

# CASTLE NEWS

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

Aug/Sept 2019



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## CASTLEDOWNS VARIETY SHOW

"An Evening of Adult Comedy"

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

Box 31075 Nampa Center, Edmonton AB T5Z 3P3

Phone (780) 406-9070

### 2019 Castle Downs Variety Show

#### Cast, Crew and Committee Call

35<sup>th</sup> Annual Variety Show  
Wednesday August 28<sup>th</sup>, 2019 at 7:00 pm  
Caernarvon Hall 14830 -118 Street

If you would like to be on the committee, on stage or behind the scenes come on out and meet committee, the writers and directors, returning cast and crew members. Check us out to see if you would like to get involved. This is a Restricted Adult Comedy; you must be at least 18 years of age to participate.

If you have any questions please email:

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

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

#### Dunluce Community Programs Fall 2019

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

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

### Outgrown It Swap & BBQ – Aug 18th

On August 18th, Baturyn Community League will be hosting an Outgrown It swap event with a free Block Party BBQ.

- Baturyn members: 1st table free

- Non-members/Additional table: \$20

Please contact [social@baturyn.ca](mailto:social@baturyn.ca) for more information. Registration and payment will be available on the website soon. Acceptable items include children's clothing, toys, books etc. This not a garage sale or vendor event.

### Baturyn Hall Revitalization Project



As some may have noticed, the hall renovations have been in full swing with a lot of progress over the past few years. The many upgrades include new flooring, paint, and lighting which together have transformed an old weathered building into something of beauty. Mechanical upgrades will allow visitors to stay warm in the winter months, cool in the (albeit shorter) summer months, and will also ensure a constant supply of hot water for both community events and rentals. An A/V system was installed to improve the functionality of the space, including a projector and retractable screen as well as new sound baffles.

Most recently, renovations including new paint and flooring were completed within the play-school, refreshing the space to be better utilized and enjoyed by the children. While these renovations

were taking place, our building revitalization committee coordinated upgrades to the fire panel as well as a complete security overhaul.

Future plans include new counters in the kitchen, bathrooms, and playschool, as well as updated cabinetry in the kitchen. Some ground maintenance will be conducted to properly drain water off from the winter ice rink to ensure that it can be enjoyed as much in coming seasons as it was this past season. Off-season rink use has been discussed and one idea that seemed popular was to join the City of Edmonton's off-leash dog park program. This would enable our pups to play in a safe manner while being in a gated and maintained enclosure for everyone to enjoy. Hopefully we can find some volunteers to make this idea a reality for next season!



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

Position	Name	Email
President	Tricia Stettner	<a href="mailto:president@aturyn.ca">president@aturyn.ca</a>
Vice President	Wayne Raymond	<a href="mailto:vicepresident@aturyn.ca">vicepresident@aturyn.ca</a>
Treasurer	Paul Petersen	<a href="mailto:treasurer@aturyn.ca">treasurer@aturyn.ca</a>
Secretary	Laura Bots	<a href="mailto:secretary@aturyn.ca">secretary@aturyn.ca</a>
Castle Downs Rec. Society Rep.	Rueben Tucker	<a href="mailto:CDRS_1@aturyn.ca">CDRS_1@aturyn.ca</a>
Castle Downs Rec. Society Rep.	Claudia Gonzalez	<a href="mailto:CDRS_2@aturyn.ca">CDRS_2@aturyn.ca</a>
Communications Director	Todd Lefevbre	<a href="mailto:communications@aturyn.ca">communications@aturyn.ca</a>
Communications Assistant	Angela Ferguson	
Facilities	Earl Archer	<a href="mailto:facilities@aturyn.ca">facilities@aturyn.ca</a>
Membership Rep	Beth Holtby	<a href="mailto:membership@aturyn.ca">membership@aturyn.ca</a>
Playschool Director	Kelly Young	<a href="mailto:playschool@aturyn.ca">playschool@aturyn.ca</a>
Programs Director	Angela Ferguson	<a href="mailto:programs@aturyn.ca">programs@aturyn.ca</a>
Soccer Director	Candice Bevan	<a href="mailto:soccer@aturyn.ca">soccer@aturyn.ca</a>
Social Director	Jared Huston	<a href="mailto:social@aturyn.ca">social@aturyn.ca</a>
Volunteer Director	Claudia Gonzalez	<a href="mailto:volunteers@aturyn.ca">volunteers@aturyn.ca</a>

Board Meetings are generally held on the 1st Monday of the Month at 7pm  
However, 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**  
**Hall: 10505 172 Avenue**  
**Phone: 780 - 707 - 2047**  
**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.



