

CASTLE NEWS

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

October 2019



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

Saturday Morning Cartoons and All You Can Eat Cereal

Saturday Oct 5th

Join us at the Baturyn Community League Hall from 9:00 AM to 11:00 AM on Saturday Oct 5th to watch classic cartoons.

A variety of cereal and milk will be available,

all you can eat at \$5/person or \$15/family. Come in your pajamas and bring blankets and pillows or whatever you would like to feel comfortable! Please watch Baturyn's Facebook page for additional event details.

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"Get the service you deserve"

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

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



Castledowns Dental

General Dentistry

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#202, 15961 - 97th Street NW

780-456-4441

This is a no smoking venue
Adult Entertainment 18+ only
varietyshow@castledowns.ca
BOX OFFICE: (780) 406-9070a

Dunluce Family Halloween Dance
Saturday, October 26, 2019

Doors open at 5:30 p.m., Supper 6 p.m.
Costume parade and dance 7 – 11pm
Dunluce Community Hall, 11620 – 162 Avenue

TICKETS Before October 15th = \$7.00/ person. After October 15th \$10/person. (under 12 months free).

Licensed cash bar and kids candy concession.

Call Lorna at 780-456-4596

*Advance tickets only, NO tickets available at the door

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

**Absolutely no outside food or drinks allowed



Community League Board Contacts

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

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

Board Meetings are generally held on the 1st Monday of the Month at 7pm
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! 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@baturyn.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
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/BaturynCommunityPlayschool](https://www.facebook.com/BaturynCommunityPlayschool)

For more information, please visit our website at baturynplayschooledmonton.weebly.com

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 1st to August 31st.

Membership Fees:

Family \$25.00

Single (16+) \$25.00

Senior (55+) \$10.00

(\$5 service fee applies to purchases made through efcl.org or Servus Credit Union)

Membership Benefits:

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

Halloween Tween Dance – Friday Nov 1st

Bring your kids ages 6-12 years old to a supervised tween dance on Friday, Nov. 1st, 2019 from 7:00 PM to 10:00 PM.*

Music, concession, dancing and fun! \$5.00 admission per child and parents/guardians are required to sign their child in and out. Volunteers needed, please contact programs@baturyn.ca to help run this highly anticipated event.

*Details to be confirmed via Facebook and community signs

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

Baturyn Ice Rinks and Skate Tags

The Baturyn Community Rinks are planned to be flooded again for the 2019/20 season! Volunteers to help maintain and supervise ice time are always appreciated, please email vicepresident@baturyn.ca if you're interested.

Skating is free with community league membership skate tags, or \$2 for drop-in.

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

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!

Saturday Nov 16
Friday Dec 6
Sunday Jan 12
Friday Feb 14

Beginner Line Dance Class (no experience required) – Thursdays 7-8:15pm

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 8:15 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.

FIND US ONLINE!

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



www.baturyn.ca



www.facebook.com/
BaturynCommunityLeague



Baturyn_Community_League



#BCLYEG

CASTLEDOWNS Dental Centre

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www.castledownsdentalcentre.com

780-456-2990

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

We are closed on Sunday & Public Holidays

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- Root Canal Treatment
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- Wisdom Tooth Extractions
- Partial Dentures
- Dental Implants
- Sedation
- Crown & Bridges
- Veneers
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or book online at weiss-johnson.com

*conditions may apply

Caernarvon News

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

President	Jennifer Schell	president@caernarvon.ca
Vice President	Jason Desnoyers	
Treasurer	Teena Burrell	treasurer@caernarvon.ca
Secretary	Kati Hutt	
Bingo	Lynne Hellyer	
Casino	Amanda Evans	casino@caernarvon.ca
CDRS	Danny Burrell	
	Jennifer Schell	
Communications	Rochelle Harasimov	
Equipment	D'Arcy Sommer	
	Giovanni Borrelli	
	Sandy Reda	
Hall Maintenance	Ahmet Kaplan	
Soccer	Jason Desnoyers	soccer@caernarvon.ca
Social/Programs	Kati Hutt	social@caernarvon.ca
Signs	Kody Overacker	
Hall Rental	Danny Burrell	
Hall Rental Rep	Lynne Hellyer	rentals@caernarvon.ca
Membership	VACANT	
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,



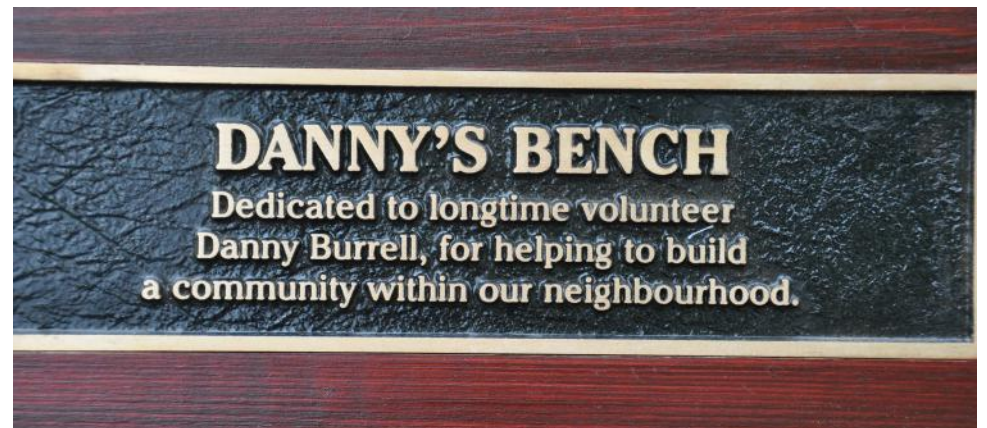
Dishes Rental \$100 (plates, cutlery, glassware, some small wares)

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 if you have questions or would like an appointment to view the facilities.

