May 11 from 5pm-8pm.

Table rental: 10\$ per table *All tables have been booked*

Any questions contact Tina @ 780-257-3777 or comm lbcl@gmail.com

Tables must be paid for to guarantee your reservation.

We will be advertising for the garage sale on our outdoor signs, Castlenews, Kijiji, Facebook, website. We will also have a concession running during the sale.

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 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/loreleibeau-maris>

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>

Volunteer Appreciation Event

We would like to say thanks to the many
 volunteers we have in our community. April
 14th the Castle Downs Recreation Soci-
 ety hosted a volunteer Appreciation event
 where we honoured Arlene Gibbons, Mark
 Ewanyshyn, and Susan Chalmers for all
 their hard work to make our community a
 great place to live.
 Awards were presented by Nicole Goeh-
 ring (MLA of Edmonton-Castle Downs),
 David Eggen (MLA of Edmonton-Calder
 and Lynnette Thompson (President of the
 Castle Downs Recreation Society) (missing
 from Photo: Arlene Gibbons)

Lorelei-Beaumaris Spring Sports



We had a great success with summer soc-
 cer registration this year! We are very excit-
 ed that all of our indoor coaches are coming
 back for the summer season.
 Soccer is scheduled to start the first week
 of May but it will depend on whether the
 fields are ready for use. You should hear
 from your coach by the last week of April.
 We truly appreciate everyone who stepped
 forward to coach and assistant coach this
 year! If you have any soccer inquiries please
 contact our Sports Director, Ghaida at soc-
 cerlbcl@gmail.com
 A few soccer reminders:
 U4 and U6 are not allowed to wear cleats,
 they should wear runners only.
 cleats become optional at U8.
 all soccer players must wear shin pads at
 all levels of play.



Ward 3 City Councillor

Jon Dziadyk

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If You Have Concerns or Questions

Please Contact Me

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May 2018

www.communityleagueneews.com

Castle News

13



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

Happy Mother's Day!

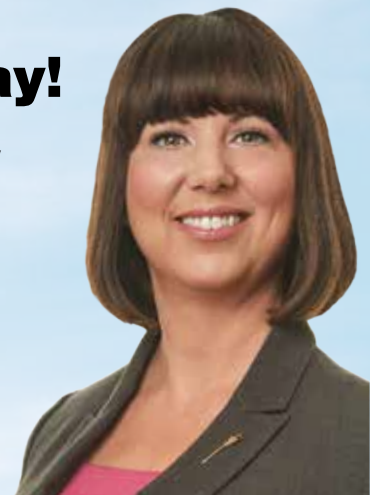
Come visit me on Healthy Kids Day

Saturday, May 27

12 – 2pm

Castle Downs Family YMCA

Please follow me on Social Media for updates



Nicole Goehring



MLA, Edmonton - Castle Downs

Government of Alberta's Liaison to the Canadian Armed Forces

780-414-0705

edmonton.castledowns@assembly.ab.ca

12120 - 161 Avenue, Edmonton, Alberta T5X 5M8



F: 780.244.0692

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

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

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

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.



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CHURCH OF PENTECOST IS PROUD TO PRESENT
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COMPOST SALE



One 40lb bag for \$10,
3 bags for \$25,
or 5 bags for \$40

DATE: Saturday, May 12th 2018
TIME: 9:00 am - 3:00 pm
LOCATION: 14020 - 127 St. (by Panago Pizza)



Cleanit Greenit Composting System produces a Grade "A" compost, which has achieved the Ecologo certification as an "Environmentally Friendly Product". The compost contains essential nutrients and organic matter and is excellent for lawns and gardens.



You can pre-order your organic soil by calling 780-709-1639 or email fisee@yahoo.ca

Come out and support us!
Funds raised are for our youth camp.

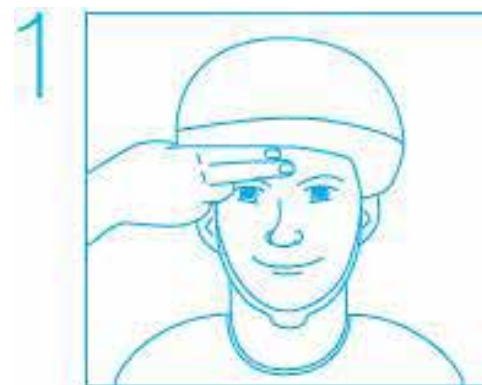
Put a lid on it

Plain and simple: helmets save lives. "Some of the most serious and life-changing injuries are injuries to the brain. Helmets are made to protect the brain from concussions and other injuries. Helmets also prevent injuries to the face," explains Kim Cochrane, Injury Prevention Project co-ordinator for Alberta Health Services.