#### 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@aturyn.ca](mailto:rentals@aturyn.ca).

## 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 2019/2020 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](http://efcl.org) or Servus Credit Union)

#### Membership Benefits:

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

## 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

## Neighbourhood Watch

Baturyn Community League now has a volunteer Community Representative in the Edmonton Neighbourhood Watch program. We look forward to having a Neighbourhood Ambassador from each of the 5 communities, if interested please contact [programs@baturyn.ca](mailto:programs@baturyn.ca)

## Community League Day – Sept 14th

Our Annual Community League day celebration is going to be awesome! Includes face painting, inflatables, BBQ/ paid concession. More info to come!

## Indoor Soccer Registration

At time of publication we're awaiting further information from EMSA. Keep an eye on social media and our website for registration dates and more information.



## Exploring Our Community

With us deep into the 2019 calendar year, our business within the community is in full swing. Board meetings, ideas, planning, development, and execution are coming along with many projects on the go. The Baturyn Community Hall is continuing with its upgrades, and we are starting to see a finished project come together with the help of grants, hard work, and labor, making the hall a pleasant place for people to gather for many more years to come. Even the playschool season is gearing up for its new school year in an updated space!

Our Social Director has been hard at work planning and executing fun family days within our super-league (referring to the 5 communities which make up our league). You may have seen or even attended the Easter Event where many families joined in a day of activities which included egg hunting, egg decorating, and a small maze for children to enjoy. With the ongoing concessions at the event, everyone filled their bellies and had an entertaining afternoon. In early April, we saw a superhero and princess night where we had a few guests from Charmed Affair dressed up and many children came to interact and play with them. June saw the Family BBQ and Adult Game night, and July saw the league host the City of Edmonton's Cool Creations neighbourhood day camp. August is booked with a kid's clothes and toys Outgrown It Swap and BBQ and planning is already underway for the annual Community League Day in September.

One of our biggest challenges as a league is finding ways to reach out to everyone in our super-league and keep them informed of upcoming events. A couple of years ago a Baturyn Community League page was started on Facebook and BCL also maintains an Instagram account. These social media outlets allow us to post updates regularly and we invite you to follow us if you don't already. More static information, including our rental calendar, rental request application, and contact information is always available on our website [www.baturyn.ca](http://www.baturyn.ca). In addition to the digital communications we still maintain our two stationary signs at Baturyn Park and Chamberly Elsinore park, as well as our submissions to this printed publication. Community involvement is essential for the success of the community league (it's why we're here!) and we welcome any ideas on ways to reach out to you and communicate.

We appreciate the hard work and dedication of our community volunteers. However, as is always the case with a volunteer-run organization, the more people, the better, as this enables us to share the load and continue to offer fun, connection community events. We are starting to put forth a neighborhood watch program and are also looking at unique fundraising opportunities to better the hall, our events, our parks, and the community. We can only do this with your help, so please reach out and let us know you're here. The more you do for the community, the more it can do for you!

# CASTLEDOWNS Dental Centre

## Dr. Tarek Tarchichi

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

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the whole family.**

**Dental Centre Hours**

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

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\*conditions may apply

# 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
Communications	Rochelle Harasimov
Equipment	D'Arcy Sommer Giovanni Borrelli Sandy Reda
Hall Maintenance	Ahmet Kaplan
Soccer	Jason Desnoyers
Social/Programs	Kati Hutt
Signs	Kody Overacker
Hall Rental Representative	Lynne Hellyer
Membership	VACANT
Variety Show (2)	VACANT

## President's Message

Caernarvon would like to congratulate the winner of this year's Post-Secondary Scholarship, Zoe Turner. Zoe has been an active volunteer with Baturyn Community League, a Counselor in Training at the Castle Downs YMCA, and involved in several sports and recreational pursuits. Zoe is attending the University of Alberta in the Fall, and the Board wishes her well in her future endeavors!

Calling all gardeners, foodies, vegetable lovers, or people who want to get out and meet new people!! We would love to start a Community Garden at Caernarvon Hall, but we need your help. Even if you only have a

small amount of time to give, it will help the process go a long way. A positive outlook is required; gardening experience and know-how is not. Email [garden@caernarvon.ca](mailto:garden@caernarvon.ca) if you want to join our team.

Did you know ... If you are an athlete who wins the opportunity to participate in a national or international sanctioned championship, are a Caernarvon resident and have a community league membership, you may be eligible to apply for a \$500 Caernarvon Community League Travel Grant? Teams may be eligible if at least 50% of players live in Caernarvon; the grant specifically excludes "fun," "invitational," or "open"

tournaments. The Board congratulates local wrestler Vianne Rouleau, who recently used her Caernarvon Travel Grant to win bronze at the Alexandru & Popovici Tournament in Bucharest, Romania, and silver at the Cadet Pan American Championships in Mexico. Caernarvon is proud to support our athletes!!

Caernarvon Community League is looking into new and exciting ways to digitally connect with our members and our community, including a new App and website. Stay tuned for more information over the coming months, and in the meantime, don't forget to check out our signs and Facebook page for upcoming events.

