

# CASTLE NEWS

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

April 2019



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

## Caernarvon Community League Post-Secondary Scholarships

The purpose of the Caernarvon Community League Post-Secondary Scholarships is to recognize well-rounded individuals of any age who are active in their communities. The selection committee is looking for that person who is not necessarily the star of the sports team but shows up for every game and tries his/her best.

The Caernarvon Community League invites applications for two (2) Awards of \$500.00 each. These scholarships are for use at any accredited Canadian university, college or post-secondary program. All monies will be paid directly to the institution. Candidates MUST:



a) Be enrolled in a post-secondary institution for the 2019-2020 academic year;

b) Be a member of an Edmonton community league; and

c) Submit a written essay of 1000 words describing why they believe Community Leagues are important to the well-being of the community.

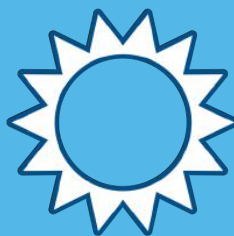
The essay should demonstrate the candidate's positive attitude, good communication skills, and describe their involvement in their community (involvement may include volunteering, arts, and/or sports related activities).

Please forward your essay with full contact information to: [president@caernarvon.ca](mailto:president@caernarvon.ca) no later than June 1, 2019.

## NEIGHBOURHOOD SUMMER DAYCAMP

Edmonton

# COOL CREATIONS



DATE	TIME	AGES	COURSE CODE	COST
Tuesday - Friday July 2-July 5	9:00AM - 4:00PM	6-9 years	657275	\$135.20

## Baturyn Community League

10505 - 172 Avenue

Are you looking to learn new skills and make some really cool creations? This is the camp for you! Learn how to tie-dye, and try your hand at concoctions such as homemade chocolates and slime. You'll take home a new creation every day!

Registration Now Open!

To Register:

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

Thank you to the Baturyn Community League for access to their facility



## CASTLEDOWNS VARIETY SHOW

"An Evening of Adult Comedy"

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

Box 31075 Namp 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 **2019 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 Namp RPO, Edmonton T5Z 3P3  
Or by email to [varietyshow@castledowns.ca](mailto:varietyshow@castledowns.ca)

**Submissions must be received no later than May 12<sup>th</sup> 2019.**

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](http://www.castledowns.ca) and look under the Variety show tab, you can email any questions to: [varietyshow@castledowns.ca](mailto:varietyshow@castledowns.ca)

## Superhero and Princess Night – April 5th



Calling all superheroes, princesses, cartoon characters and more. Please come dressed up to Baturyn Community Hall on Friday April 5, 2019 from 5-8pm for an evening of fun. Meet the Ice Princess and Spidey from "A Charmed Affair". Free entry, loonie concession, music and games!

## Easter Egg Hunt – April 20



Caernarvon's Annual Easter Egg Hunt will take place on April 20, 2019 from 10:00am to 12:00pm. Come for cookie decorating, refreshments and a fun Easter Egg Hunt! Find eggs for a chance to win exciting prizes and track down the Easter Bunny for a photo op! Free for members and \$5.00 for non-members.

# 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.	Rueben Tucker	<a href="mailto:CDRS_1@baturyn.ca">CDRS_1@baturyn.ca</a>
Castle Downs Rec. Society Rep.	Claudia Gonzalez	<a href="mailto:CDRS_2@baturyn.ca">CDRS_2@baturyn.ca</a>
Communications Director	Todd Lefevbre	<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	Beth Holtby	<a href="mailto:membership@baturyn.ca">membership@baturyn.ca</a>
Playschool Director	Kelly Young	<a href="mailto:playschool@baturyn.ca">playschool@baturyn.ca</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	Jared Huston	<a href="mailto:social@baturyn.ca">social@baturyn.ca</a>
Volunteer Director	Claudia Gonzalez	<a href="mailto:volunteers@baturyn.ca">volunteers@baturyn.ca</a>

Board Meetings are generally held on the 1st Monday of the Month at 7pm  
However, the May meeting will be held on **Monday April 29<sup>th</sup>** and the June meeting will be held on **Sunday June 2<sup>nd</sup>** to accommodate outdoor sports season.  
July & August: No Scheduled Meetings

**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 1<sup>st</sup> to August 31<sup>st</sup>.**

### Membership Fees:

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

### Membership Benefits:

- Access to community hosted events
- Free Access to all Community League ice rinks (with skate tags)
- Community League sports programs
- Free access to community swim times at the YMCA (Saturdays: 5:00 pm - 8:45 pm), Grand Trunk Fitness & Leisure Centre (Fridays: 7-9pm, Sundays: 4:15pm-5:45pm & Wednesdays: 8am-10am), O'Leary Fitness & Leisure Centre (Saturdays: 3:45pm - 5:45pm) and Londonderry Fitness & Leisure Centre (Sundays: 4:15pm-5:45pm)
- 20% discount on City of Edmonton Recreation Facilities Adult, Family, Child, and Youth/Senior annual passes or continuous monthly passes. 15% off Multi-Pass purchases. To learn more please call 311 or visit [www.edmonton.ca/wellness](http://www.edmonton.ca/wellness)
- 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.**



Baturyn Community League  
Hall: 10505 172 Avenue  
Phone: 780 - 707 - 2047  
Website: [Baturyn.ca](http://Baturyn.ca)

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

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



### Hall Features:

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

**Important note: Rental rates will be increasing once interior renovations completed.  
Book now for 2019 dates to receive current rates.**

### Hall Rental Information:

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

### Notes & Exceptions:

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

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

## Baturyn Community Playschool

### Register for the 2019-2020 school year on Monday, Aug 26<sup>th</sup>, 2019 @ 6pm

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](https://www.facebook.com/BaturynCommunityPlayschool)

**For more information, please visit our website at  
[baturynplayschooledmonton.weebly.com](http://baturynplayschooledmonton.weebly.com)  
for more information on how to register.**



## 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

## Baturyn Ice Rinks

Good news? Spring has sprung! Bad news? Rink is done! A big thank you goes out to all the volunteers who helped make the ice rinks happen this year. Over summer, our volunteers will still be busy with some summer rink care and improvement projects. Please email [vicepresident@baturyn.ca](mailto:vicepresident@baturyn.ca) if you're interested in helping.