Choosing the right type of helmet for your child's winter sport is just as important as wearing a helmet.

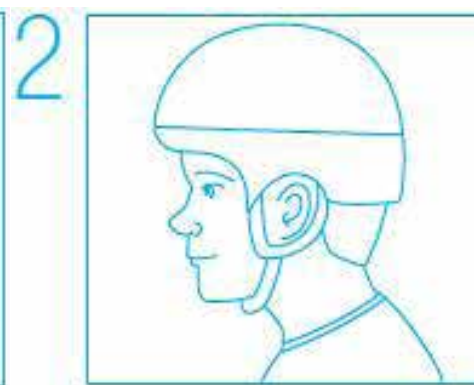
"Helmets have different safety features depending on the sport, so it matters what kind of helmet your child wears," says Cochrane.

Always have your child try on a helmet before buying it. Their comfort is key, and you should never "guesstimate" fit — you want it to be snug, but not tight. Don't pick a too-big helmet for them to grow into — if they are wearing it now, it should fit now. Buckle the



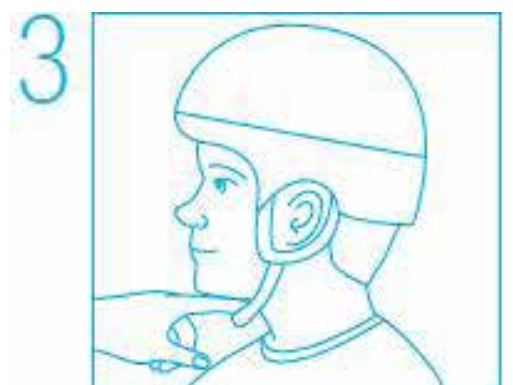
helmet and ask them to shake their head back and forth; the helmet should be level on the top of the head and not move around. The foam pads should touch the head at the front, back, sides and top.

Once the helmet is securely on, check the fit using the "2V1" rule: Don't wear hats of any



kind or high ponytails under a helmet, because they change the way the helmet fits. Many winter helmets are insulated, so no other head-gear is needed for warmth.

1. The helmet fits properly when you can rest two fingers between your child's eyebrows and the edge of the helmet.



2. The strap needs to form a "V" under the child's ear.

3. One finger of space is needed chin and chin strap.

For more information on helmet safety, visit thinkfirst.ca or safekidscanada.ca.

— reprinted from Apple magazine

Backyard Safety

Manage the risks

During the summer months, children spend countless hours playing in their backyards. There are many potential hazards in the backyard that can result in injuries. Protect your children by managing the risks.

Survey the Yard

- Make sure all fence gates are self-closing and self-latching.
- Have a fence separate the play area from the driveway and garage.

Lawn Sprinklers/Water Slides

- Use only on grass.
- Make sure the area is free of obstacles and debris.
- Teach children to slide sitting up and not to walk or run on water slides.

Sandboxes

- Check sandboxes regularly to make sure they are in good repair, with no protruding nails or splintered wood.
- A sandbox cover is recommended, especially if pets roam freely in your neighbourhood.

Swimming/Wading Pools

- Never leave children unattended in or near water.
- Empty and turn over anything that could pose a drowning hazard (e.g. wading pools, pails). Children can drown in less than 5 cm (2 in) of water.
- Fence all backyard swimming pools. The fence should be at least 1.2 m (4 ft) high and have a self-latching, self-closing gate.

Play Equipment

- Actively supervise all young children.
- Remove drawstrings and scarves from

children's clothing.

- Properly secure equipment to the ground.
- Set up backyard swings and other play equipment on a shock-absorbing surface (i.e. sand, wood chips or pea gravel).
- Put railings around all decks that are more than one metre off the ground.
- Limit height of the equipment to less than 1.8 m (6 ft).
- Check equipment for gaps, worn, loose or broken parts.
- Teach children the basic rules of safe play. Always wear shoes.

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