## Caerny Bucks



Caerny Bucks are worth \$50 and given to people who work extra bingos when they cannot otherwise be filled. 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."

## 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, and we are one of the only halls in the city that cleans up after your event.

The Hall includes a coat room, raised stage with sound system, full kitchen with brand-new Commercial gas stove and two ovens, wet bar, glass door refrigerators, plenty of kitchen prep space, choice of round and rectangular tables.

### Seating Capacity

250 guests for Theatre-style seating  
220 guests seated at tables, no dance floor  
185 guests seated at tables with a dance floor

### Hall Rental Rates

Hourly (Mon-Thurs):  
Boardroom \$20, Hall \$35

Daily Sun-Thursday: Hall \$300

### Weekend Rates

\$650: Fri-Sun  
\$550: Friday and Saturday  
\$550: Saturday and Sunday  
\$450: Saturday only  
\$400: Friday only

### Add-Ons

Large BBQ \$50, Popcorn machine \$50,  
Dishes Rental \$100 (plates, cutlery, glassware, some small wares)

### Damage Deposits

Daily Rental: \$1000, Hourly Rental: \$250  
Please contact our Hall Rental Representative Lynne Hellyer at 780-456-3435 (call or text) or [rentals@caernarvon.ca](mailto:rentals@caernarvon.ca) if you have questions or would like an appointment to view the facilities.

## All types of play build skills

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

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

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

by doing things the way they want to."

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

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

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



## New & Experienced Curlers Needed!!

Join Learn to Curl or an Adult Fun League.

Try Stirling (2-person teams) Curling,

6 end game, no sweeping required.

Mixed, Open, Women, Men, Junior,  
& Little Rock leagues also available.

Curling Starts End of September, Hope to See You there!!

Contact us: [www.thistlecurling.ab.ca](http://www.thistlecurling.ab.ca) 780 477 8142 [thistlecc@shaw.ca](mailto:thistlecc@shaw.ca)

## 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	Moirra 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	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
Volunteer Coordinator	Krista Hennigar	780-951-7627
Newsletter /Facebook	Moirra Hennigar	<a href="mailto:m.hennigar@hotmail.com">m.hennigar@hotmail.com</a>

## Early Bird Indoor Soccer & Programs Registration and Family Fun Day

**Sat Aug 24th Noon-4pm**  
Come out, meet your neighbors & have some fun!  
**2nd Indoor Soccer & Programs Registration** Wed Aug 28th 6:30 pm  
**Final Indoor Soccer & Programs Registration** Sat Sept 7th 12pm

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

## Check out Carlisle's new app!

**To join CommuniBee:**

1. Download the CommuniBee app on your mobile device from either Apple/Google Play stores.
  2. Sign up/register in the app.
  3. Choose "Carlisle Community League" on the next page from the dropdown menu so that you are automatically added to the Carlisle Community App.
- Check out our website's fresh new look!**



## Hall Rental

**Members \$300 and Non-Members - \$350**

**Rental Inquiries Contact**  
**Hall Rental Director**  
**John Paul Potestio**  
**@ 780-993-3503**

## Community League Memberships

To purchase your community membership please contact Jolene at 780-819-0236.

## Fitness Classes

### CARDIO PILATES

Mondays and Wednesdays 7:00-8:00 pm  
*Starts September 9, 2019*

All levels welcome -- beginner to pro  
Prepaid registration is \$80 for 20 classes or \$10.00 for drop in.

### GYMNASTICS

Ages 5-12, Wed. 5:30-6:30 pm  
October 2, 2019

Prepaid registration is \$50 for 10 classes.

### \* NEW - LADIES ONLY CARDIO

### PILATES

Wednesdays 10:00-11:00 am

*September 11, 2019*

Prepaid registration is \$50 for 10 classes or \$10.00 for drop in.

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

For all of the programs, you will require a yearly membership from a community league within Edmonton or you can purchase a yearly membership from Carlisle Community League at a cost of \$25.00.

If you have any suggestions or questions about Programs, please call Diane Neiman, Program Director at 780-457-6239.

## Yoga Classes

For anyone who wants to stretch and learn basic yoga postures ending with relaxation. Beginners are welcome.  
Thursdays, New time is 7:00-08:00 pm  
Starts September 12, 2019

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

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Common signs of stress

In tough times we can be more vulnerable to stress, worry, anxiety and depression. It's important to take care of ourselves. Tough times don't last. Tough people do.

At some point in our lives we all face tough times and we can be impacted directly or indirectly by such things as financial pressures or unexpected problems like what many Alberta farmers are facing with crop or livestock issues.

Remember, it's normal to feel stress from time to time in everyday life. Everyone who goes through stressful events can be affected in some way. Sometimes these stress reactions may not appear for weeks or months following an event. It is important to watch for warning signs.