## Easter Event - April 21st

Baturyn Community League will be open on Sunday April 21, 2019 from 12:00 to 2:00pm to the general public. There will be fun events planned for kids of all ages including treats for the most adventurous. Events include a small maze, egg hunt, cotton candy machine and decorating.

## BBQ & Bonfire Afternoon /Evening – June 1st

After soccer photos in the morning, come join your neighbours for a family BBQ afternoon from 4 to 7. Later in the evening the festivities will continue with an adult-only bonfire from 8-11pm. Stay tuned for more details.

## Community Spring Cleaning – May 5th

Before sports and park fun begins, Baturyn would like our neighbours to help with spring cleaning of all 3 of our parks: Baturyn, Canossa and Chambery-Elsinore (Rapperswill is still under the developer's umbrella of responsibility). On Sunday May 5th from 12 to 4pm, volunteer leaders will be in each park/field with supplies. Please note park clean-up will subject to weather/conditions. If you would like to lead in your park or donate supplies, please contact [president@baturyn.ca](mailto:president@baturyn.ca).

If you'd like to help tidy your neighbourhood but can't make May 5th work with your calendar, the City of Edmonton has free Litter Clean Up Kits available at the local Leisure Centres, just ask at the main desk. It comes with gloves, bags, pickers and a handy bag to hold it all.

## Cool Creations summer camp – July 2-5th

Cool Creations is a day camp put on by the city of Edmonton for 6-9 year olds. This camp will operate out of Baturyn Hall from 9am-4pm the week of July 2-5. Learn how to tie dye, make slime and more. What cool creations will your kid make? Find out more or sign up by calling 311 or online at [movelearnplay.edmonton.ca](http://movelearnplay.edmonton.ca) Course ID 657275



# CASTLEDOWNS Dental Centre



## Dr. Tarek Tarchichi

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

780-456-2990

11816-145 Ave



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Gentle Dentistry for  
the whole family.**

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

### Dental Centre Hours

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

We are closed on Sunday & Public Holidays

We Accept:



Are you a **veteran** or **family member**  
of a **veteran**?

Do you have **problems sleeping**?  
If so- this research study is for you.

We are recruiting veterans and their family members to test the impact of self-applied hand Shiatsu on sleep.

This technique is drug free and has no cost. Participants can withdraw from the study before completion and will be compensated for parking. This study is funded by Veterans Affairs Canada, supported by the Royal Canadian Legion Alberta- NWT Command, has been approved by the Canadian Institute for Military and Veterans Research (CIMVHR ), and the Health Research Ethics Board of the University of Alberta.

To learn more email Dr. Cary Brown, Faculty of Rehabilitation Medicine, University of Alberta at [cary.brown@ualberta.ca](mailto:cary.brown@ualberta.ca) .



**UNIVERSITY OF ALBERTA**  
**FACULTY OF REHABILITATION MEDICINE**  
Department of Occupational Therapy





# 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	Jennifer Schell
Vice President	Jason Desnoyers
Treasurer	Teena Burrell
Secretary	Kati Hutt
Bingo	Lynne Hellyer
Casino	Amanda Evans
CDRS	Danny Burrell
	Jennifer Schell
Equipment	D'Arcy Sommer
	Giovanni Borrelli
	Sandy Reda
Hall Maintenance	Ahmet Kaplan
Soccer	Jason Desnoyers
Social/Programs	Kati Hutt
Signs	Kody Overacker
Hall Rental	VACANT
Membership	VACANT
Newsletter	VACANT
Variety Show (2)	VACANT

## Caerny Bucks

Caerny Bucks are worth \$50 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 leave a message/text 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."



## President's Message

Thanks to everyone who attended Caernarvon's AGM and soccer registration on February 21. We had a small membership turn out, but we managed to fill the crucial positions so Caernarvon will continue to have a Community League for another year. The Board would like to thank outgoing president Evan Hellyer for his outstanding dedication and effort over the past eight years! We would also like to thank Christina Burynuik (Signs), Will Fraser (Soccer) and Dawn Vargas (Hall Rental) for their service to the board and the community over the past year. We can't do the work we do without our volunteers – Thank you, thank you, thank you!

Caernarvon still has several Vacant positions on our Board – please send an email to president @caernarvon.ca if you would like to join us. Your commitment involves attending one Board meeting per month, and some time spent doing the work required by your position (usually not more than a few hours

per month).

We have several upcoming family-friendly events, including an Easter Egg Hunt on April 20, 3-Pitch tournament on May 10-11, and stay tuned for events celebrating Mother's Day and Father's Day!

**Remember, a Community League membership gives you:**

- Free access to community hosted events
- 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

You will also need a membership in order to register for Community League sports programs. What are you waiting for? 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 your event.

The Hall includes a coat room, raised stage, full kitchen with brand-new Commercial gas stove and two 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-style 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

### Weekend Rates

\$650: Friday through Sunday (5pm Friday

## Caernarvon's Annual 3-Pitch Baseball Tournament



We are hosting our Annual Adult Co-Ed 3-Pitch Tournament on Friday, May 10 and Saturday, May 11 at the baseball fields behind Caernarvon Community Hall.

The fun begins Friday evening and continues all day Saturday. Pizza and DJ Friday night. Cash bar. \$3 Pancake breakfast Saturday morning.

All you need is a team of 5 women and 5 men (aged 18+) and a \$200 entry fee. Cash prize for the winning team.

Contact Lizzie for more information or to register your team at: [3pitch.ccl@gmail.com](mailto:3pitch.ccl@gmail.com)

until Sunday noon)

\$550: Friday and Saturday (5pm Friday until 3am Sunday)

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

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

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

### Add-Ons

Large BBQ:

\$50

Theatre-style popcorn machine: \$50

Dishes Rental:

\$100

(plates, cutlery, glassware, some small wares)

### Damage Deposits

Daily Hall Rental: \$1000

Hourly Hall Rental: \$250

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.





# 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	<b>Vacant</b>	<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	<b>Vacant</b>	
Soccer Director	<b>Vacant</b>	<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.

