

CASTLE NEWS

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

October 2018



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

Scrapbooking and Paper Crafting

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

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

October 20, 2018

November 17, 2018

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

Coffee, muffins in the morning, light



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

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

Baturyn Ice Rinks

We are quickly approaching winter and planning for ice rinks this winter is at a critical stage! We are still looking for residents interested in helping make sure there will be ice at our rinks this season. Over the last several years, BCL hasn't been able to find any volunteers willing to make and maintain our ice rinks. We have heard from many in the community who feel that ice rinks are important to our community and would like to work towards ice rinks for the 2018/19 season. Our Vice President is actively looking for volunteers to join the Ice Rink Committee to ensure there is a plan in place for this and coming years. Anyone interested in



helping, please email vicepresident@baturyn.ca for the next meeting date.

Dunluce Family Halloween Dance Saturday, October 27, 2018



Doors open at 5:00 p.m., Supper 5:30 - 6 p.m.
Costume parade and dance to follow

Dunluce Community Hall, 11620 – 162 Avenue

TICKETS Before October 15th = \$7.00/ person. After October 15th \$10/person. (under 12 months free). Licensed cash bar and kids candy concession.

Call Lorna at 780-456-4596

***Advance tickets only, NO tickets available at the door**

**** Adults must remain with all children under 17 years old**

****Absolutely no outside food or drinks allowed**



Emergency
Medical
Services



Halloween Safety

Alberta Health Services EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31st approaches. Take some time to review these simple tips and reminders to help ensure your Halloween is a fun and safe night for everyone.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within, and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.

www.albertahealthservices.ca

Baturyn News



Board Contacts

Positions are filled on a voluntary basis.

If you are interested in board positions or would like to get involved, please contact the Board President at president@baturyn.ca to inquire about vacancies and opportunities.

Position	Name	Email
President	Tricia Stettner	president@baturyn.ca
Vice President	Wayne Raymond	vicepresident@baturyn.ca
Treasurer	Paul Petersen	treasurer@baturyn.ca
Secretary	Laura Bots	secretary@baturyn.ca
Castle Downs Rec. Society Rep.	Claudia Gonzalez	CDRS_1@baturyn.ca
Castle Downs Rec. Society Rep.	Rueben Tucker	CDRS_2@baturyn.ca
Communications Director	Courtney Barnes	communications@baturyn.ca
Communications Assistant	Angela Ferguson	
Facilities	Earl Archer	facilities@baturyn.ca
Membership Rep	Vacant (covered by Courtney B)	membership@baturyn.ca
Playschool Chair	Kelly Young	Bcps.chair@gamil.com
Programs Director	Angela Ferguson	programs@baturyn.ca
Soccer Director	Candice Bevan	soccer@baturyn.ca
Social Director	Violet Hejnar	social@baturyn.ca
Volunteer Director	Sephia Tidder	volunteers@baturyn.ca

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

July & August: No Scheduled Meetings

Baturyn Community League

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

Become a 2018/2019 Member

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

Membership Fees:

Family \$25.00
Single (16+) \$25.00
Senior (55+) \$10.00
(\$5 service fee applies to purchases made through efcl.org or Servus Credit Union)

Membership Benefits:

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

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

**Get your membership today by going to
EFCL.org or your local Servus Credit Union.**

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



Baturyn Community League
Hall: 10505 172 Avenue
Phone: 780 - 457- 4347
Website: Baturyn.ca

Planning a big party or hosting a big event?

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



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.

the

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To find out community announcements and events

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

FIND US ONLINE!

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



Community League Day

Despite the weather, we enjoyed the company of nearly 150 neighbours who joined us for our Community League Day event on September 15th. Festivities included face paint, glitter tattoos, pizza, popcorn, cookies, Zumbini and fitness demonstrations and even a special visit from Fire Station 25/17 Platoon Number 4 with their truck! Thank you to Papa John's pizza for providing discounted pizza for the event, Bone & Biscuit for their swag, and the 191 Baturyn Scout Group for manning the popcorn machine. Also, congratulations go to M. Menzak on winning our Food Bank donation draw for one free soccer registration!