The warning signs of stress can be physical or emotional. Some people call this "storing" stress in the body (physical) or in the mind (emotional).

Common physical symptoms of stress include:

- Rapid heartbeat.
- Headache.
- Stiff neck and/or tight shoulders.
- Backache.
- Rapid breathing.
- Sweating and sweaty palms.
- Upset stomach, nausea, or diarrhea.

You also may notice signs of stress in your thinking, behaviour, or mood. You may:

- Become irritable and intolerant of even minor disturbances.
- Feel irritated or frustrated, lose your temper more often, and yell at others for no reason.
- Feel jumpy or exhausted all the time.
- Find it hard to concentrate or focus on tasks.
- Worry too much about insignificant things.
- Doubt your ability to do things.
- Imagine negative, worrisome, or terrifying scenes.
- Feel you are missing opportunities because you cannot act quickly.

It's important to recognize signs of stress and know how to cope. Stress relief is different for each person. For some ideas to see which ones work for you visit: My Health Alberta at [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca) and search managing stress.

If you are finding you are not coping well, contact Health Link at 811 to find help near you.

Sports and self-esteem

Youth learn the confidence to move

When kids play sports—whether in an organized lacrosse league or just kicking a ball around the park with friends—they benefit beyond building a stronger body. They're building stronger mental health as well.

Participating in sports has strong positive effects on self-esteem, concluded researchers at Carleton University who studied about 400 boys and girls in Grades 5 to 8.

"People participate in sports for different reasons, but ultimately it's all around making kids better, healthier people," says Lea Nor-

ris of Sport for Life, a non-profit that aims to improve the health of Canadians. "The self-confidence, mental health, ability to socialize—that sense of social belonging is huge—as well as leadership and resiliency—all those pieces fall into place when kids play sports."

Kids can pick from a wide range of sports—everything from fencing to rock climbing—but not every activity can fit their family. Finances, transportation and schedules can all be a barrier to children developing their physical skills.

"If you don't have that foundation of movement skills you may be less likely to have that confidence to move," Norris says. Just riding a bike or playing catch with family in the early elementary years can help your kids develop the motor skills—and feelings of competence—to help them play when they're older.

Developing those early movement skills is especially important for girls because they're more likely to quit a sport. "When girls start to drop out at 12, 13 or 14, it's really hard to get them back," says Norris. "You can offer

every type of activity possible in high school, but those girls have left. We want them to stay in long enough to get the benefits of sports."

You don't have to enroll your young girls and boys in tennis lessons or suit them up with expensive hockey equipment. "Get them out in a nonthreatening environment with their friends or the family to try something new," says Norris. Throw a Frisbee or a football around. Try playing tag or going for regular family bike rides.

"The important thing," she says, "is to move."



Emergency  
Medical  
Services

Heat Related  
Illness



With the return of summer weather, Alberta Health Services EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

Prevention

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.

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

## Online Continuing Care Facility Directory now live!



Albertans can now explore publicly funded continuing care facilities and learn more about them — online.

The new online continuing care facility directory has comprehensive information on all the province's 345 publicly funded continuing care facilities. This new online tool is designed to simplify the process of finding a care home when one is needed.

Directory information will be updated every six months. It includes but is not limited to:

How to contact a case manager regarding assessment for Designated Supportive Living or Long Term Care.

Facility address and contact information, as well as a map that can be used to locate

nearby facilities

- Photos of the facility
- The number of spaces and level of service provided
- Link to accommodation charges
- Link to accommodation standards audit results

- Accreditation status of the facility
- Resident and family council status
- Health Quality Council of Alberta survey results (food rating and global overall care rating)

- Available amenities
- Transportation options

Find the online directory at [ahs.ca/continuingcare](http://ahs.ca/continuingcare).

## Immunization protects against illness

Illnesses such as measles can be prevented through immunization. To find out more, go to [immunizealberta.ca](http://immunizealberta.ca).

It is important to know the facts about immunization in order to make the best decisions.

Immunization prompts our immune systems to produce disease-fighting antibodies, which is a natural function.

Immunization gives us the opportunity to build these antibodies before being exposed to disease, and without getting the actual disease.

If you and your child are exposed to a disease after being immunized, you will both be armed and able to fight it off, without getting sick. Without immunization, our bodies do not have the opportunity to build immunity to — or armour against — the disease.

Without the armour of immunization, you and your child are at risk of getting very sick.

All Albertans are advised to ensure they are up to date on their immunizations. For more information, call Health Link at 811, go to [immunizealberta.ca](http://immunizealberta.ca) or go to [myhealth.alberta.ca](http://myhealth.alberta.ca).

Given the recent rise in measles cases in North America, here are some quick facts:

- Immunization is very effective at protecting children and adults against infection and is the best way to reduce the risk of disease.

