


# CASTLE NEWS

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

November 2019



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



Castle Downs Recreation Society Fundraiser

## 35th Annual CASTLE DOWNS VARIETY SHOW

"GOT YOUR NUMBER"

Fridays \$10  
Saturdays \$15

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

**Caernarvon Community Hall**  
14830-118 St. Edmonton

**2019 Show Dates:**

October 18, 19, 25, 26 November 1, 2, 8, 9, 15, 16

**35<sup>th</sup> Anniversary Friday Night**

**Ticket Special: Only \$10**

**Saturday Night Tickets: \$15**

**Ticket Sales at Caernarvon Community Hall**

**Sunday Nights: 7-9 PM**

**Reserved seating for groups of 8+. Outside food encouraged!**

**No outside beverages allowed. Doors @ 6:30 Show @ 8:00 pm**

**This is a no smoking venue**

**Adult Entertainment 18+ only**

**BOX OFFICE: (780) 406-9070**  
[varietyshow@castledowns.ca](mailto:varietyshow@castledowns.ca)



*Share the Love*



*Donate Your Used  
Skating Equipment*



780-686-4415

## Glow Stick Walk



Join us on November 2 from 6:00-8:30pm for a glow stick walk around Beaumaris Lake! Meet up behind the Castle Downs Library for hot chocolate and a snack before the trek. Free for everyone.

**Holiday Card Making with Kelly**  
**2:00pm Saturday, November 30th**  
**Adults \$25 per person**

**Kit makes 5 Cards**  
**Space is Limited**

**Deadline to Register**  
**November 15th**

**Call Kelly @**  
**780-940-0019**



**Dunluce Community  
League**



## 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  
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 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 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.

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! Recently renovated and located between St. Charles Elementary School and Baturyn Elementary School, Baturyn Community Hall features a full commercial kitchen, separate bar, covered back patio with large BBQ, fire pit, and 2 boarded sports fields within a fully enclosed back area. 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: 250 (with small dance floor – due to fire regulations)
- Hall Size: 55ft x 65ft
- Tables: 40 rectangular tables (seats 8)
- Chairs: 250
- Wheel Chair Accessible
- Plenty of Parking
- Public address audio system
- Video projector (for additional fee)
- Industrial Kitchen Appliances – Gas Stove, Walk In Fridge, Microwave, Freezer
- Large Kitchen Preparation Space
- Separate Bar with 2 door fridge & freezer
- Large Dance Floor
- Air Conditioning
- Small single rider stage (8" high)
- Covered back patio
- Enclosed rear area

### Hall Rental Rates

Extra Hours	\$50/hr
Saturday 10:00 am – Sunday 10:00 am	\$550
Sunday 11:00 am – 5:00 pm	\$200
Sunday 11:00 am – 5:00 pm (Long Weekend Rate)	\$325
Friday 6:00 pm – Sunday 10:00 am	\$650
Saturday 10:00 am – Sunday 5:00 pm	\$700
Friday 6:00 pm – Sunday 5:00 pm	\$775
Damage Deposit	\$500
Video Projector Rental Fee	\$200

### Notes & Exceptions:

- Damage Deposit and final rental payment are required before hall is released to your event.
- Parking is constrained in the area and the parking lot is not available until after 5:00pm during the school year.
- No hourly rates on weekends.
- All rentals require a signed contract.
- All rentals require the acquisition of Special Event Liability Insurance.
- Liquor license is required for all rentals that serve alcohol.

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

## Baturyn Community Playschool

### Still accepting registrations for the 2019-2020 school year!

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  
 PM class ONLY – 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 [aturynplayschooledmonton.weebly.com](http://aturynplayschooledmonton.weebly.com)



## 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

## Bingo Volunteers Needed

Baturyn Community League is looking for bingo volunteers! All our bingos are held at the Kensington Bingo Hall (12538 132 Ave) and volunteers are needed on the following dates from approximately 4:45 PM -9:30 PM. Please help us with this fundraising opportunity; what's good for your community is good for you!

Friday Dec 6  
Sunday Jan 12  
Friday Feb 14

## New Year's Eve Party

Baturyn Community League once again hosting its 3rd annual Family Friendly New Year's Eve Party. Including dinner, music, prizes and FIREWORKS at 8pm. (The fireworks have been quite impressive in past years!) Watch Baturyn.ca and Facebook for ticket information.