## Looking to make a difference in the community?

Consider joining the Community League board in one of our key roles. Join an exciting team, make some lifelong friendships, and make a real impact for your community.

Find out more or simply email [president@cocl.com](mailto:president@cocl.com) for more information.

Available opportunities include:

### Soccer Director

- Manage the outdoor and indoor soccer program for the community league, including registration, coordination with the Edmonton Minor Soccer Association, attending league meetings and other duties as required.

- Sports registration fees (for up to 2 children) are covered by the league after completion of the first year of service.

tion of the first year of service.

### Volunteer Director

- Responsible for coordinating volunteer activity for the League

- Responsible for coordinating sign-ups at spring/fall registration events, managing volunteer commitment cheques, and supporting execution of volunteer events.

- Work closely with the Directors of all portfolios to make sure that they have the appropriate people available for their activities and that the Leagues Volunteer base is used efficiently and effectively.

Community members are also welcome to serve on the board as a Director at Large.

## Denture Specialist - Over 35 Years Experience

### Londonderry Denture Clinic



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

## Ed Ammar - Earning trust one conversation at a time

For this upcoming 2019 provincial election it seems apparent what the election issues will be — low employment, struggling economy, pipelines and of course the carbon tax. As we closed in on the election, party leaders were releasing policy and nominating candidates. While the leaders are taking the spot light in the media, Castle Downs UCP candidate Ed Ammar is dominating the spot light at the doors.

Ed Ammar was pivotal in the unification of Alberta's Conservatives and was the founding chair of the United Conservative Party. He is highly regarded by his colleagues and Party members' and is often applauded for his leadership and dedication in uniting the party. His passion isn't limited only to the party. He has been an active member of the Castle Downs community for over 22 years where he volunteered at school events for his children or the community sports league.

When asked why he is running, Ammar said, "As a business owner, I realized the importance of a robust free-market

economy and its contribution to the well-being of citizens and the province. I, like many Albertans, believe this economic freedom has been undermined by the current government." If elected, Ammar will advocate for reducing the amount of unnecessary regulations and taxes affecting economic growth.

Ammar has knocked on thousands of doors to find out what the people of Castle-Downs want and need, and he will continue to do so until election day. He has recently opened his Campaign office in New Castle and explains that his priority is to connect with as many constituents as possible to fully understand the issues facing Castle Downs residents. He encourages voters to get engaged and believes we can play a significant role in building a better future for Alberta.

Ed Ammar will be holding a meet and greet BBQ at his campaign office on April 6, 2019 from 2-4pm. His goal is to give Castle Downs residents the opportunity to ask questions and learn more about him.

*Authorized by Ed Ammar's Campaign*



## Marrazzo Law Office

**10% OFF WITH THIS AD**

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- Enduring power of attorney
- Personal directives
- Mobile visits available

**Call today**  
**780-756-5500**

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

# Dunluce News

## DUNLUCE EXECUTIVE LIST

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

PRESIDENT	Keoma McMurren	780-457-9101
VICE PRESIDENT	Mark Gross	780-456-5700
TREASURER	Loretta Wonitoy	780-457-9101
SECRETARY	Lorna Melnyk	780-456-4596
PAST PRESIDENT	Nadine Meads	780-982-6260
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	780-504-2773
BINGO PHONING	VACANT	
SOCCER	Electra Fenwick	780-200-2551
SOFTBALL	Loretta Wonitoy	780-457-9101
PROGRAMS	Registrar	780-914-1775
WAYS & MEANS	Lisa Love	
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

## FITNESS CLASSES

Dunluce Community League has a  
Fat Burning & Stomach Flattening WORK-  
OUT  
- At Dunluce Community Hall 11620-162  
Ave.  
- Tuesdays and Thursdays from 7:30 - 8:30  
PM  
- A prepaid registration is only \$80.00 for 20  
classes,  
or the drop in fee is only \$10.00  
For more information contact Zuzana @  
(780) 914-1775 AFLCA Certified

### 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)



## Dunluce Playground

Did you know:  
The current Dunluce community play-  
ground is over 20 years old  
The community is responsible for replac-  
ing the old park (not the City)  
It takes 3 – 5 years to complete grants, City  
applications, fundraising, etc. for a new park  
Do you have young children who visit  
the park? Then WE NEED YOU! Please  
join the new park committee and help plan  
the new park. This is a 3 – 5 year plan, but  
without you it will not happen, and the old  
park will remain. If you would be interested  
in joining the committee, please contact Sa-  
brina at 780 232 1925

## Want to Volunteer

Dunluce Community League is looking  
for new volunteers! If you would like to  
help out by making phone calls to confirm  
bingo volunteers, please contact our Presi-  
dent @ [president@dunlucecl.ca](mailto:president@dunlucecl.ca)  
Thank-you

## Dunluce Learn To Play

Tuesdays and Thursdays

Behind Dunluce Community League Hall

May 2<sup>nd</sup> through June 20<sup>th</sup>

8 and Under: 5:15 – 6:15 p.m.

Over 8: 6:30 – 7:30 p.m.

\$50.00 to register plus one Volunteer Commitment per registration

Must have a valid Dunluce or EFCL Membership to participate

Do you want to Learn To Play Soccer? Softball? Basketball? Badminton?

Come join us for a lot of fun and learn basic skills in each sport.

Dunluce Community League will provide all equipment.

2<sup>nd</sup> Registration March 21, 2019 at 6:30 p.m. Dunluce Community Hall.

For more information, please contact Keoma @ 780-457-9101



## DUNLUCE COMMUNITY LEAGUE

### 2019 HALL RENTAL RATES

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

HALL IS NEWLY RENOVATED

\* SEATING CAPACITY 120 \*

### WEEKEND RATES:

Dunluce Community League Members:  
6:00 PM Friday evening until 5:00 PM  
Sunday evening,  
\$300.00 plus \$350.00 damage deposit.  
Non – Dunluce Community League  
Members:  
6:00 PM Friday evening until 5:00 PM

Sunday evening,

\$350.00 plus \$350.00 damage deposit.