- The vaccine given most often to protect your child against measles is called MMR-Var vaccine. This vaccine protects against four diseases—measles, mumps, rubella

and varicella.

- The vaccine given most often to protect adults against measles is called MMR vaccine. This vaccine protects against three diseases — measles, mumps and rubella.

- Measles is an extremely contagious viral illness. It is easily spread through the air (by sneezing or coughing) and by direct contact with someone who is infected.

- Before widespread immunization, measles caused an estimated 2.6 million deaths each year worldwide.

- Today in developed nations like Canada, for every 1,000 people who get measles, one or two will die.

- There is no cure for measles.

- The risk that measles poses to you and your child's health is far greater than any risk related to being immunized.

- Do vaccines cause autism?

- No, vaccines do not cause autism. Research has found no link between vaccines and autism. You may have heard about Andrew Wakefield, a British surgeon who suggested a link between autism and vaccine.

What you may not have heard is that the research he published was found to be false, and Wakefield had his medical licence taken away because of this. In January 2010, Britain's statutory tribunal of the General Medical Council found Wakefield guilty of four counts of dishonesty and 12 counts involving the abuse of developmentally challenged children, as it pertained to his false research on autism.

Source: [Immunizealberta.ca](http://Immunizealberta.ca)

## Eating healthy during barbecue season



Did you know that barbecues can include healthy foods and still taste great? Here are some ideas to get you started:

**Meat:** Look for lean cuts of meat or poultry without skin. Choose fish and shellfish for variety. Season your meat, poultry or fish with your favourite herbs and spices without added salt.

**Meatless:** Try barbecued tofu—use firm or extra firm tofu and season with herbs and spices or try a marinade. Rub with oil or use a non-stick cooking spray to keep it from sticking to the grill. Grill for 6-7 minutes per side.

**Kabobs:** Cut up colourful vegetables such as bell peppers, onions, zucchini, mushrooms, and tomatoes and cook them on a kabob stick. Let everyone in the family make their own kabobs.

**Sides:** Bake potatoes or yams wrapped in

aluminum foil on the barbecue. This method also works well with corn on the cob.

**Salads:** Offer raw vegetables or green salad as a side dish with the meal. Mix low fat plain yogurt with ingredients such as lemon or lime juice, herbs and spices to make tasty dips and dressings. Add chickpeas, beans or lentils to salads to add variety and protein.

**Dessert:** Try grilled pineapple rings, plums or peaches with a little bit of low fat yogurt. Or, take advantage of ripe seasonal fruit such as berries and watermelon. Serve them cut up for everyone to enjoy.

**Drinks:** Make your own flavoured water using lemon or lime wedges, mint leaves or frozen berries.

For more tips and information, search “healthy eating” at [ahs.ca](http://ahs.ca).

Source: [ahs.ca](http://ahs.ca)

## Are you vaping, or do you know someone that is?



Vapes, or e-cigarettes, are battery-operated devices that have cartridges with liquid chemicals in them. Heat from a battery-powered atomizer turns the chemicals into an aerosol mist that is inhaled by the user (a process called vaping.)

Sometimes vaping devices are called vape pens, e-hookahs, mods, sub-ohms and tank systems.

Whatever you call it, vaping is dangerous. It can cause lung damage.

Vaping with nicotine can lead to addiction. It may also cause brain and behaviour problems in teens. It can negatively affect memory and concentration, too.

What is in vaping liquid?

Propylene glycol, a man-made product used in antifreeze and theatre fog, is a common ingredient in vaping liquids. Glycerin

and flavours with nicotine are also common.

Although these flavours may seem harmless, they may actually make the products more harmful. The long-term effects of inhaling these substances is not yet known.

Metals such as nickel, cadmium and mercury have been found in vaping liquids.

Tests have also found that most vaping liquids have nicotine in them, even though they may be labelled and sold as “nicotine-free.” Nicotine is poisonous, especially to young children or pets, if swallowed or absorbed through the skin.

If you need help quitting:

Alberta Health Services gives support and information for people interested in quitting vaping or other forms of smoking. Call or text AlbertaQuits at 1-866-710-QUIT (7848) or visit [www.albertaquits.ca](http://www.albertaquits.ca).


Splash safely  
this summer



Summer and water go together like peanut butter and jam—how can you have one without the other?

Summers in Canada are earmarked for outdoor fun, such as swimming, boating and other water-related activities. As pleasurable as water can be, it has some serious risks. Here’s how you and your family can reduce them.