## 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

## Fall Green Shack in Baturyn

City of Edmonton's Fall Green Shack will be operating at Baturyn Park from Nov 9 to Dec 6th. Join us on Tuesdays and Wednesdays from 3:30-6pm and Saturdays from 1-5pm to get active and experience crafts,

games, outdoor cooking and more! This program is targeted for children ages 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.

## Beginner Line Dance Class (no experience required)

Thursdays 7-8:30pm

LINE DANCING – A FUN WAY TO STAY FIT AND HEALTHY

Line dancing is a great mind-body workout! It is not just a physical activity, but it also keeps our brain active as we have to remember the dance steps and sequence. It tones our entire body and improves posture and balance. It also builds self-confidence. The best part of line dancing is you can dance Cha-Cha,

Rumba, Jive, Samba, Bachata, Waltz, Country Western and Tango without a partner. A great way to socialize and make new friends! If you are looking for a fun way to stay fit and healthy, it might be time to kick up your heels! Beginner classes are held on Thursdays from 7:00 to 8:30 pm, and runs from Oct to the first week of December

Fee: \$25 per month, contact programs@baturyn.ca for more details or to register.

## Baturyn Ice Rinks and Skate Tags

As soon as the weather permits, volunteers in the community will be starting to flood our Baturyn Community Rinks for the 2019/20 season! This year skating will be free of charge for all community residents.

If you already have a community league membership but need your skate tags as proof of payment for skating at other community league rinks, tags will be available prior to the BCL board meetings on the first Monday of the coming months.



# CASTLEDOWNS Dental Centre

**Dr. Tarek Tarchichi**  
[www.castledowns dentalcentre.com](http://www.castledowns dentalcentre.com)  
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- 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:

A GROWN-UP  
FIELD TRIP

**\$40  
PER  
TICKET**

- ONE LOWER BOWL TICKET TO AN EDMONTON ESKIMOS HOME GAME IN THE BP PARTY ZONE
- TRANSPORTATION TO AND FROM THE BRICK FIELD AT COMMONWEALTH STADIUM FROM BP
- A DOMESTIC BEVERAGE

**+ AN OPPORTUNITY TO PLAY BP SHUFFLE!**

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

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



# Caernarvon News

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

President	Jennifer Schell	<a href="mailto:president@caernarvon.ca">president@caernarvon.ca</a>
Vice President	Jason Desnoyers	
Treasurer	Teena Burrell	<a href="mailto:treasurer@caernarvon.ca">treasurer@caernarvon.ca</a>
Secretary	Kati Hutt	
Bingo	Lynne Hellyer	
Casino	Amanda Evans	<a href="mailto:casino@caernarvon.ca">casino@caernarvon.ca</a>
CDRS	Danny Burrell	
	Jennifer Schell	
Communications	Rochelle Harasimov	
Equipment	D'Arcy Sommer	
	Giovanni Borrelli	
	Sandy Reda	
Hall Maintenance	Ahmet Kaplan	
Soccer	Jason Desnoyers	<a href="mailto:soccer@caernarvon.ca">soccer@caernarvon.ca</a>
Social/Programs	Kati Hutt	<a href="mailto:social@caernarvon.ca">social@caernarvon.ca</a>
Signs	Kody Overacker	
Hall Rental	Danny Burrell	
Hall Rental Rep	Lynne Hellyer	<a href="mailto:rentals@caernarvon.ca">rentals@caernarvon.ca</a>
Membership	Amanda Meyers	
Variety Show (2)	VACANT	

## 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.

## President's Message

Around thirty years ago, Caernarvon Community League identified a need within the community and built a rink. Over the years, various community members have gathered together to tend that rink (and even build a second one), and over those same years, the rink held its ice faithfully and helped Caernarvonians skate, learn, and grow.