Halloween Tween Dance

Friday Oct 19th

191 Baturyn Scout Troop will be hosting a Halloween Tween Dance, on Friday, Oct 19th from 7pm to 10pm

Parents, drop your kids aged 6-12 years old off for a fun night! Kids can dress up in their Halloween costume and enjoy games, prizes, and dancing. Snacks are available at the concession. Admission: \$5/child, children must be signed in/out by parents/guardians.

New Years Eve Party

Planning is underway for the 3rd annual Family Friendly New Year's Eve Party. While details are still to be finalized, in the past we have had a 3-course dinner, photo-booth, toonie bar and other family fun, all culminating with FIREWORKS at 8pm! This is a ticketed event; please keep your eye out for more details as they become available.

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@aturyn.ca.

CASTLEDOWNS Dental Centre

Dr. Tarek Tarchichi

www.castledownsdentalcentre.com

780-456-2990

11816-145 Ave

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Monday to Friday 8 am to 5 pm
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- White Fillings
- Wisdom Tooth Extractions
- Partial Dentures
- Dental Implants
- Sedation
- Crown & Bridges
- Veneers
- In office Zoom Teeth Whitening

We Accept:

Hall Rehabilitation Committee



The Hall Rehabilitation Committee has been working hard and was excited to have the exterior painting completed before the cold weather hit, and new signage soon after. The committee continues to work toward new grading and drainage to deal with west exterior wall issues, front paving, new lighting, new flooring, kitchen and bathroom updates. If some items seem out of priority sequence, it is due to casino money spending deadlines and the nature of bureaucracy and consultation requirements on the bigger aspects of the work. If you would like to help, please email hallrehab@aturyn.ca for your volunteer opening!

Baturyn Community Playschool

Currently Accepting Registrations for 2018-2019

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

LOCATION: Baturyn Community Hall, 10505 172 Avenue

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

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



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

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

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

Find us on Facebook by typing www.facebook.com/BaturynCommunityPlayschool

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

Caernarvon News

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

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

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

Facebook



Keep up to date in our community with registrations, events, sports, and so much more! Look up "Caernarvon Community League" and select "Like" and "Follow".

Membership



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

Hall Rentals

If you are looking for a site to host your next big event, give the Caernarvon Community Hall a try! It is wheelchair accessible. We are one of the only halls in the city that offers clean up after the event.

The Hall includes a coat room, raised stage, full kitchen with brand-new Commercial gas stove with 2 ovens, wet bar, glass door refrigerators, plenty of kitchen prep space, tables (round and rectangular), and chairs. Also available for an additional fee or deposit are dishes, cutlery, commercial BBQ, Theatre Popcorn Machine and Sound System with Wireless Microphone.

Seating Capacity

250 guests - Theatre-style seating facing stage

220 guests - Dining, Beverages, without a Dance Floor

185 guests - Dining, Beverages, and Dance Floor

Please call or text 780 456-3435 if you have questions or would like an appointment to view the facilities.

Hall Rental Rates

Hourly (Monday - Thursday) with a minimum of 2-hour rental
Boardroom: \$20

Hall: \$35

Daily

(Sunday - Thursday 8am to 3am)
Hall: \$300

Friday (8am to Saturday 3am)
Hall: \$400

Saturday (8am to Sunday 3am)
Hall: \$450

Weekend Rates

Friday and Saturday (5pm Friday until 3am Sunday) OR

Saturday and Sunday (8am Saturday to 5pm Sunday)
Hall: \$550

Add-Ons

Large BBQ
\$50

Theatre Popcorn Machine
\$50

Dishes Rental
\$50

(plates, cutlery, glassware, some small wares)
Damage Deposits

Daily Hall Rental: \$1000
Hourly Hall Rental: \$250

Sound System Deposit: \$500
If you don't see your arrangements

of dates or times, please call or text 780 456-3435 for a quote from our rental directors.