**Pool safety:**  
Teach your child to swim. Always closely supervise children when they’re in and near water.  
Have adequate barriers around backyard




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**Dental Implants**



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pools to keep everyone safe and secure.  
**Open water safety:**  
 Teach children to swim parallel to shore if caught in a water current.  
 Never allow children to swim in a lake if an adult is not present; be within arms’ reach at all times.  
 Never let small children swim in rivers or

other fast-moving water.  
**Boating safety:**  
 Life jackets are mandatory for all children and adults in Alberta while on a boat.  
 Blow-up water rafts, mattresses or other devices are not safe replacements for a life jacket.  
 Make sure your life-jackets are the right

sizes for you and your children.  
**Diving safety:**  
 Diving headfirst into the water is not safe for children or adults without proper training and confirming water depths.  
 Enter backyard pools, lakes and other bodies of water with unknown depths gradually and feet-first.



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Sunday	10 A.M. - 6 P.M.





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**WARD 2**

# COMMUNITY FUN DAY

**Saturday, September 7<sup>th</sup>**

*Join us at Grand Trunk Field from 11am-2pm for food and fun with neighbours! BBQ and snacks will be provided. Everyone welcome!*

Follow us on Facebook at [f/bevesslingerward2](https://www.facebook.com/bevesslingerward2) for more details or call 780-496-8136



**A GROWN-UP FIELD TRIP**

**\$40 PER TICKET**

- ONE LOWER BOWL TICKET TO AN EDMONTON ESKIMOS HOME GAME IN THE BP PARTY ZONE
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Must be legal drinking age. Ask your server for more details.

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# "MEAT" AND GREET END OF SUMMER BBQ

**DATE:** Saturday, August 17<sup>th</sup>  
**TIME:** 11 AM to 2 PM  
**LOCATION:** Castle Downs Park  
11520 – 153 Avenue  
Edmonton, AB




20 PERRON STREET, SUITE 220  
ST. ALBERT, ALBERTA T8N 1E4  
MICHAEL.COOPER@PARL.GC.CA  
MICHAELCOOPERMP.CA  
780-459-0809



## LCDS Preschool & Kindergarten

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**Taking registrations for the 2019/20 school year!**

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- ✓ Great parking, easy access
- ✓ Non-denominational





**For More Information or to Register**  
780-473-7216 or [www.lcdskids.com](http://www.lcdskids.com)

# 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	Heide Morden	<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	Drake Farmer	<a href="mailto:communications@cocl.org">communications@cocl.org</a>
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	Laurie Lachine	
Soccer Director	Dan Poon	<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	<a href="mailto:programs@cocl.org">programs@cocl.org</a>
Social Media/Website	Drake Farmer	<a href="mailto:communications@cocl.org">communications@cocl.org</a>
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.

## Changing Our Communities, One Block Party At A Time

As a mother of two young boys, community is very important to me. Community in every sense of the word. I love seeing our sons connect and have fun with other children in our neighborhood. Events such as block parties create a welcoming, comfortable and safe environment in our communities for children and adults alike.

Last fall, I had the pleasure of co-hosting our communities first ever block party. Block parties can be what you want to make it, a potluck, a bbq, just a get together with games or a large event with a bouncy castle. Ours was a bbq. We delivered invites about a month ahead of the event. We also requested \$10 per family to help cover costs. Neighbors RSVP'd via email and we got permission from the families who were affected by the block off on the street. Organizing the event was straightforward; we got permission, a permit, organized for the roadblocks, bought some hot dogs, drinks and snacks and planned a few activities for the kids. Not only did the kids have a blast playing and connecting with their peers, but the adults did too.

Good company and good conversation drove our block party well into the evening.



There is nothing quite like seeing your neighbors come together and become friends. We received only positive feedback from our event, everyone loved it and they are looking forward to the next one!

Want to get to know your neighbors? Want to feel safe and secure in your own neighborhood? Want a sense of community within your community? Want to kick back and have some fun? Host a block party, your neighbors will thank you. - Lynn Jongsma

For more information on leading a block party and resources available head to [https://www.edmonton.ca/residential\\_neighbourhoods/neighbourhoods/block-parties](https://www.edmonton.ca/residential_neighbourhoods/neighbourhoods/block-parties)

## Haunted Forest Committee needed!

Our community league has run one of the best city events for 16 years in a row. The Haunted Forest has brought hundreds of people from all ages to come out every October 31 to enjoy the experience. Many who come do not even live nearby, but it's worth the trip.

Now the community league wants to help build a committee to run the event to make sure this event runs smoothly for many more years to come! Without the formation of this committee, the haunted forest will not be a possibility.

This committee will be independent of the community league and in charge of organizing and running the event on Halloween October

31st; but would have access to any resources the league may have.

Resources like tables, Halloween decorations, some financial aid and free advertising on community league outlets.

If you are interested in any way to be a part of this committee please shoot a quick e-mail [hauntedforest@cocl.org](mailto:hauntedforest@cocl.org)



## Are you looking to make 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.

We are currently looking to fill the Variety Show Director.

Find out more by emailing [president@cocl.org](mailto:president@cocl.org) for more information.