Time is a harsh companion, and our rink has suffered from its passage, and to be sure, neglect. I am very proud that our executive decided that it was time to show our rink some love. On September 28, a terrific group of volunteers got together and, despite the cold temperature and a short snow storm, dismantled the players boxes, replaced rotten boards, power washed, and even removed the small forest from our batting cage. We also had the privilege of meeting Garth and Maria Jacko. Garth is a community mem-

ber who saw our sign asking for community help, and was overjoyed to join us in repairing and restoring the rink that his father, John Jacko, helped to build ... around thirty years ago.

Looking forward, we are not able to repaint the rink this fall as the temperatures are dropping too low at night for paint to cure properly. We will repaint in the spring. While there are some small repairs to finish, the rink looks better now than it has in years, and it will safely hold ice and skaters this season.

A HUGE shout out to Danny and Teena Burrell; Jason, Lindsay, Jeremy, and Hailey Desnoyers; Rochelle, Drake, and Tavin Harasimov; Muhammad Khayal; Sid Sadik; Kati and Charlotte Hutt; Lynne, Jordan, Gabriel, Owen, and Lilliana Hellyer; Alain Rouleau, and Garth Jacko. We did a very good thing - thank you, thank you, thank you!

## Join us Online

Caernarvon is excited to announce that we are now using the CommuniBee App. Download CommuniBee from your App store, select Caernarvon as your league and join your community online. Details about upcoming events

will be posted on the App, and soon you will be able to purchase your membership there too. For those who prefer to surf the web, our new website will be up and running within the next few weeks at [www.caernarvon.ca](http://www.caernarvon.ca).

## Ice Maker/Rink Attendant Needed



Caernarvon will have one ice rink this year. We need someone to make and maintain the ice, and be our rink attendant. A rink attendant MUST either have suitable experience making ice, or be able to attend an ice making workshop run by the City on November 14 from 6-9pm. The rink attendant is expected to open the rink 2-3 days per week, and at least 1 day over the weekend, when conditions allow. This is a paid position. Please email [president@caernarvon.ca](mailto:president@caernarvon.ca) with your experience and contact information.

## 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.

## Breakfast with Santa



Caernarvon will be hosting Breakfast with Santa on December 8 from 8:00-11:00am. Come for a yoghurt and cereal buffet, activities for the whole family, and photo opportunities with Santa. Free with a community league membership, \$5 per person for non members.

## 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."

## 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
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	Moira Hennigar	780-616-3898 <a href="mailto:m.hennigar@hotmail.com">m.hennigar@hotmail.com</a>



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## Hall Rental



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

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

## YOGA CLASSES



For anyone who wants to stretch and learn basic yoga postures ending with relaxation. Beginners are welcome.  
Thursdays, 7:00-08:00 pm  
Prepaid registration is \$40.00 for 10 classes or \$10.00 for drop in.  
For more information, please contact Yvonne at (780) 297-3147. YAA Certified Instructor

## ZUMBA CLASSES

Zumba classes coming to Carlisle soon.  
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.

## GYMNASTICS

Ages 5-12, Wednesdays, 5:30-6:30 pm  
Prepaid registration is \$50 for 10 classes.  
For more information, please contact Zuzana at (780) 914-1775.

## WEISS-JOHNSON

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To receive the 12-year Parts Limited Warranty, online registration must be completed within 60 days of installation. Online registration is not required in California or Quebec.

\*\*conditions may apply





## LCDS Preschool & Kindergarten

13931-140 St. (By Leon's)

Is your child 3, 4,  
or 5 years old?

Taking registrations  
for the 2019/20  
school year!

Afternoon spots still  
available. Check our  
website for further  
information

- ✓ Spacious bright environment
- ✓ Friendly, experienced staff
- ✓ Classroom teacher holds a B.Ed. Degree
- ✓ All staff have appropriate certification and criminal record checks
- ✓ Choice of attendance days
- ✓ Regular field trips
- ✓ Class parties
- ✓ Mild speech & language services for children who qualify (deadlines apply)
- ✓ Great parking, easy access
- ✓ Non-denominational



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

## Lest We Forget

Ceremonies in our area

### NO STONE LEFT ALONE

Nov 4 1030AM Beechmount Cemetary

### LEGISLATURE OF ALBERTA

Nov 7 1030AM Legislative Rotunda

### NW EDMONTON SENIORS SOCIETY

Nov 11 1015AM NW Edmonton Seniors Centre

### GRIESBACH COMMUNITY LEAGUE

Nov 11 1030AM Patricia Park

**Nicole  
Goehring**



**MLA for Edmonton - Castle Downs**

Her Majesty's Loyal Opposition Liaison to the Canadian Armed Forces

**780-414-0705**

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

12120 - 161 Avenue, Edmonton, AB T5X 5M8

Deepen your spiritual life, join us  
on our upcoming pilgrimages!