**DAILY RATES (WEEKENDS ONLY)**

Saturday 9:00 AM until Sunday 9:00 AM  
(24 Hr. Rental)

\$350.00 damage deposit

Dunluce Community League Members:  
\$200.00

Non – Dunluce Community League  
Members: \$275.00

Hourly Rate: \$30.00 per hour. (3 hour  
minimum) Hourly rate is only available  
Monday to Thursday.

## PLAY BALL!

### DUNLUCE SOFTBALL 2019

LEVEL	COST
U6 (T-Ball)	\$45.00
U8 (Coach Pitch)	\$45.00
U10 (Mite)	\$60.00
U12 (Squirt)	\$60.00
U14 (Peewee)	\$60.00
U16 (Bantam)	\$60.00
U18 (Midget)	\$60.00

One volunteer commitment per child at registration. If you'd like to get that commitment  
completed earlier, please contact [softball@dunlucecl.ca](mailto:softball@dunlucecl.ca)

Check out our website at <http://www.dunlucecl.ca> for further  
information or send an email to [softball@dunlucecl.ca](mailto:softball@dunlucecl.ca)

### YEAR OF BIRTH

Born 2013 and earlier  
2011-2012  
2009-2010  
2007-2008  
2005-2006  
2003-2004  
2000-2001-2002







### **Rustic Sign Night Dunluce Community League**

**May 4<sup>th</sup>, 2019 @ 7PM**

**11620-162 Ave**

**Cost: Community League Members \$25.00**

**(Please Include Membership Number)**

**Non-Members \$30.00**

**Licenced Event, Snacks Included in Cost**

**For Info Contact Sabrina @ 780 232-1925**

**Cut-off for Tickets April 25<sup>th</sup>**

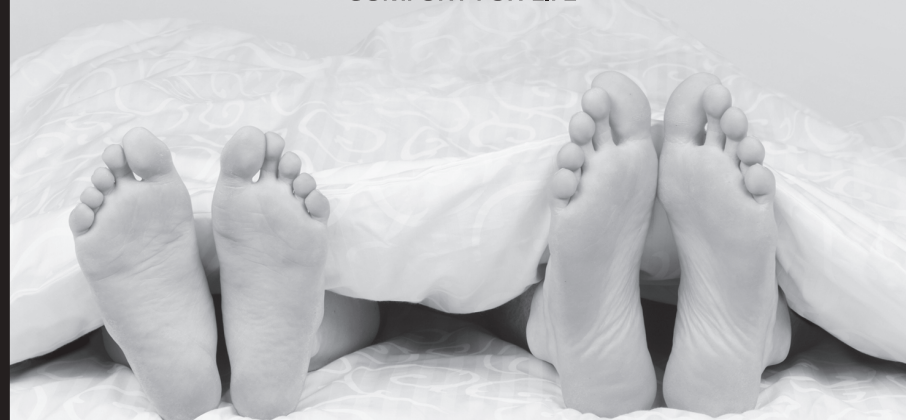
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\*conditions may apply

## **What's new about the Food Guide?**



Canada's Food Guide, a document that promotes and provides dietary guidance to support healthy eating in the Canadian context, was updated in January 2019; 12 years since the last version. Many things are similar to the previous version, such as encouraging us to eat a variety of foods and choosing plenty of vegetables and fruit at each meal, however some things have changed. Here is an overview:

### **The Look**

The Food Guide is presented as a plate instead of a rainbow. It focuses on the proportions of food on the plate for a meal rather than recommending a number of servings to have each day. The updated food guide encourages ½ of a plate to be vegetables and fruit, ¼ of it to be protein foods and ¼ of it to be whole grain foods. It also encourages water as the drink of choice for hydration.

### **Protein Foods**

This category of foods includes foods previously found in the Milk and Alternatives and Meat and Alternatives groups. The new food guide emphasizes choosing foods from

plant sources (beans, peas, lentils, nuts and seeds) and limiting intake of red meat (and where meat is chosen, emphasis is on lean options). Examples of foods in the protein foods group include

- Eggs
- Fish and shellfish.
- Beans, peas, lentils, nuts and seeds
- Lower fat dairy like milk, yogurt and lower sodium cheeses
- Lean meats and poultry

### **Even more emphasis on Whole Grains**

While the previous food guide encouraged ½ the grains chosen to be whole grains, the updated Food guide directs Canadians to "Choose whole grain foods". Examples include:

- Whole grain brown or wild rice
- Whole grain pasta, bread
- Whole oats or oatmeal

### **Messages about how to eat**

There is a lot of information for consumers on 'how' to eat. The new food guide provides encouragement to take time to eat, cook more often, involve others in planning and



**REGISTRATION NOW OPEN FOR THE 3 AND 4 YEAR  
OLD CLASSES FOR THE 2019/2020 SCHOOL YEAR**

- A qualified, experienced, energetic and creative Early Childhood Educator.
- Well equipped preschool with lots of room to play and learn.
- Programs dedicated to meeting your child's individual needs, including Kindergarten prep.
- Monthly themes and hands-on activities – everything from stargazing to baking.
- Exciting field trips – onsite and offsite.
- Cooperative community-based preschool – a great way to meet new families and get involved!

**For more information please contact our Registrar at 780-499-0232, by email at [dunlucepreschool@hotmail.com](mailto:dunlucepreschool@hotmail.com) or visit us on our website [www.dunlucepreschool.com](http://www.dunlucepreschool.com)  
We look forward to seeing you and your little ones!**

preparing and to enjoy food which includes considering the importance of tradition and culture in foods.

### **Messages about healthy habits**

While the Canada's Food Guide snapshot provides a visual representation of foods to eat regularly there are also messages in the food guide to encourage healthy habits which

influence food choices. There are specific messages to reduce highly processed foods, using food labels to inform food decisions and being aware of how food marketing can affect food choices.


Check out [Canada.ca/foodguide](http://Canada.ca/foodguide) for tips, resources and recipes to help make healthy food choices.




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**Scrap the Carbon Tax**




**Quality Public Services**



**Renew the Alberta Advantage**



**Defend our Resources**



**Reignite Alberta's Economy**

Can we count **on your support?** Get involved by **contacting us**  
 PHONE: 780-371-6721 | EMAIL: EDAMMARUCP@GMAIL.COM  
 Authorized by Ed Ammar's campaign

**Hey Soccer Lovers and Fans of North Side Edmonton**  
 Announcing Top of the City 2019! The 36 Hour Continuous Soccer Game and Festival is back!




