

# CASTLE NEWS

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

November 2018

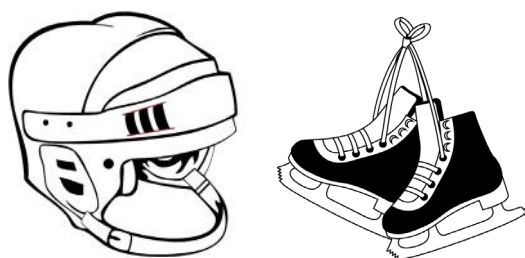


Published by Calder Publications. To advertise please call 780-918-0336 or email [josh@communityleagueneews.com](mailto:josh@communityleagueneews.com)

## Baturyn Ice Rinks

The Baturyn rink is a go for the 2018/19 season!! The rink committee is super excited but still looking for more volunteers that would be willing to supervise while the rinks are open. Please email [vicepresident@baturyn.ca](mailto:vicepresident@baturyn.ca) if you're interested. The rinks will be open 3 days a week to start we are still working out the time schedule, once that is determined we will post the schedule on our website and Facebook page.

## Call for donation of used equipment



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

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

Please contact Maria (780) 686-4415

## Lorelei/Beaumaris

### We Need Your Help

We need Volunteers to step forward and help!  
Looking for volunteers 18 and over to help with our Bingo's so we may continue to offer the wonderful programing we have.

Please contact Sonya at [presidentlbcl@gmail.com](mailto:presidentlbcl@gmail.com)

## Winter Carnival



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

## Lorelei/Beaumaris

### SKATE WITH SANTA

SUNDAY DECEMBER 16

JOIN SANTA 2-4PM

COOKIES & HOTCHOCOLATE





Castle Downs Recreation Society Fundraiser

## 34th Annual CASTLE DOWNS VARIETY SHOW

"Feel It Still"

**\$15**

• Adult Sketch Comedy • Live Band  
• Licensed Bar & Snacks

**2018 Show Dates:**

**October 12\*, 13\*, 19, 20, 26, 27 November 2, 3, 9, 10**

**Tickets: \$15 \*Opening Weekend Special - Only \$10\***

**Ticket Sales At Caernarvon Community Hall**  
Sundays From 7-9 PM  
Starting September 9th  
14830-118 St.

*Reserved seating for groups of 8+. Outside food encouraged!  
No outside beverages allowed. Doors @ 6:30 Show @ 8:00 pm*

**This is a no smoking Venue  
Adult Entertainment 18+ Only**

**e-mail: [varietyshow@castledowns.ca](mailto:varietyshow@castledowns.ca)**

Join us on Facebook 

**Box Office:**  
( 780 ) 406-9070



# 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>
Secretary	Laura Bots	<a href="mailto:secretary@baturyn.ca">secretary@baturyn.ca</a>
Castle Downs Rec. Society Rep.	Claudia Gonzalez	<a href="mailto:CDRS_1@baturyn.ca">CDRS_1@baturyn.ca</a>
Castle Downs Rec. Society Rep.	Rueben Tucker	<a href="mailto:CDRS_2@baturyn.ca">CDRS_2@baturyn.ca</a>
Communications Director	Courtney Barnes	<a href="mailto:communications@baturyn.ca">communications@baturyn.ca</a>
Communications Assistant	Angela Ferguson	
Facilities	Earl Archer	<a href="mailto:facilities@baturyn.ca">facilities@baturyn.ca</a>
Membership Rep	Vacant (covered by Courtney B)	<a href="mailto:membership@baturyn.ca">membership@baturyn.ca</a>
Playschool Chair	Kelly Young	<a href="mailto:Bcps.chair@gamil.com">Bcps.chair@gamil.com</a>
Programs 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>
Volunteer Director	Sephia Tidder	<a href="mailto:volunteers@baturyn.ca">volunteers@baturyn.ca</a>

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

July & August: No Scheduled Meetings

## FIND US ONLINE!

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



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



[www.facebook.com/BaturynCommunityLeague](https://www.facebook.com/BaturynCommunityLeague)



[Baturyn\\_Community\\_League](https://www.instagram.com/Baturyn_Community_League)