**PILGRIMAGE TO OUR LADY OF GUADALUPE  
& MEXICO SHRINES**

NOV. 9-14, 2019

w/ Arch. Em. Sylvain Lavoie, OMI & Fr. Susai Jesu, OMI



**MARIAN PILGRIMAGE TO FRANCE, SPAIN &  
PORTUGAL: Celebrate the Feast of**

*Our Lady of Fatima* MAY 4-16, 2020

w/ Father Jhac Diaz

**JOURNEY THROUGH THE LANDS OF THE BIBLE:**

**EGYPT, JORDAN, PALESTINE & ISRAEL**

JUNE 17-30, 2020 w/ Father Manoj Xalxo, OFM

**EXPLORE THE BIBLICAL LAND:**

**EGYPT, JORDAN PALESTINE & ISRAEL**

SEP. 4-17, 2020 w/ Father Nilo Macapinlac

**52nd INTERNATIONAL EUCHARISTIC CONGRESS**

Sept. 2020, Budapest, Hungary

**GERMANY & AUSTRIA + OBERAMMERGAU PASSION PLAY**

AUGUST 17-25, 2020 w/ Father Alvin Matias

**IMPERIAL EUROPE & OBERAMMERGAU PASSION PLAY**

Sept. 23-Oct. 1, 2020 w/ Fr. Nilo Macapinlac

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Full itinerary & price, go to:

[www.marianathatours.org](http://www.marianathatours.org)

Contact Maria : P 780-707-1683

[marianathatours@outlook.com](mailto:marianathatours@outlook.com)

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# Lest we forget

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Pet Stylist

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### Not your typical Dog Spa!

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For a unique, one of a kind experience for you and your pup book with Nails to Tails Dog Spa!

Book Early to get you Dog in for their Christmas Grooming!!




# Castledowns Dental

## General Dentistry

### Dr. Matthew G Ploboda D.D.S.

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Dental Implants



#202, 15961 - 97th Street NW

780-456-4441

November 2019

www.communityleagueneews.com

Castle News

7



# Cumberland/Oxford News

## Cumberland Oxford Community League

Executive Board		
Position	Name	Email
President	Justin Yerichuk	President@cocl.org
Vice President	Todd Boyer	VicePresident@cocl.org
Treasurer	Helena Zheng	Treasurer@cocl.org
Secretary	Christine Crowe	Secretary@cocl.org
Baseball Director	Michelle Innes	baseball@cocl.org
Bingo Director	Heide Morden	coclbingo@gmail.com
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	communications@cocl.org
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>	fundraising@cocl.org
Membership Director	Jeff Dep-tuck	membership@cocl.org
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	soccer@cocl.org
Soccer Director, Assistant	Tim Atlee	boys.soccer@cocl.org
Soccer Director, Assistant	Carol Cimino	
Social Director	Kismat Othman	programs@cocl.org
Social Media/Website	Drake Farmer	communications@cocl.org
Variety Show Director	Vanessa Latos	
Variety Show Director #2	<b>Vacant</b>	
Volunteer Director	Pam Ushkowski	volunteer@cocl.org
Volunteer Director	Lydia Chan-Kruska	

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

Website: [cocl.org](http://cocl.org);

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



## Looking to make a real difference in the community?



Consider joining the Community League board in one of our key roles. As a bonus, you receive COCL bucks to go towards various community activities.

Additional Variety Show Director – Every fall the Castledowns Recreational Society puts on a wonderful 5 weekend run of the “Variety Show – An Evening of Comedy”. 2 people from COCL are needed for the committee. They represent the COCL at the Variety Show organizational meetings, help plan the event and manage the parent volunteers during the event. This position is entitled to receive COCL Bucks as part of the compensation.