This year's event, at Castle Downs Park, will start at 9pm on Friday, June 14, and will run continuously until Sunday at 9am, when there will be a Father's Day breakfast to conclude the event!  
 Interested? <https://www.JonDziadyk.com/topofthecity2019>  
 ~ brought to you by Jon Dziadyk, Ward 3 Councillor ~

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**Spring Session Registration Now Open!**

Starting the week of April 15 for 10 weeks

Register online or in person at:  
**www.dynamyxgymnastics.com**  
 25 Chisholm Ave, Bay 104, St. Albert  
 Located in the Campbell Park Business area

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



**Connexions Cafe**  
 12644-137 Ave  
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 780-249-2696  
 connexionscafe.com

**Weekend Breakfast Special!**

**\$8**

**Includes bacon & sausage, hash brown and toast. Plus free coffee!**

Saturday & Sundays starting at 9am

## Law Day 2019

A free event for all ages, Law Day offers opportunities for the public to be entertained and educated about Canada's legal system and the legal profession. Join us at the Edmonton Law Courts Building (1A Sir Winston Churchill Square) on Saturday, April 13, from 9:30 a.m. to 3:30 p.m. Enjoy live mock trials featuring favourite storybook characters, an identity theft presentation hosted by the Edmonton Police Service, legal resources, and more! Please visit [www.lawdayalberta.com](http://www.lawdayalberta.com) for a complete list of activities.

Can't make it to the event, but still want to speak with a lawyer? Dial-a-Lawyer



offers members of the public free 15 to 20-minute legal consultations over the phone! Call 1-888-644-8950 on April 13 from 9 a.m. to 3 p.m.





## LCDS Preschool & Kindergarten

13931-140 St. (By Leon's)

Register now  
for the  
2019-2020  
school year

Book a  
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)

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ST ALBERT, ALBERTA T8N 1E4  
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## GOT A TEAM? EARN 10% BACK WITH TEAM HQ!

Got a team? Get rewards!  
Team HQ is our way of supporting teams in your community – so get in on the action!

Step up, sign up!

Collect 10% of what you spend on each receipt at Boston Pizza.



Get **50% off**\* any medium or large pizza!



\* Buy **ANY** medium or large pizza and get your second medium or large for **half the price**. Just add two pizzas to your cart and we'll automatically apply the discount to your order.

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Namao



780-456-5554  
16521 97 Ave

## Castledowns Childcare

Accredited Childcare



Upcoming Event:  
Annual Parent/Board Meeting

Date:

Friday, April 5th 2019

Time:

6:15 pm - 7:15 pm

All community members are  
welcome to attend

11852 - 145 Ave. 780-456-7013



## Carlisle Community League Executive

Position	Filled by	Phone
President	Krista Hennigar	780- 951-7627
Vice-President	Heather Magnes	780-903-3583
Treasurer/Grants	Myer Valeriano	780-907-1198
Membership	Jolene Reinhardt	780 819-0236
Secretary	Tara Pohl-Gobeil	780-218-3399
Buildings and Grounds	Ryan Simpson Rob Jarowka Jeff Reinhardt	780-267-7777 780-910-9450 780-819-0239
Volunteer Coordinator	Moira Hennigar	780-616-3898
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	Sharda Persaud Sharla Sagert	780-340-7313 780-717-3689
CDRS Representatives	VACANT Kerri-Lynn Parker Krista Hennigar	780 554-7037 780-951-7627
Hall Rental Director	John Paul Potestio	780-993-3503
Social Director	Kara Henebury	780-995-2444
Casino Director	Sonya Harriott	780-862-1653

## Hall Rental



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

## Ladies only Fitness

Wednesday morning 10:00 - 11:00  
Fee: 50\$ / 10 classes  
Info: 780 914 1775 Zuzana

## Fitness Classes

**FAT BURNING & STOMACH  
FLATTENING WORKOUT**  
Mondays and Wednesdays 7:00-8:00 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 fitness programs, please  
note that you require a yearly membership  
from a community league in Edmonton or  
a yearly membership from Carlisle Commu-  
nity League and can be purchased at a cost  
of \$25.00.

## 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

## Community League Memberships

Make sure to purchase an annual Carlisle  
community league membership. Please  
contact Jolene 780-819-0236.

## Congratulations to the U9 and U11 Girls

The Carlisle U9 and U11 girls are the 2018-2019 Indoor City Champions Trophy. Both  
teams capped off impressive seasons of hard work and improvement by winning GOLD at  
City Finals. A job well done by all players and coaches!



U9 Girls



U11 Girls



Interested in having your **brain**  
scanned for research?

We are looking for **healthy volunteers** (ages 5-  
95) to undergo an **MRI of their brain** for research

If you would like to learn more, please **contact us** by  
e-mail: [brainmri@ualberta.ca](mailto:brainmri@ualberta.ca)  
or phone: **(780)983-7232**







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# Castledowns Dental

## General Dentistry

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**780-456-4441**



# Lorelei-Beaumaris News

## 2019-2020 Lorelei- Beaumaris Board of Director's

<b>President</b>	Oksana	<a href="mailto:presidentlbcl@gmail.com">presidentlbcl@gmail.com</a>
<b>Vice President</b>	Ali	<a href="mailto:vicepresidentlbcl@gmail.com">vicepresidentlbcl@gmail.com</a>
<b>Secretary</b>	Ashley	<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>	Ghaida	<a href="mailto:treasurerlbcl@gmail.com">treasurerlbcl@gmail.com</a>
<b>Ways and Means</b>	Maja	<a href="mailto:waysmeans@gmail.com">waysmeans@gmail.com</a>
<b>Gaming Directors</b>	Jennifer O	<a href="mailto:bingolbcl@gmail.com">bingolbcl@gmail.com</a>
<b>CDRS Representatives</b>	Julia & Jen A	<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>	Evelyn & Jen D	<a href="mailto:varietyshowlbcl@gmail.com">varietyshowlbcl@gmail.com</a>
<b>Memberships</b>	Muna	<a href="mailto:memberships lbcl@gmail.com">memberships lbcl@gmail.com</a>
<b>Communications &amp; Website</b>	Jen A	<a href="mailto:comm lbcl@gmail.com">comm lbcl@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>Neighbourhood 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 Playschool



**Are you or someone you know, looking for a GREAT playschool?**

Our goal for the playschool program is to create a positive, caring and fun-filled environment, where individual gifts and talents are nurtured. Through modeling and co-operative play children will learn how to be kind, respectful and accepting of others. The role of the teacher is to ensure and guide students to grow socially, emotionally and intellectually. Through play based centers students will have the opportunity to expand on their strengths and develop their areas of growth.