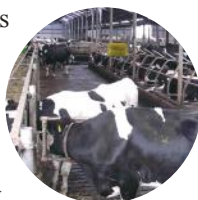
#BCLYEG

## Hall Rehabilitation Committee

The Hall Rehabilitation Committee has been working hard and have more big changes coming! In November, the interior will be painted, brand new floors will be laid, and exterior lighting will be updated. For this work to proceed, the hall will not be available for rent Nov 24, 25 or 26. All of our programs and rentals have been/will be contacted to make adjustments for affected days. Please contact [hallrehab@baturyn.ca](mailto:hallrehab@baturyn.ca) if you have any questions or would like to offer input into the upcoming projects.

## Do you know the Horricks family?

BCL is looking for more info on the Horricks family that had a dairy farm on the land that became Baturyn, Chambery and Elsinore. We would love to have a bit of history for the walking map of Baturyn's neighbourhoods. If you are part of the Horricks family, or know someone who is, please email [programs@baturyn.ca](mailto:programs@baturyn.ca)



## Baturyn Community League

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

## Become a 2018/2019 Member

Get your membership and enjoy the special perks of being a member.

**Annual Memberships are valid from September 1st to August 31st.**

### Membership Fees:

Family \$25.00

Single (16+) \$25.00

Senior (55+) \$10.00

(\$5 service fee applies to purchases made through [efcl.org](http://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)
- 30% off all Cloverdale Paint products and up to 20% off all sundry items.
- 30% off all online orders at Papa John's Pizza for the rest of 2018 (to redeem, request a Papa John's promo card from [memberships@baturyn.ca](mailto:memberships@baturyn.ca))

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

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

## New Years Eve Party



Planning is underway for the 3rd annual Family Friendly New Year's Eve Party. While details are still being finalized, in the past we have had a 3-course dinner, photobooth, toonie bar and other family fun, all culminating with FIREWORKS at 8pm!

Early bird tickets available until Dec 20th:

General Admission \$20

Student/Senior \$15

Child (12 & Under) \$10

Family (2 adults, 2 children) \$50

## Community Hall Parking Lot

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

## Lobster Dinner Returns!

Baturyn Community League used to host a very popular lobster dinner and has recently gathered a crew to host this event again. Our tentative date for the dinner is February 15th, 2019. If you are interested in volunteering to help with this fun social event, please contact [social@baturyn.ca](mailto:social@baturyn.ca).

Get ready for winter



Here are tips for getting your home, yard and car ready for the snow.

Inside your home: It's time to get your furnace and fireplaces cleaned, and ensure they're in working order. Install a carbon monoxide detector, or double-check that the one you have still works. Check weatherstripping on doors for cracks and replace if necessary. (Remind your landlord if you rent.)

In the yard: Put away garden hoses. Rake leaves and put up your Christmas lights before the snow falls. Buy de-icer or sand for your sidewalks, and book a snow removal service if you don't like shovelling.

Car care: Install winter tires. Replace broken wiper blades and add winter windshield washer fluid to your car's reservoir. Check the battery. Ensure your car has an emergency kit, and add a shovel and a sleeping bag to your trunk, in case you get stranded or stuck.

Excerpted from the Fall 2018 issue of Apple magazine, on newsstands now. For a free subscription, email [apple.mag@ahs.ca](mailto:apple.mag@ahs.ca)



# CASTLEDOWNS Dental Centre



## Dr. Tarek Tarchichi

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






## 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.



10505 172 Avenue  
[rentals@baturyn.ca](mailto: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:**

Rental Period	Standard Rates	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

Rental Period	Package Rates	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).

## Baturyn Community Playschool

### Still Accepting Registrations for 2018-2019

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

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

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

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



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

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

## Skate Tags



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



# 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.

## Talking to young adults and youth under 18



Have conversations early that reflect your own values toward the use of drugs and other substances such as alcohol and cigarettes.

It's important to talk about the risks that come with using cannabis before 25. Until then, the brain isn't fully developed and cannabis use can lead to problems that impact memory, learning, attention, judgment and decision making.