Bingo Director Assistant – COCL participates in an

average of one bingo a month. The Bingo Director and assistants manage the parent volunteers and work with the Bingo staff to ensure a smooth-running event. One Director/assistant is needed for each event. With multiple people filling this role the responsibilities can be shared equally. This position is entitled to receive COCL Bucks as part of the compensation.

Volunteer Director – This position coordinates our volunteers to make sure they are placed correctly. Usually, this person is available for the Registration events as that is when we sign up our volunteers. This position is entitled to receive COCL Bucks as part of the compensation.

## Healthy drinks during the holiday season

With Christmas, Hanukkah and other major holidays around the corner, many people think about the food celebrations that may come with it, but not the drink choices. Rethinking your drink can be helpful since what you drink doesn’t help you feel full. This makes it easy to consume extra sugar from drinks and not even notice.

### What is a healthy drink?

The 2019 Canada’s Food Guide includes healthy drinks. Water is encouraged as the “drink of choice” to keep you hydrated.

Other healthy drinks include unsweetened lower fat white milk, unsweetened fortified plant-based beverages such as soy beverage and almond beverage and unsweetened coffee and teas.

Choose black coffee, tea or herbal tea (with or without two-per-cent, one-per-cent or skim milk).

Instead of a sugary drink like pop or juice, add flavor to water with cucumber slices, cranberries, sliced oranges or other fruit.

If you choose to enjoy regular pop or fruit punch, cut back on the amount by alternating each sugary drink with water.

For hot chocolate, you can try adding less chocolate mix or mixing ½ hot chocolate with ½ coffee or ½ steamed milk. For eggnog, you can try ½ egg nog/ ½ lower fat milk

### Alcohol

If you choose to drink alcohol, remember alcohol adds extra calories to your diet, along with the potential for other health risks and harms. There are lower risk drinking guidelines for Canadians which if followed can reduce health risks:

## Get walking this winter!

If you’re looking to maintain an active lifestyle throughout the seasons take advantage of COCL’s community walking map. This beautiful, full colour fold-up map has a detailed layout of our neighbourhood with dozens of destination points ranging from shopping to parks. As well, there are several “community routes” that provide distances and approximate times for completing them. Don’t let the colder weather stop you from enjoying your community. Here are some fun facts about winter walking. On average, Edmonton has 325 days a year with some bright sunshine and is considered the third sunniest city in Canada. Walking outdoors in all that sunlight will help your body’s production of Vitamin D and physical activity can help to increase our body’s production of endorphins, which naturally makes us feel better!

While everyone seems to have a great memory about it being -40 for two months straight the facts are something quite different

The 1961-1990 average daily temp in January was -12.5.

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

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

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

40 below is more folklore than fact. It only takes about 20 minutes to walk 1.5 kilometers and your body will generate its own heat and burn calories. It takes about the same amount of time to heat up your car and defrost your windshield for that short drive to the local store! Some Tips:

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

Winter walking surface conditions can change daily and even by the hour! Walking poles or ski poles and slip-on studded winter grips for your



boots are the simplest way to ensure better footing! Ask at your local sports store and even some hardware and department stores now carry these items!

If you are interested in having your own COCL community map you can download an electronic copy from [www.edmonton.ca/transportation/cycling\\_walking/community-walking-maps.aspx](http://www.edmonton.ca/transportation/cycling_walking/community-walking-maps.aspx)

## We’re Looking For a New President



Cumberland Oxford Community League is looking for a new President to take effect at the next AGM in February 2020.

Duties include chairing monthly meetings, helping shape direction and priorities and overall management of the community league as well as representing the community at various functions and meetings as you are able.

No experience is necessary. You would be guided in your new position by a very experienced board who is there to help and support you. An overall desire and energy to improve our community is your biggest asset. If you would like more information please contact [president@cocl.org](mailto:president@cocl.org).

As a bonus, you receive COCL bucks to go towards various community activities.



# 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)**

## 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**

## BINGO DATES

Upcoming Bingos

If you have an upcoming Bingo please see dates below.

You will also be receiving a call as a reminder. If you have any questions or you have not received a registration bingo date, call:

Janice: 780-504-2773

Dates are as follows:

December 3rd 2019, Jan. 23rd & February 8th 2020

All Bingos are at Kensington Bingo Hall unless otherwise stated.