Caerny Bucks

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

berships, or City of Edmonton registered programs.

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

It's time to turn on the tap and fill up that water bottle

Your mouth is dry. Your throat is parched. Maybe you lick your lips. Your body is telling you that you need to get some fluid in your system right away. If you're feeling thirsty, you're already a little dehydrated.

"Thirst is a sign of mild dehydration," says Jennifer Sundberg, a registered dietitian who works in public health at Alberta Health Services in Red Deer. "As a general rule, we need fluids before we're thirsty."

That's because our bodies are made up of half to two-thirds water. And we are always using water. Just sitting on the couch and breathing uses some of the water sloshing around in our cells, tissues and organs.

To keep our bodies running well, adults need to take in 2.25 to 3 L (nine to 12 cups) of fluid every day. The bigger you are, the more you need.

What are the best liquids to drink?

Water
Unsweetened pop or sparkling water
Unsweetened juice (no more than 125 ml per day)
Low-fat milk
Decaf tea and coffee, herbal teas
Low-sodium broths.
Tips to stay hydrated:

Drink a glass of water when you wake up

Carry a water bottle with you throughout the day and sip often

Drink a glass of water before each meal

Drink water before, during and after being active.

Can you eat your way to hydration?

No, but most fruits and vegetables have high water content, as well as the fibre that your body needs every day. You could eat an orange, grapefruit or apple instead of having a glass of juice.

What about booze?

Drinking alcohol doesn't count as part of the fluid you need to stay hydrated. If you do drink alcohol, Low Risk Drinking Guidelines suggest that you:

Drink slowly and alternate with non-alcoholic drinks

Have no more than two drinks in any three-hour period

Go a day or two a week without alcohol

Women have no more than 10 drinks a week with no more than two drinks a day, most days

Men have no more than 15 drinks a week with no more than three drinks a day, most days.

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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	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

YOGA CLASSES

For anyone who wants to stretch and learn basic yoga postures ending with relaxation. Beginners are welcome.
Thursdays 7:30-08:30 pm
Prepaid registration is \$40.00 for 10 classes or \$10.00 for drop in.
For more information, call Yvonne at (780) 297-3147. YAA Certified Instructor

FITNESS CLASSES

FAT BURNING & STOMACH FLATTENING WORKOUT
Mondays and Wednesdays 7:30-8:30 pm
All levels welcome--beginner to pro
Prepaid registration is \$80 for 20 classes or \$10.00 for drop in.
For more information, call Zuzana at (780) 914-1775. AFLCA Certified Instructor
GYMNASTICS - Ages 5-12, Wed. 5:30-6:30 pm
ABC123 - Ages 2 and up, Tues. 10-11 am
FIT KIDS - Ages 2 and up, Thurs. 10-11 am
For more information and registration, please contact Zuzana at (780) 914-1775
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 Community League and can be purchased at a cost of \$25.00.

Energize Your Commute

It's not always easy to maintain a physically active lifestyle. That's why Alberta Health Services (AHS) What's Your Balance? wellness initiative is encouraging Albertans to increase their physical activity and find a healthy balance in their daily lives.

"With the busy lifestyles we currently lead, it can be a challenge for people to feel like they can make healthy lifestyle choices. But, it's really not as hard as it may seem. There are small changes you can make to fit into your daily routine," says Graham Matsalla, AHS Health Promotion Facilitator.

"By changing how you commute to and from work, you're increasing your chances of meeting the recommended 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week," Matsalla adds.

Parking further away from the office, getting off a transit stop earlier, or walking to work can make a difference on your overall health and wellness. Regularly meeting the Canadian Physical Activity Guidelines and reducing time spent sitting has great health benefits, including reducing the risk of cardiovascular disease, type 2 diabetes, obesity and some forms of cancer.

#AHSwhatsyourbalance.

Hall Rental



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



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780-456-4441



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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

NEED A PASSPORT?




**VISIT MY CONSTITUENCY OFFICE ON
 SATURDAY, NOVEMBER 3, 2018
 11:00 AM - 2:00 PM**
 We will help you complete your application.