## 16220 103 St

### Class options and fees

A non-refundable cheque/cash for \$50 will hold your spot for the upcoming year, September 2019 - May 2020.

- 3/4 Year olds - Tues/Thurs - Classes from 9:00 AM - 11:15 AM - \$90/monthly
- 4 Year olds - Mon/Wed/Fri - Classes from 9:00 AM - 11:15 AM - \$135/month
- 4 Year olds - Mon/Wed/Fri - Classes from 12:00 PM - 2:15 PM - \$135/month

### In addition to the monthly fees, there are parental commitments

- \* Community League membership
- \* 1 co-op clean per year
- \* 2 bingos per child for Lorelei Community League
- \* 2 mandatory fundraisers
- \* NO PARENT DUTY DAYS (Parents are welcome to join us in the classroom anytime)

### For more information

WEBSITE: [www.loreleibeumarisplayschool.com](http://www.loreleibeumarisplayschool.com)  
CONTACT: Erin at [Loreleibeumarisplayschool@gmail.com](mailto:Loreleibeumarisplayschool@gmail.com)

## 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 LECTERN (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)

Multimedia system available for power-point, slideshows, videos, etc...

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

### NEW HALL RENTAL RATES:

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

(Note: Sept - May full weekend bookings

must be made at least 8 weeks in advance)

\$400 - Friday

\$600 - Saturday

\$350 - Sunday

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

Sound System INCLUDED into all rentals

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

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

\$100 - Large BBQ (cooks up to 65 burgers or 126 hot dogs at once)

\$50 - dishes rental (plates, cutlery, glassware, limited small wares)

Deposits: for single day or hourly rentals - \$500; for full weekend rental - \$750

### All Rates include GST

\*\* Please note that all contracts signed for hall rentals will be required to purchase Renters Insurance for their event date at Lorelei Hall. We will give them the link to FPB Insurance to do this online. \*\*

\* Discounts may be available to LBCL Members who are booking for their use. Please talk to the hall manager for more information.

Feel free to call Maria 780-686-4415 for questions regarding hall rentals or to make an appointment to view the hall. Leave a detailed message or email [hallrentals@lbcl.ca](mailto:hallrentals@lbcl.ca) for more information.

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

## Rink Closed

It's that time of the year again where we hear the water running down the streets and through our drain pipes. While we are excited to see the rampant coming of spring we are also sad to see the season ending for the outdoor rinks. Thank you to Duncan who spent so much time making this year possible. With Duncan's help we were not only able to be the first in the city to have our rink

open but we were also one of the last to end the season.

Our First on the Ice Party was thrown by the Edmonton Federation of Community Leagues. We were able to celebrate with hot-dogs, chips and hot chocolate. Despite the frigid temperatures, the sun was shining and we were happy to see families take to the ice for some fun.

## Thank you

Thank you to all of the 2018-2019 Board of Directors for all the work you put in over the year. We are happy to see many of you come back for another year. We are sad to see some of you move on to new projects and wish you all the best.

We have had many coaches put in countless hours as well. It is because of the time and hard work you put in that we are able to offer soccer to so many kids.

You all set a great example for the future of Lorelei-Beaumaris and our future leaders. Your work for the community over the last year will inspire us and continue to lead us in being a great community to live, work and grow in.



## Soccer Corner

It has been a great indoor soccer season and we have had so many teams with such amazing team spirit. Congratulations to the U11 Girls Delgado team for their gold and the U13 Boys Delgado team for their gold at the Inter-Cities games in Calgary! We are excited to see many are signed up for the outdoor season and we are looking forward to seeing and hearing about your great teamwork and victories.

Thank you to those who made financial donations to our teams EMSA, EMSA North, Lorelei-Beaumaris Community League, TD Canada, Ali Taliani, and City Councillor Jon Dziadyk of Ward 3. Nicole Goehring MLA of Castle Downs presented scrolls to honour these amazing players and their accomplishment.



## NEIGHBOURHOOD SUMMER DAYCAMP



# LITTLE SPORTS OF ALL SORTS



DATE	TIME	AGES	COURSE CODE	COST
Tuesday - Friday August 6-August 9	9:00AM - 11:30AM	4-6 years	657292	\$72

## Lorelei Beaumaris Community League

16220 - 103 Street

Preschoolers will have a ball at this camp! Learn basic skills such as jumping, skipping, hopping, galloping, and catching through relay races, obstacle courses and other sport related activities.

Registration Now Open!

To Register:

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

Thank you to the Lorelei Beaumaris Community League for access to their facility



## Walking for Fitness

Warmer days are ahead and make getting outside for a walk an easy and enjoyable way to add exercise to your day. Health Canada recommends healthy adults under the age of 65 get at least 2.5 hours a week of moderate physical activity. Simply adding a brisk walk to your daily routine can improve overall health.

- Create a few habits to help make your daily walks fun and help you maintain a healthy level of activity.
- Begin by setting a goal. You may want to start with a brisk 30 minute walk each day and work your way up to 10,000 steps a day.
- Wear comfortable footwear that provides protection and supports the foot.
- Try tracking your steps with a phone app or a pedometer.
- Schedule a 15 or 30-minute walk before work in the morning, into your lunch hour or immediately after work.
- Daily dog walks are also a great way to keep up both you and your four-legged friend healthy.
- Whenever possible, walk to appointments, meetings or to run errands.
- Get to know your neighbourhood by



taking a slightly different route each time you walk. You just might find some hidden gems near home.

- Find walks that include hills or stairs to increase your challenge and improve cardiovascular benefits.
- Join the #AHSFitFam and encourage family, friends and colleagues to get active and engaged with you.