## Dunluce Playground

Did you know:

The current Dunluce community playground is over 20 years old

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

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

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

## Caernarvon Community Hall

14830-118 St. Edmonton

2019 Show Dates:

October 18, 19, 25, 26 November 1, 2, 8, 9, 15, 16

35th Anniversary Friday Night

Ticket Special: Only \$10

Saturday Night Tickets: \$15

Ticket Sales at Caernarvon Community Hall

Sunday Nights: 7-9 PM 14830-118

St. Edmonton

Reserved seating for groups of 8+. Outside food encouraged!

No outside beverages allowed. Doors @ 6:30 Show @ 8:00 pm

This is a no smoking venue

Adult Entertainment 18+ only

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

BOX OFFICE: (780) 406-9070



## 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!

## 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.

## FOLLOW US! LIKE US!

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

## 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





## Holiday Rustic Sign Night

7:00pm Saturday, November 30th  
Adults \$30 - 6 Designs to Choose from  
Space is Limited

Deadline to Register  
November 15th

Call Sabrina @  
780-232-1925



**Dunluce Community  
League**

## Family Friendly Holiday Rustic Signs

2:00pm Saturday, November 30th

Kids 10 & up \$15 - 5 Designs to Choose from  
Must be accompanied by an adult

Adults \$30 - 6 Designs to Choose from

Space is Limited

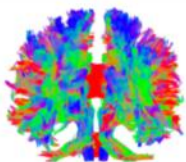
Deadline to Register  
November 15th



Call Sabrina @  
780-232-1925



**Dunluce Community  
League**



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

We are looking for **healthy kids** (ages **5-17**) 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**



## Dunluce Community Programs

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

Fall 2019, For more information or registration please phone,  
(780) 914-1775, or e-mail [zuzana.bado@gmail.com](mailto:zuzana.bado@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)



# Lorelei-Beaumaris News

## 2019-2020 Lorelei-Beaumaris Board of Directors

President	Oksana	<a href="mailto:presidentlbcl@gmail.com">presidentlbcl@gmail.com</a>
Vice President	Ali	<a href="mailto:vicepresidentlbcl@gmail.com">vicepresidentlbcl@gmail.com</a>
Secretary	Ashley	<a href="mailto:secylbcl@gmail.com">secylbcl@gmail.com</a>
General Manager	Maria	<a href="mailto:hallrentalslbcl@gmail.com">hallrentalslbcl@gmail.com</a>
Treasurer	Ghaida	<a href="mailto:treasurerlbcl@gmail.com">treasurerlbcl@gmail.com</a>
Ways and Means	Maja	<a href="mailto:waysmeans@gmail.com">waysmeans@gmail.com</a>
Gaming Directors	Jennifer O	<a href="mailto:bingolbcl@gmail.com">bingolbcl@gmail.com</a>
CDRS Representatives	Julia & Jen A	<a href="mailto:cdrslbcl@gmail.com">cdrslbcl@gmail.com</a>
Sports Director	Ghaida	<a href="mailto:sportslbcl@gmail.com">sportslbcl@gmail.com</a>
Variety Show	Evelyn & Jen D	<a href="mailto:varietyshowlbcl@gmail.com">varietyshowlbcl@gmail.com</a>
Memberships	Muna	<a href="mailto:memberships1bcl@gmail.com">memberships1bcl@gmail.com</a>
Communications & Website	Jen A	<a href="mailto:comm1bcl@gmail.com">comm1bcl@gmail.com</a>
Playschool Information	Cindy	<a href="mailto:loreleibeumarisplayschool@gmail.com">loreleibeumarisplayschool@gmail.com</a>
Community Safety	Jennifer O	<a href="mailto:communitysafetylbcl@gmail.com">communitysafetylbcl@gmail.com</a>
City of Edmonton Neighbourhood Resource Coordinator	Rochelle Diederichs	<a href="mailto:Rochelle.Diederichs@edmonton.ca">Rochelle.Diederichs@edmonton.ca</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)

## Update on Decorative Street Light Program for Lorelei Community

Residents of Lorelei community have received an Expression of Interest package containing estimated costs for the upgrades to decorative street lighting. The package includes a form with a yes or no indication for responses.