For details, visit
www.michaelcoopermp.ca,
 call us at 780-459-0809 or
 email MP@michaelcoopermp.ca



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+ AN OPPORTUNITY TO PLAY BP SHUFFLE!

Must be legal drinking age. Ask your server for more details.

Boston Pizza - Namao
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IT'S TIME TO PARK IT.

Please move your RV or trailer to your back yard or a storage facility.


Bylaw officers are out in our communities to make our city better.

Learn about RV parking rules at edmonton.ca/recreationalvehiclebylaw





Edmonton North Animal Hospital

15387 Castle Downs Rd.
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Hours: Mon - Fri 8:00 am to 6:00 pm Sat 9:00 am to 2:00 pm



Nicole Goehring 
 MLA, Edmonton - Castle Downs

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



LCDS Preschool & Kindergarten

13931-140 St. (By Leon's)

Register now for 2018-2019!

Openings for Preschool, Junior Kindergarten, and Kindergarten

Come join us for our **Open House** on October 17 from 6:30 - 8:00pm.

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
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- ✓ Regular field trips 
- ✓ Class parties
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For More Information or to Register
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Cumberland/Oxford News



Cumberland Oxford Community League

Website: cocl.org

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

Executive Board		
Position	Name	Email
President	Justin Yerichuk	President@cocl.org
Vice President	Todd Boyer	VicePresident@cocl.org
Treasurer	Helena Zheng	Treasurer@cocl.org
Secretary	Christine Crowe	Secretary@cocl.org
Baseball Director	Michelle Innes	baseball@cocl.org
Bingo Director	Denine Pelley	coclbingo@gmail.com
Bingo Director, Assistant #1	Vacant	
Bingo Director, Assistant #2	Vacant	
CDRS Representative	Vini Buecken	
CDRS Representative	Lynnette Thompson	
Communications Director	Vacant	
Director at Large	Vanessa Forester	
Director at Large	Rosemary Sibanda	
Director at Large	Brittany Yerichuk	
Director at Large	Christa Gagnon	
Director at Large	Salam Yousef	
Fundraising Director	Vacant	fundraising@cocl.org
Membership Director	Jeff Deptuck	membership@cocl.org
Neighborhood Watch Director	Vacant	
Past President	Calvin Cazes	
Capital Projects Director	Chris Cebula	
Registration Director	Laurie Lachine	
Registration Director	Joanne Thorlakson	
Soccer Director	Peter Balaban	soccer@cocl.org
Soccer Director, Assistant	Tim Atlee	boys.soccer@cocl.org
Soccer Director, Assistant	Carol Cimino	
Social Director	Kismat Othman	
Social Media/Website	Cameron Tse	
Variety Show Director	Vanessa Latos	
Variety Show Director #2	Vacant	
Volunteer Director	Pam Ushkowski	volunteer@cocl.org
Volunteer Director	Lydia Chan-Kruska	

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

COCL Volunteers Needed

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

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

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

Bingo Director Assistant - COCL participates in an average of one bingo a month. The Bingo Director and assistants manage the parent volunteers and work with the Bingo staff to ensure a smooth running event. One Director/assistant is needed for each event. With multiple people filling this role the responsibilities can be shared equally.

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.



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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 Jesse Webb	780-444-9212 780-288-2218
VARIETY SHOW	Denyse Ward Sabrina Jackson	587-983-9401 780-232-1925
CASINO	Maureen Ewart Mark Gross	780-457-0708 780-456-5700
MEMBERSHIP	Christina Fletcher	780-484-3051
PUBLICITY	Bev Gross	780-456-5700
SOCIAL	Lorna Melnyk	780-456-4596
BINGO DIRECTOR	Janice Delo Pam Smith	780-504-2773 780-299-6777
SOCCER	Electra Fenwick	780-200-2551
SOFTBALL	Loretta Wonitoy	780-457-9101
PROGRAMS	Registrar	780-914-1775
WAYS & MEANS	Myah Westergreen	780-289-7706
SOCCER EQUIP.	Arlene Pettifer	780-456-3978
BUILDING & ASSETS	Al Chapman	780-456-9292
PLAYSCHOOL	Registrar	780-499-0232
COMMUNITY SERVICES	Rochelle Diederichs	
HALL RENTALS	Al Chapman	780-457-4342