Using a few simple tips can help make a daily walk one of the most pleasurable parts of your day.

## Talking to your teen about bullying



Teens can be under a lot of pressure as they deal with hormonal changes, heart-breaks, anxiety about school, relationships, etc. With so much going on in your teen's life, it is important to watch for signs that they may be struggling with bullying. If your teen seems unusually anxious, worried about going to school or withdrawn, take some time to check in and let them know you are there to support them. Bullying can take different forms:

- Verbal: name calling, gossiping and negative comments about a person's interests or background (e.g. culture, race, ethnicity, religion, gender or sexual orientation).
- Physical: hitting, tripping, pinching and unwanted sexual touching.
- Social: leaving someone out on purpose, telling others not to be friends and spreading rumors.
- Cyber: the use of email, text messages, social media and internet sites to socially exclude, embarrass and damage reputations and relationships.

What to do if you suspect your teen is being bullied?

- Start the conversation. Talk often and openly.
- Offer comfort and encourage your teen to talk about their feelings.
- Work with your teen's school to monitor, prevent and stop bullying behaviours.
- Make safety arrangements. Be sure your teen knows how to get help.
- Build confidence. Teach your teen to be assertive, not aggressive.
- Stand up for your teen. Get involved in bullying awareness and prevention programs.
- Be a role model.

Adult intervention is key to bullying prevention. Being informed about bullying is the first step in addressing bullying behaviour and promoting healthy relationships. Take action with teachers and other adults in your community to implement anti-bullying programs to help end negative implications caused by bullying. For more information and resources on bullying awareness and prevention, check out what [www.teaching-sexualhealth.ca](http://www.teaching-sexualhealth.ca) has to offer.

## RECA - Bully Offers

I'm in a time crunch and need to purchase a property fast. I've made an offer that expires in the extreme short-term, but the seller's agent refuses to take it to the seller, saying the seller wants to consider all offers. Is this allowed?

Yes. The seller controls how they want to consider offers. If they instructed their agent to hold off on presenting offers until a certain date or time, then the agent is obligated to follow that instruction.

There is nothing stopping your agent from asking the seller's agent to talk with the seller and see if they'll make an exception, but if they decide to not review your offer until the date they set, there is nothing you can do about it.

### Everything is up to the seller.

We'd like to think that in such a situation the seller's agent discussed the pros and cons of such a strategy with their client. But, if knowing those pros and cons, the seller still wants to proceed with holding off, it's their choice.

When sellers wait to consider all offers at the same time, it's usually in a hot seller's market where there is a higher likelihood of multiple offers.

In a hot seller's market, when a buyer swoops in with an offer they want seen before

the seller's offer date, this is called a "bully offer." If you ask the seller's agent to ask the seller to review and consider your offer early, this could still spark the multiple offer situation the buyer with the bully offer was trying to avoid.

The seller's agent will likely suggest to the seller that they tell other buyers who showed interest in the property that a bully offer has come in. This may lead to other interested buyers putting in their own offers to compete with it.

Unfortunately, the sellers may not review your offer on time or, they may review it, but not accept it. If you are in a rush to buy, it's a good idea to make sure the first offer you put in is your best one, and have some back-up properties in mind just in case the offer isn't accepted or looked at within your timeframe.

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





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## Ask Charles - Radon

I've recently started hearing reports about radon in Alberta homes. If I'm buying a home in Alberta, is it something I should be concerned about?

You're right to be asking this question. A lot of people aren't familiar with radon, but they should be.

Radon is an odourless, tasteless, colourless radioactive gas that is the by-product of uranium decay. Uranium occurs naturally in soil and rock formations, and places with higher than normal uranium deposits, such as Alberta and Saskatchewan, have higher radon levels.

Radon seeps through the earth and into basements, where it can become trapped because of the efficient way our homes are sealed from the outside elements.

Prolonged exposure to radon can lead to health problems, including lung cancer. In fact, after smoking, radon gas is the leading cause of lung cancer.

Unfortunately, there's not much that can be done during the offer and negotiation phase of a real estate transaction because reliable radon tests take 90 days to complete. That's much longer than a typical offer to purchase timeline including time for condition removal.



However, some Alberta homeowners are having their homes tested for radon knowing what a serious health issue it is. If you find a home you're interested in, ask the seller if they've had their home tested and ask for

the test results. If the radon test showed high levels of radon (higher than 200 Becquerel), that's considered a material latent defect that MUST be disclosed to prospective buyers unless a radon mitigation device is installed

prior to listing.

The good news when it comes to radon is that it's a solvable problem. Even if you fall in love with a home that hasn't had a radon test or the results are high, a radon mitigation device can be installed to vent radon gas outside the home from the basement. Mitigation costs vary, but are often not more than \$2,000-\$3,000. Hire a Certified Radon Technician to install the device to ensure it's done properly.

If you buy a home that hasn't had a radon test done, we encourage you to proceed with a radon test within 90 days of possession. This is health issue, and radon testing and mitigation is money well-spent. For more information about radon, go to Health Canada's website and search "radon."

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## STIs are a risk to anyone who is sexually active



There is an outbreak of gonorrhea and syphilis in Alberta. In 2018, over 5,000 Albertans were diagnosed with gonorrhea, 2 ½ times more people than in 2014. Nearly 1,500 Albertans were diagnosed with syphilis in 2018, including infants. In addition, over 17,000 Albertans were diagnosed with chlamydia in 2018.

The majority of people have no symptoms when infected with a sexually transmitted infection (STI) but can infect their sexual partners regardless of symptoms. STIs such as syphilis can increase the risk of HIV acquisition. Getting tested is the only way to know if you have an STI. Testing may involve a blood and urine test or a swab of the throat, vagina, or rectum.

STIs are passed from one person to another through unprotected sexual contact.

If left untreated, STIs can have serious effects on your health (for example infertility). Chlamydia, gonorrhea, and syphilis can be treated with antibiotics. Both the patient and all sexual partners should be treated to prevent reinfection.

AHS encourages everyone who is sexually active to practice safer sex, and get tested if in a new relationship or symptomatic. All pregnant women should be tested in the first trimester and at delivery. Using condoms correctly and consistently can significantly reduce the risk of passing or getting STIs.