Please send your responses back to the city by November 20, 2019.

During November/December the will City validate the signatures and assess whether the Local Improvement will proceed.

If 50% +1 of the responses are in support (yes), the local improvement process will proceed.

If 50% +1 of the responses are not in support (no), the local improvement process will not proceed.

If less than 20% of property owners submit an EOI form by the deadline, it will be at the discretion of the City to initiate the process or not, based on previous public engagement feedback.

For more information and for the description for the entire process please go to the City website [https://www.edmonton.ca/transportation/on\\_your\\_streets/decorative-lighting.aspx](https://www.edmonton.ca/transportation/on_your_streets/decorative-lighting.aspx)

## Soccer Corner

Lorelei Beaumaris is proud to host 5 teams this soccer season. We would like to thank our dedicated and amazing coaches! We wish everyone yet another great and fun season!

U7 Boys: Leboeuf Johani, Wahib Ahmed

U9 Girls: Laycock Andrew, Chalmers Susan, Williams Rhawnie, Phillipson Blair

U13 Girls: Delgado Luis, Pawluski Veronica, Platero Mario, Delgado Oksana

U15 Boys (Delgado): Delgado Luis, Delgado Jose, Delgado Oksana

U15 Boys (Villeneuve): Villeneuve Anthony, Sinnokrot Rami, Bowen Glenda Go Tigers!

## LORELEI BEAUMARIS HALL RENTALS



16220 – 103rd Street

Lorelei-Beaumaris Community League one of the largest hall facilities in Castle Downs accommodating 280-448 guests. Offering a raised stage 13ft x 20ft, stage risers (to extend the stage to 20' X 8') and a multimedia system.

This hall comes with full commercial kitchen equipped with natural gas stove & ovens and a spacious wet-bar that includes a bar fridge and ice machine.

Air conditioning, pot lighting baby change tables in each washroom to make your event comfortable.

RENTAL RATES:

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

\$400 - Friday

\$600 - Saturday

\$350 - Sunday

\$50 - extended hourly rate / weekday hourly rate

\$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)

\$100 - 2 hrs of rink rental

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. \*\*

\* 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>

CONNECT WITH US ONLINE!

LBCL.CA

DOWNLOAD THE APP

AND BRING US WITH YOU!

GET IT ON Google play

Download on the App Store

**RINK HOURS**

TUESDAY 6-9 PM  
THURSDAY 6-9 PM  
SATURDAY 1-6 PM  
SUNDAY 1-5 PM

*Skate with Santa*

DECEMBER 14TH 2-4PM

Lorelei-Beaumaris Community League

## Beaumaris Lake Clean-up and Family Fun Day

We had a busy September 21 & 22nd weekend that would not have been possible without the support of our community.

September 21st we had over 130 people come out to clean up the park area around Beaumaris Lake. Clean-up members picked around rocks, bushes and reeds to get the small bits of garbage that had accumulated and were causing hazardous conditions to our local wildlife. Over 80 lbs of garbage were collected in the short 3 hour period.

This would not be possible without groups like WildNorth and Shoreline cleanup in our

community working to make this place home for us. We would also like to send a special thank you to Jon Dziadyk and Members of the Station 17 Fire Department for coming out.

September 22nd many families joined us at the hall for a day of fun with a bouncy castle, miniature golf, a magic show and a balloon fairy. The event was loved by all and would not have been possible without the help of our sponsors Elsafadi Supermarket and Skuba Dental. We would

also like to thank our MLA Nicole

Goehring and our city councillor Jon Dziadyk for coming out to help us celebrate the day.





# THE Sky's THE Limit



Just like the great aviator it was named after, Cy Becker expands the horizon and creates possibilities. With extensive green space, ample amenities and access to both the Clareview LRT Station and Anthony Henday Drive, Cy Becker lets you live **life in motion**.

[CYBECKER.COM](http://CYBECKER.COM)

**QUALICO**<sup>®</sup>  
communities

**SAVE UP TO \$8,000 NOW!** \* See Showhomes for details.  
Some restrictions apply.