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

DUNLUCE COMMUNITY 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 Mem-
 bers:
 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 Mem-
 bers: \$275.00
 Hourly Rate: \$30.00 per
 hour. (3 hour minimum)
 Hourly rate is only available Monday to
 Thursday.

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

FITNESS CLASSES

Dunluce Community League has
Fat burning and stomach flattening
WORKOUT

At Dunluce Community Hall 11620 – 162 ave.
Tuesdays & Thursdays from 8:00 to 9:00 PM

A prepaid registration is only \$80 for 20 classes
or drop in for \$10

For more information please call Zuzana at: (780) 914-1775
AFLCA certified

BINGO DATES



Upcoming Bingos

If you have an upcoming Bingo please see dates below. You will also be receiving a call as a reminder. If you have any questions or you have not received a registration bingo date, call:

Janice: 780-504-2773

Pam: 780-299-6777

Dates are as follows:

October 22nd, November 16th,
 December 23rd, 2018

All Bingos are at Kensington Bin-
 go Hall unless otherwise stated.

phone (780) 914-1775,
 e-mail zuzana.bado@gmail.com



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

Join us on Facebook  Box Office:
(780) 406-9070

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



**HAPPY
THANKSGIVING**

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Child Caregiver Required (\$15-16 per hour)

A Child Caregiver is required in a private home in Northwest Edmonton for 4 school aged children from 3 to 9 years of age. The ideal candidate should have at least 2 years of experience in childcare, a high school certificate or relevant childcare/early development certificate, valid vulnerable sector/criminal record check, CPR certificate and driver's license. The duties would include taking children to and from school, preparing school lunches and snacks, personal hygiene and grooming, organizing educational/interactive after-school activities and providing constructive correction as per parents' preference. Some light housekeeping and cleaning duties would also be required. There are no pets in this non-smoking home. Applicants should be able to communicate easily and fluently in English and would need to keep notes on the children while in their care.

Hours of duties would be a minimum of 30 hours per week, salaries paid biweekly, range \$15-\$16/ hr.

Applications should be sent via email to: aoialpha@yahoo.com.

Shortlisted candidates would be contacted via phone or email.

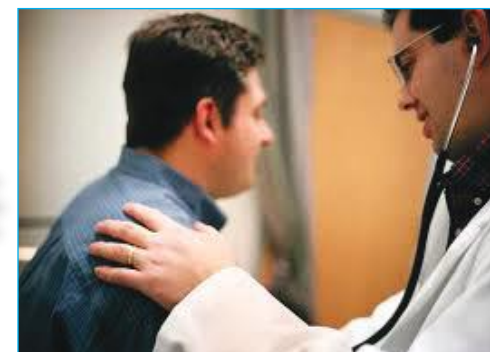
FOLLOW US! LIKE US!

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




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& LASER CENTRE

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



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- Male and female physicians
- Specialists
- Aesthetic Centre

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

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

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

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

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

Lorelei Beaumaris

2017-2018 Lorelei-Beaumaris Board of Directors

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

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

LBCL Website: www.lbcl.ca Facebook: <https://www.facebook.com/loreleibeumaris>
Twitter: <https://twitter.com/LBCommLeague>

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/loreleibeumaris>



Lorelei-Beaumaris Community Memberships

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

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

Lorelei-Beaumaris community league membership can be purchased:

Mac's Convenience Store - Beaumaris (by Lakeside Landing – 113A street & 153 Ave).
online by visiting Edmonton federation of

Community Leagues (family memberships only, administration fee applies) directly from the league. Please email membershipscl@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/memberships/>

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*Prices subject to change

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