## Soccer Registration



Indoor soccer is coming up quick! Get all the information about soccer registration by heading to <http://cocl.org/Sports/Soccer>

## Cumberland Oxford Walking Paths



Cumberland Oxford has some amazing walking paths and great spaces to get outside. You can get a copy of our walking path map here online ([www.edmonton.ca/transportation/CumberlandOxfordWalkingMap](http://www.edmonton.ca/transportation/CumberlandOxfordWalkingMap)) or email [communications@cocl.org](mailto:communications@cocl.org) for a physical copy.

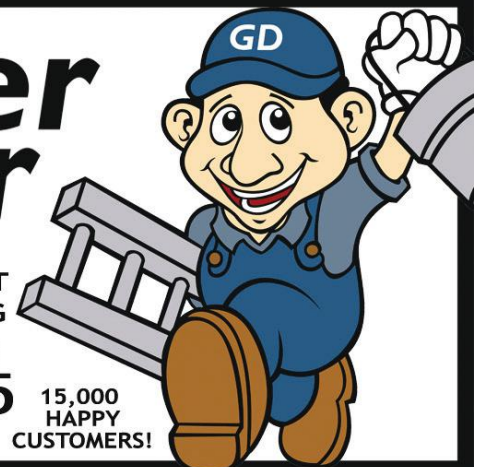
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# Dunluce News

## DUNLUCE EXECUTIVE

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

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)

## 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)



## 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!

## 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 President @ [president@dunlucecl.ca](mailto:president@dunlucecl.ca)  
Thank-you



## 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.**

## FITNESS CLASSES

Dunluce Community League has a  
**Fat Burning & Stomach Flattening WORKOUT**  
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

## Dunluce Community League

Fall 2019 INDOOR SOCCER &  
PROGRAM REGISTRATION

**Dunluce Community League will not be having a  
2019 Fall Registration.**

**For Programs and information contact the Program  
Director at: [programs@dunlucecl.ca](mailto:programs@dunlucecl.ca)**

**And for Soccer, you will have to go to the EMSA  
North Portal website to register.**

**<https://emsanorth.com/play/register/>**

**Thank-you**

# Lorelei-Beaumaris News

## Lorelei- Beaumaris Board of Director<sub>s</sub>

<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:cdrslbcl@gmail.com">cdrslbcl@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>Edmonton 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 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>



**DOWNLOAD OUR APP**



**AND BRING US WITH YOU!**

**CONNECT WITH US ONLINE!**

  **LBCL.CA**

Download on the App Store 



**FAMILY FUN DAY**

LORLEI-BEAUMARIS COMMUNITY LEAGUE

**SEPT. 22, 2PM-4PM**

## Soccer Corner



Congratulations to the Boys Delgado Team who earned gold this season in Provincials which took place in Calgary. Your hard work showed in your game.

We have an amazing group of coaches and volunteers we want to give thanks to for all you do each season to support tournaments such as these.

Are you looking to make an impact and have a love for soccer? As a new season

starts we will be looking for coaches.

If you are interested in coaching please contact our soccer director at [soccerlbcl@gmail.com](mailto:soccerlbcl@gmail.com). This rewarding experience runs from October to February with games on weekends.

Fall Soccer Registration Dates are coming up and we are excited to see you all for the indoor season! You can register online at [emasoccerportal.com](http://emasoccerportal.com) starting August 1st.

# 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

## Lorelei-Beaumaris Playschool



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

# 16220 103 St

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.



### 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)

# FREE DROP-IN SUMMER GREEN SHACK



Edmonton

LOCATION	DATES	DAYS	TIMES
Lorelei 16220 - 103 St	July 2 - August 22	Monday - Friday	10:00 AM - 6:00 PM

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play!

Neighbourhood Recreation would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.

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

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

# FREE DROP-IN SUMMER GREEN SHACK



Edmonton

LOCATION	DATES	DAYS	TIMES
Beaumaris 10210 - 155 Ave	July 2 - August 22	Monday - Friday	10:00 AM - 1:30 PM

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play!

Neighbourhood Recreation would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.

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

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

## Soccer Registration

6 PM - 8 PM

### DATES

**August 27**

Late Registration  
August 30th

Late Registration  
September 6th

## FAMILY FUN DAY

Lorelei-Beaumaris Community League  
Sept. 22, 2pm-4pm

# COME VISIT MY OFFICE

IF YOU NEED ANY  
ASSISTANCE WITH:

Provincial programs

Scrolls for special  
occasions

Notary



## Nicole Goehring



MLA for Edmonton - Castle Downs

780-414-0705

edmonton.castledowns@assembly.ab.ca

12120 - 161 Avenue, Edmonton, AB T5X 5M8



# WHATS UP AT DYNAMYX GYMNASTICS



## OPEN HOUSE

SEPT 7TH

- Bottle Drive
- Garage Sale - table rental
- Clothing/Household Donations
- Glitter Tattoo
- BBQ
- FREE Drop-in

# DGC

Dynamyx  
GYMNASTICS CLUB

780-458-3153

## FALL GYMNASTICS CLASSES

- Parent & Tot - up to 3 yrs
- Tumblebugs - 3 to 5 yrs
- Recreation - 6 & up
- Special Needs/Inclusion



## SUMMER CAMPS

- Half Day AM & PM
- FULL DAY CAMPS
- SKILL BUILDING CAMPS
- Before & after care
- Try our daily option!
- SPOTS STILL AVAILABLE!