A good approach is to understand the facts. Taking anything that changes the way you think, act and feel could have consequences on major life areas. This could include poor performance in school and dropping out of things you enjoy.

If you know someone who is under 18, and they're using or considering using cannabis, encourage them to think about where they do it, who they are with, why they are using, and what they are doing while us-

ing.

Remember this. Whether or not they express it, youth and teens care about your opinion. It matters and can help with decision making.

If you have children

Consider how to keep children safe in relation to cannabis:

Do not smoke cannabis in the home or around children

Keep cannabis and all drugs (alcohol, tobacco and tobacco-like products) locked up, out of sight, out of reach and in their original containers

If a child is exposed to cannabis and shows signs of distress, contact Poison & Drug Information Service (PADIS) (toll free 1-800-332-1414) or Health Link (call 811 or 1-866-408-5465 for internet phone users).

For more parenting resources, please visit Healthy Parents, Healthy Children.

## Denture Specialist - Over 35 Years Experience

# Londonderry Denture Clinic



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R. Lucyshyn DD

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- New dentures in one day
- Repairs in 30 minutes
- Emergency after hours appointments

**SENIORS**  
Ask how you  
may receive your  
dentures  
AT NO COST  
TO YOU\*

\*Some conditions and restrictions apply.

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

# Cumberland/Oxford News

## Cumberland Oxford Community League

Website: [cocl.org](http://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:coclbingo@gmail.com">coclbingo@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 [president@cocl.org](mailto:president@cocl.org) to inquire about vacancies and opportunities.

## Marrazzo Law Office

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OFF  
WITH  
THIS AD**

- Wills • Notary
- Enduring power of attorney
- Personal directives
- Mobile visits available

**Call today  
780-756-5500**

**9535 135 Avenue (by Northgate Mall)**

## Get walking this winter!

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

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

While everyone seems to have a great memory about it being -40 for two months straight the facts are something quite different. The 1961-1990 average daily temp in January was -12.5.

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

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

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

**40 below is more folklore than fact.**

It only takes about 20 minutes to walk 1.5 kilometres and your body will generate it's



own heat and burn calories. It takes about the same amount of time to heat up your car and defrost your windshield for that short drive to the local store!

### Some Tips:

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

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

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

## COCL Volunteers Needed

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

**Treasurer** - The COCL Treasurer is responsible for all financial records of the League; responsible, on behalf or in the name of, the League, for all monies collected or otherwise received, issuing duplicate receipts, payments of all accounts when properly approved, and keep proper accounts, receipts, and vouchers of same, and deposit of funds to the League's bank accounts; report the financial standing at every Board of Directors' meeting; present to the Annual General Meeting a statement of the financial affairs for the preceding fiscal year; and recommend, in conjunction with the President, an Annual Budget to the Board of Directors;

**Additional Variety Show Director** – Every fall the Castledowns Recreational Society puts on a wonderful 5 weekend run of the



"Variety Show – An Evening of Comedy". 2 people from COCL are needed for the committee. They represent the COCL at the Variety Show organizational meetings, help plan the event and manage the parent volunteers during the event.

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





## LCDS Preschool & Kindergarten

13931-140 St. (By Leon's)

**Will your child  
be 3 before  
January?**

LCDS is now accepting registrations for immediate and January start

Book a **free** trial class today!

- ✓ 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)

**We will never forget the bravery and sacrifice of members past and present.**

Here are some locations to pay your respects:

**NOVEMBER 5:**

No Stone Left Alone Remembrance Ceremony

Beechmount Cemetery – 12420 104 St, Edm - 10:30 am

**NOVEMBER 8:**

Wreath Laying Ceremony

Legislature Rotunda – 10800 97 Ave NW, Edm - 10:30 am

**NOVEMBER 11:**

Armistice Tribute

Alberta Legislature Capital Plaza

9820 107 St NW, Edm – 12:30pm

*"At the going down of the sun and in the morning, we will remember them."*



**Nicole Goehring**

MLA, Edmonton - Castle Downs  
Government of Alberta's Liaison  
to the Canadian Armed Forces

780-414-0705

[edmonton.castledowns@assembly.ab.ca](mailto:edmonton.castledowns@assembly.ab.ca)