Anyone with symptoms of or concerns about an STI can call Health Link (811) or visit their family doctor. Check out [www.sexgerms.com](http://www.sexgerms.com), AHS's site for sexual health. On the website you will find information and where to get tested.

## Ask Charles - Selling to Builder

I own an older home in a popular inner city neighbourhood. A builder knocked on my front door and asked me if I'd be willing to sell – he said I'll get more money for my home if we don't get a real estate professional involved. What should I do?

What you're describing is not an unusual situation, particularly in large cities where inner city property is attractive, particularly to builders who want to redevelop it.

The first step is to decide if you have any interest in selling. If you don't want to sell, no matter the offer price, then your conversation with the builder is likely done.

On the other hand, if there is a price at which you would consider selling, you have some due diligence to do.

Even if the builder suggested you don't involve a licensed real estate professional, our advice is always to have a real estate professional involved, who will work on your behalf.

There's a good chance the builder doesn't want you to get a real estate professional involved because they think they may have an easier time negotiating with you, assuming you do not have much experience in the real estate market. They're trying to sweeten the deal by saying you'll get more money for your property if you don't hire a real estate professional; the thought being that if you don't hire a real estate professional, you won't have to pay commissions to the real estate professional, and you can keep more money in your pocket.

My caution for you on this is that they're saying they'll pay you more – but more than what? More than what they would pay you otherwise? More than your home is worth?

**Everything is relative.**

If you want to hire a real estate professional to represent you, you will have to sign a service agreement with them and it will indicate the details of the compensation you will owe to them, but that doesn't automatically mean you're going to end up with less money in your pocket from the builder.

With solid negotiating skills, your real estate professional may be able to negotiate a higher price from the builder, and still leave more money in your pocket after you pay your real estate professional's commission.

There are always benefits to working with a licensed professional; they're educated, regulated, they carry errors and omissions insurance, and the Real Estate Council of Alberta can investigate conduct if you believe they breach the rules in place.

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# Colouring Contest

## Hey kids!

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

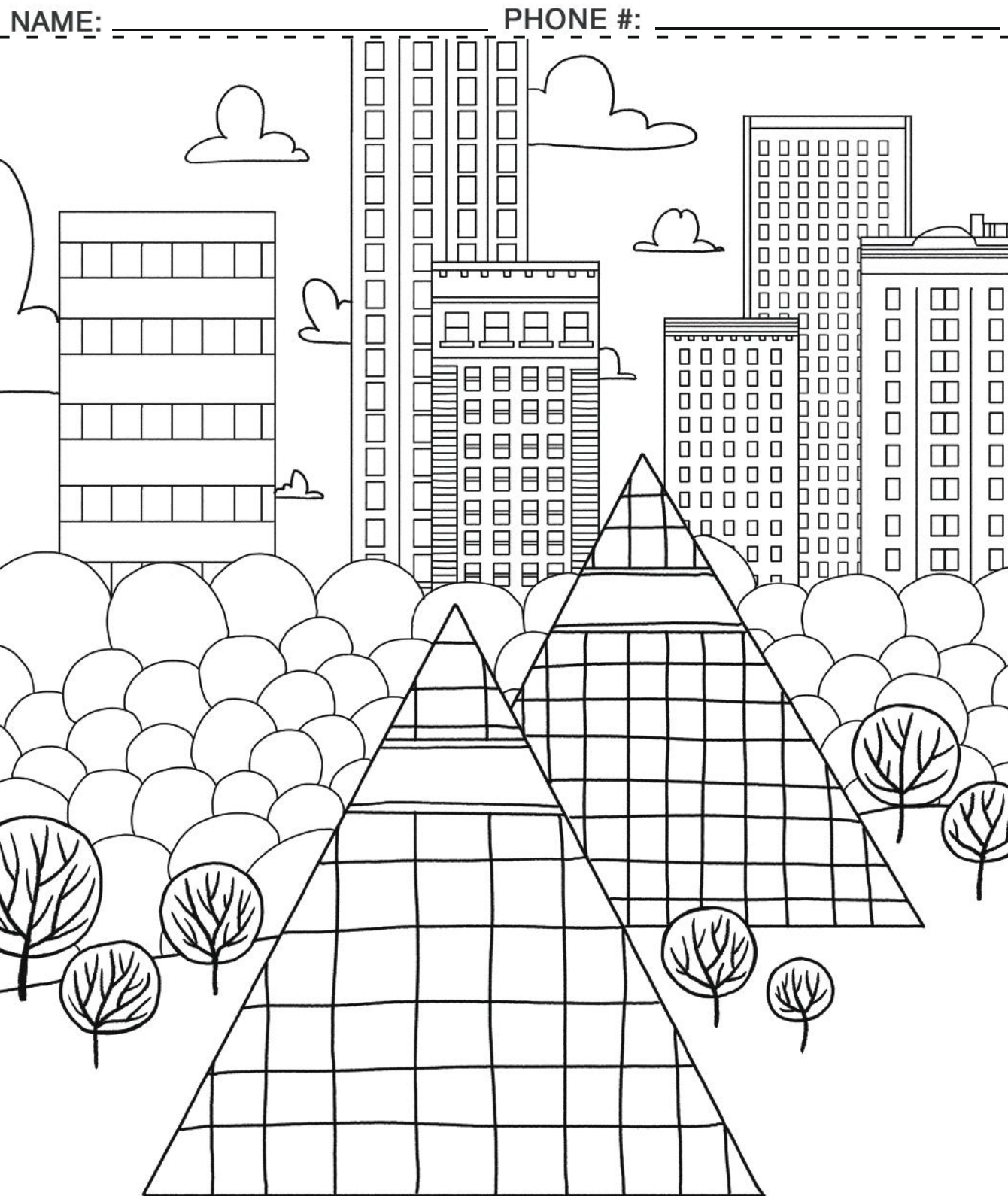
**Draw date will be May 1, 2019**

Visit your North Side *Save-On-Foods* stores for friendly faces and great quality products!

**LONDONDERRY @ 1101-1 Londonderry Mall NW 66th St**

**NAMAO @ 9510-160 Ave NW**

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



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