## BIRTHDAY PARTIES

- Saturday & Sundays
- Only \$169
- 1 hour floor & 1 hour room rental
- glitter tattoo kits available for \$35

## SPECIAL EVENTS

- Halloween Event - Oct 27
- Kids Night Out
  - Sept 28
  - Nov 23
  - Dec 14
- Christmas/Winter Camps

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

# Edmonton Strikers Soccer Club



## Come play with us!

See [edmontonstrikers.com](http://edmontonstrikers.com) for early  
September assessment dates!

# Join the Air Cadets

Have fun  
Make friends



## 504 Blatchford Field

Royal Canadian Air Cadet Squadron

**FREE! Youth ages 12 -18**

- Camping • Flying • Sports
- Music • Trips
- Summer programs

Wednesday Evenings

6:30 to 9:30 p.m.

Kingsway Hangar

11410 - Kingsway Ave

[504rcacs.ca](http://504rcacs.ca)



Royal Canadian  
Air Cadets

Get by with a little help from your friends

Your social circle can add health and happiness to your life

Good friends influence our lives, shaping how we feel, think and act. They know our dreams and fears. They cheered when we won that school race and rallied when we lost a high school sweetheart. They toasted our first promotion and flew back for our wedding.

It's our friends—the ones we turn to when we need a favour, a shoulder to lean on, some advice or well-earned praise—who benefit our health the most. Caring friends not only help us cope better emotionally, but evidence shows these strong bonds help us manage anxiety or grief by lowering our blood pressure and heart rate and decreasing the stress hormone cortisol.

Janet Halberg, who moved several times because of her husband's job, learned how to meet people and make friends. "It's not easy putting yourself out there, but you have to remember that you're not the only one (looking)."

As a gardener and self-described dog person, Halberg always found a local gardening group or dog club to join. She also volunteered for various groups and made a point of meeting her neighbours. After her divorce at 55, Halberg joined a gym, took up golf and began playing bridge with colleagues from work.

Beyond personal interests, your community centre, local library, place of worship or favourite charity are other places to meet people. There is no prescribed quota on friends. Some prefer one or two close friends to confide in, while others enjoy more casual connections with a diverse group of friends.

Making friends may seem daunting, but those new friendships could be a source of health and happiness for decades to come.




Ask Charles

I saw a house for sale, and I want to check it out—will I have to sign a contract to get a real estate professional to show me the house?

The short answer is no. If you see a house for sale and you simply want a real estate professional to show you that house, you're not required to sign a contract.

Simply viewing a home with a real estate professional doesn't trigger a regulatory requirement to sign a contract with that real estate professional. However, if you start sharing confidential information such as your motivation for buying or your financial qualification, the real estate professional has a responsibility to clarify your working relationship, at which point they are going to provide you with some documents to review.

In the process of clarifying your working relationship, the first document a real estate professional should present to you is the Consumer Relationships Guide. The Consumer Relationships Guide is a mandatory document for real estate professionals when they begin working with a buyer or seller of residential real estate. It explains the different



# Window & Balcony Safety

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

### Windows and screens

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

### Balconies

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

### Further prevention tips

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

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

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

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

types of working relationships between real estate professionals and consumers.

The Consumer Relationships Guide is not a contract. It does not commit you to a specific ongoing working relationship with your real estate professional, but it is an essential information piece for consumers to understand what working with a licensed real estate professional entails. Among other things, it discusses responsibilities and obligations.

The Consumer Relationships Guide contains an acknowledgement that consumers

have to sign indicating they've read the Guide, understand it, and have been provided with an opportunity to ask the real estate professional questions about it. Consumers need to review and sign the Guide before entering into any contract with a real estate professional.

Some real estate professionals may actually present the Consumer Relationships Guide and request that you sign the acknowledgement even before showing you a single property, but that specific practice is not a requirement.

"Ask Charles" is a question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), [www.reca.ca](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).



# Mosaic

Home Services Ltd.



## Introducing Mosaic Home Services Group of Companies

At Mosaic, our primary goal is to provide an exceptional customer experience through expert installation, service, & professional behaviour from each of our diverse brands, to beautify your home and office.

### We Make It Right

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