F: 780.244.0692

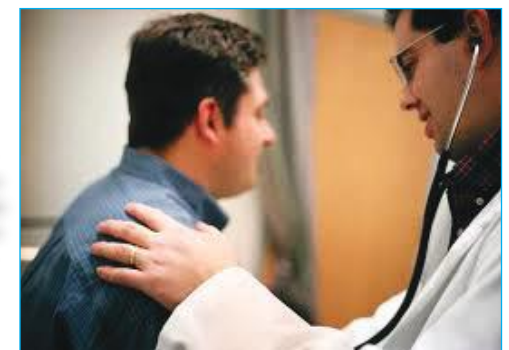
12916- 167th Ave

P: 780.244.2696

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

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

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

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**Connexions Cafe**  
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780-249-2696  
[connexionscafe.com](http://connexionscafe.com)

Connexions Cafe is a family boardgame cafe with over 500 tabletop games. We have over 30 flavours of bubble teas, bubble waffles and Filipino cuisine.

Clip and bring this coupon to get a Free All Day Play Pass (valid any day). Offer Expires October 31, 2018



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**Remembrance Day is A Time to Reflect  
Upon the Sacrifices Made by  
Many Great Canadians  
Lest We Forget**



**Councillor Dziadyk is Proud to Be  
Behind The Honourary Name Change  
of 97 Street to  
Canadian Forces Trail**

**DZIADYK**



# Dunluce News

## DUNLUCE EXECUTIVE

PRESIDENT	Nadine Meads	780-982-6260
VICE PRESIDENT	Sabrina Jackson	780-232-1925
TREASURER	Loretta Wonitoy	780-457-9101
SECRETARY	Lorna Melnyk	780-456-4596
PAST PRESIDENT	Keoma McMurren	780-457-9101
CDRS REP	Ryan Korpesio	780-444-9212
	Jesse Webb	780-288-2218
VARIETY SHOW	Denyse Ward	587-983-9401
	Sabrina Jackson	780-232-1925
CASINO	Maureen Ewart	780-457-0708
	Mark Gross	780-456-5700
MEMBERSHIP	Christina Fletcher	780-484-3051
PUBLICITY	Bev Gross	780-456-5700
SOCIAL	Lorna Melnyk	780-456-4596
BINGO DIRECTOR	Janice Delo	780-504-2773
	Pam Smith	780-299-6777
SOCCER	Electra Fenwick	780-200-2551
SOFTBALL	Loretta Wonitoy	780-457-9101
PROGRAMS	Registrar	780-914-1775
WAYS & MEANS	Myah Westergreen	780-289-7706
SOCCER EQUIP.	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

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

## 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**

## DUNLUCE COMMUNITY LEAGUE 2018 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 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 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, or check us out on Facebook!

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

## Dunluce Playground

Did you know:

The current Dunluce community playground is over 20 years old

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

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

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



Dunluce Community Programs Fall 2018/Spring 2019

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

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



LIKE US ON FACEBOOK!

Step into winter



When it comes to choosing a practical pair of winter boots, it's important to think about more than style. Look for a winter temperature rating to ensure the pair you pick is warm, and shop for a comfortable pair with anti-slip soles, too.

Cathy Harbidge, Calgary Fall Prevention Clinic coordinator with Alberta Health Services, says it's important to look for boots with:

- Adequate support through the sole and around the ankles
- High-traction anti-slip soles
- The correct size. If they're too big, you may twist an ankle or even have your boots fall off when you're walking

Adjustable laces or laces with a zipper.

Sometimes people's feet swell, Harbidge says, so laces allow you to adjust the boots for comfort.

Harbidge also recommends shopping for footwear later in the day, when your feet are likely at their biggest. Have de-icer on hand for sidewalks and steps to reduce the risk of falling, and try attaching anti-slip shoe grips to the exterior of your boots to increase traction if you're walking on a lot of ice.

For independent third-party ratings on specific winter boot brands, go to [www.ratemytreads.com](http://www.ratemytreads.com).

Excerpted from the Fall 2018 issue of Apple magazine, on newsstands now. For a free subscription, email [apple.mag@ahs.ca](mailto:apple.mag@ahs.ca)

Talking about Cannabis

Although cannabis is now legal for those 18+, there are health risks. It's important that Albertans consider these risks and how use of cannabis can impact their day-to-day life, well-being and long-term health. With so much confusing information out there, AHS wants to clear the air and talk about what cannabis legalization means for you, the health risks that come with use, and what you can do to lower your risk if you choose to use.

There are many short and long-term effects of cannabis use. Some key effects include:

Cannabis use can impact brain development, especially in those under 25 because, up until that point, the brain is still developing.

Cannabis can also create lasting impacts



that stay with you for life. It could affect your attention, judgment, decision making and ability to learn.

And if you choose to use, choose lower-risk products, avoid mixing with alcohol, tobacco or other drugs, and do not use and drive. Also, be aware:

Cannabis is much more potent product than it has been in past

Cannabis affects everyone in different ways. Use as little as you can and wait to see how you react.

Effects can be felt within seconds to minutes of smoking, vaporizing or dabbing cannabis and can last up to 24 hours.

When eating/drinking cannabis it can take several hours to feel the full effect. Start with a small amount and wait for several hours before you take anymore.

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## 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

## Fitness Classes



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

All levels welcome--beginner to pro  
Prepaid registration is \$80 for 20 classes  
or \$10.00 for drop in.  
For more information, call Zuzana at  
(780) 914-1775. AFLCA Certified In-  
structor

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

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

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

For more information and registration,  
please contact Zuzana at (780) 914-  
1775

For all of the above programs, please  
note that you require a yearly membership  
from a community league in Edmonton or  
a yearly membership from Carlisle Com-  
munity League and can be purchased at a  
cost of \$25.00.

## The Carlisle Ice Rinks

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

## Yoga Classes

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

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

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

## Rustic Sign Night

Carlisle second Rustic Sign Night is  
booked for November 10th starting at  
6:30 pm. We will be at the hall in the rink  
shack. The cost is \$65 for members and  
\$70 for non-members and will be paid at  
the event. The cost includes everything  
you need to complete your sign as well as  
wine and snacks. Space is limited so sign  
up early!! They have some fun signs for  
the holidays.

Contact Kara 780-995-2444 to reserve  
your spot and I will pass along a link to  
register and select your stencil.

## Hall Rental



**Members \$300 and  
Non-Members - \$350**  
**Rental Inquiries Contact**  
**Hall Rental Director**  
**John Paul Potestio**  
**@ 780-993-3503**  
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**780-456-4441**



# Lorelei Beaumaris News

## 2017-2018 Lorelei- Beaumaris Board of Directors

<b>President</b>	Sonya	<a href="mailto:presidentlbcl@gmail.com">presidentlbcl@gmail.com</a>
<b>Vice President</b>	Ghaida	<a href="mailto:vicepresidentlbcl@gmail.com">vicepresidentlbcl@gmail.com</a>
<b>Secretary</b>	Muna	<a href="mailto:secylbcl@gmail.com">secylbcl@gmail.com</a>
<b>General Manager</b>	Maria	<a href="mailto:hallrentalslbcl@gmail.com">hallrentalslbcl@gmail.com</a>
<b>Treasurer</b>	Okasana	<a href="mailto:treasurerlbcl@gmail.com">treasurerlbcl@gmail.com</a>
<b>Ways and Means</b>	Lila	<a href="mailto:waysmeans@gmail.com">waysmeans@gmail.com</a>
<b>Past President</b>	Cody	<a href="mailto:pastpresidentlbcl@gmail.com">pastpresidentlbcl@gmail.com</a>
<b>Gaming Directors</b>	Chris & Sonya	<a href="mailto:bingolbcl@gmail.com">bingolbcl@gmail.com</a>
<b>CDRS Representatives</b>	Julia & Melyssa	<a href="mailto:cdslbcl@gmail.com">cdslbcl@gmail.com</a>
<b>Sports Director</b>	Ghaida	<a href="mailto:sportslbcl@gmail.com">sportslbcl@gmail.com</a>
<b>Variety Show</b>	Jessica & Jen D	<a href="mailto:varietyshowlbcl@gmail.com">varietyshowlbcl@gmail.com</a>
<b>Memberships</b>	Silvija	<a href="mailto:memberships lbcl@gmail.com">memberships lbcl@gmail.com</a>
<b>Communications &amp; Website</b>	Jen A	<a href="mailto:commilbcl@gmail.com">commilbcl@gmail.com</a>
<b>Playschool Information</b>	Ashley	<a href="mailto:loreleibeumarisplayschool@gmail.com">loreleibeumarisplayschool@gmail.com</a>
<b>Community Safety</b>	Jennifer O	<a href="mailto:communitysafetylbcl@gmail.com">communitysafetylbcl@gmail.com</a>
<b>Resource Coordinator</b>	Rochelle Diederichs	<a href="mailto:Rochelle.Diederichs@edmonton.ca">Rochelle.Diederichs@edmonton.ca</a>
<b>LBCL Website:</b>	<a href="http://www.lbcl.ca">www.lbcl.ca</a>	
<b>Facebook:</b>	<a href="https://www.facebook.com/loreleibeumaris">www.facebook.com/loreleibeumaris</a>	
<b>Twitter:</b>	<a href="https://www.twitter.com/LBCommLeague">www.twitter.com/LBCommLeague</a>	

**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 Memberships

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

Family memberships are \$25 and singles or seniors are \$15.

Lorelei-Beaumaris community league membership can be purchased:

Mac's Convenience Store - Beaumaris (by Lakeside Landing - 113A street & 153 Ave).

online by visiting Edmonton federation of Community Leagues

memberships only, administration fee applies)

directly from the league. Please email [memberships lbcl@gmail.com](mailto:memberships lbcl@gmail.com)

Your community league membership gets you many discounts, free skate, free swim.

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



## Scrapbooking and Paper Crafting

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

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

**October 20, 2018**

**November 17, 2018**

You will have the time and space to scrapbook your favorite pictures either traditionally or digitally or do your card making, paper crafting and stamping.

Coffee, muffins in the morning, light



snacks in the afternoon, and supper included in registration fee.

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

## Upcoming Bingos

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

Thursday, December 13, 2018

Thursday, December 20, 2018

Thursday, January 17, 2019

Saturday, March 16, 2019

Monday, March 18, 2019

Wednesday, April 17, 2019

Thursday, May 16, 2019

If you are scheduled for a bingo, you will receive a courtesy phone reminder about a week prior (to the number you wrote down at registration time. You also have your parental commitment date on your copy of the registration form). For bingo inquiries please contact our President Sonya at [presidentlbcl@gmail.com](mailto:presidentlbcl@gmail.com)

Advice when volunteering at Bingo: Wear comfortable shoes, as most jobs require you to walk around the bingo hall for the shift. Please don't plan on texting friends or standing on the sides; we are expected to focus on our job and



circulate throughout the room. You will get a 25 minute break which allows you to sit and relax and you can have a meal from the concession stand for free. Do call-backs quickly (calling out the bingo winner's number) which speeds up the games and gets you out earlier. Have fun; visit with your community members as you walk around, and think of all the good you are doing for your community and your body (it is exercise too!).

## LORELEI BEAUMARIS HALL RENTALS 16220 - 103rd Street

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

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

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

Air conditioned, pot lighting, coatroom, wheelchair accessible washrooms

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

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

Black lecturn (podium)

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

Full, commercial kitchen with natural gas stove & ovens

Spacious wet-bar area with bar-fridge and ice machine

Large BBQ available (cooks up to 65 burgers or 126 hotdogs all at once)

Multi media system available for powerpoint, slideshows, videos, etc...

We do not have linens or chair covers. Event rental companies will be able to assist you with these items.

**NEW HALL RENTAL RATES:**

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

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

\$400 - Friday

\$600 - Saturday

\$350 - Sunday

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

Sound System INCLUDED into all rentals



\$35 - music (if recorded music of any sort is played - Socan & Resound tariff)

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

\$100 - Large BBQ (cooks up to 65 burgers or 126 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>



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