President's Message



We hope that everyone had a good summer – such that it was. Your league is back to work making life in Caernarvon that much better. In fact, some of us never stopped. Many thanks to Soccer Director Jason Desnoyers who spent countless hours over the summer working to improve the soccer program in the northwest, and to Teena Burrell and Amanda Evans for your help during registrations. Caernarvon will be fielding one team this indoor season, and we are contributing many players to other leagues.

Our Skating Rink needs your help! If our community wants to have ice this year, we need to show our rink some love. On September 28 from noon-4pm, we will be gathering at the hall to fix and paint our boards, and tackle the small forest that has been growing in the rinks so that we can make ice. Caernarvon League will provide the supplies and a barbeque, please come and give us a hand! If you've missed having a rink in your community, come help us make it possible for this year. Weather permitting.

Our online presence is expanding! Caernarvon is excited to announce that we have joined in with 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, we are also building a new website that will be up and running in the next few months.

Caernarvon Community League has a his-



tory of outstanding volunteerism, and recently, we were given the opportunity to honour one of our own. We welcome anyone in the vicinity of Caernarvon Hall to visit and rest a while on "Danny's Bench" which is located beside the walkway leading up to our Hall. Dedicated to long-time volunteer Danny Burrell, who has been a member of the Caernarvon executive for over 20 years and continues to donate his time to us. We are thrilled to have this chance to say thank you, thank you, thank you! Caernarvon is grateful to Councilor Bev Esslinger and the City Council Parks Amenity Program for making this possible.

We do still have a few vacant positions on our Board, including Membership and two Variety Show Representatives. Please send an email to president@caernarvon.ca if you would like to join us. Your commitment involves attending one Board meeting per month, and some time spent doing the work required by your position (usually not more than a few hours per month).

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."

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	carlisesoccerdirector@gmail.com
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 m.hennigar@hotmail.com

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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*Some conditions and restrictions apply.

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Hall Rental



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

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

FITNESS CLASSES



FAT BURNING & STOMACH FLATTENING WORKOUT

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.

For more information, call Zuzana at
(780) 914-1775. AFLCA Certified In-
structor

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

Prepaid registration is \$50 for 10 classes.
For more information and registration,
please contact Zuzana at (780) 914-1775

NEW - LADIES ONLY FITNESS

Wednesdays 10:00-11:00 am Prepaid reg-
istration 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 pur-
chase 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.

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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

Enjoy a meatless meal



Looking for vegetarian or vegan protein choices for your next meal? Instead of meat, you can use beans, lentils, tofu, eggs, nuts or seed butter to make delicious, healthy dishes. Meatless meals are excellent for anyone, not just people who avoid meat for religious or cultural reasons.

● Six simple ways to update some popular recipes:

- Replace the meat in chili, casseroles, stews and soups with beans, lentils or tofu.
- Use lentils or black beans in tacos or quesadillas.
- Top salads with beans or a hard-boiled

egg.

- Add tofu to a vegetable stir-fry.
- Puree cooked black beans, white beans or chickpeas. Then add herbs and spices to make a fast and easy dip or sandwich spread.
- Use nut, seed or soybean butters. Add them to dips, smoothies or spread them thinly on breads or crackers for a snack or quick protein boost.

For recipes using meat alternatives or to find out more, go to healthyeatingstartshere.ca.

To find out more about vegetarian diets or alternatives to meats, ask your healthcare professional to be referred to a dietitian.



GREG SPRINGATE

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in St. Albert - Edmonton



Greg is a Chartered Professional Accountant who is ready to work for the people of St. Albert - Edmonton.

With degrees from UBC and Simon Fraser University, as well as years of business experience, Greg will put his skills and experience to work for you. He has worked for the Auditor General of Canada, and in Oil & Gas on Canada's East coast. Currently, Greg works as an Assistant Professor at MacEwan University, mentoring the business leaders of tomorrow.

Greg understands what it takes to grow the economy. He will listen to you. He will fight to ensure we have a government that invests in Albertans, and the social programs that Albertans appreciate, while ensuring good financial management.

A longtime Rotarian, Greg embraces its motto of "Service above Self." He lives in Edmonton with his wife and their dog, Happy.

St. Albert - Edmonton needs a strong, local voice at the table: Greg will ensure your voice is heard in Ottawa.

On October 21st, vote: **[X] Greg Springate**

Authorized by the official agent for Greg Springate

Alzheimer's Awareness Month

September marks Alzheimer's Awareness month, a time designated to raise awareness of the effects and signs of Alzheimer's disease in our loved ones and what we can do to support them.

Alzheimer's disease is the most common type of dementia, a syndrome that affects memory, thinking, orientation, judgment and ability to carry out everyday tasks. It is estimated that by 2038, about one in 10 Albertans over the age of 65 and nearly half over the age of 90 will be living with some form of dementia.

Dementia has certain warning signs. Contact your doctor if you notice a loved one having increased difficulty with any of the following:

- Learning and retaining new information
- Handling complex tasks, like balancing a cheque book
- Knowing what to do when problems come up
- Finding his or her way around familiar places, driving to and from places he or she knows well
- Finding the right words to say what he or she wants to say
- Understanding and responding to what he or she sees and hears
- Acting more irritable or suspicious than usual, or withdrawing from conversation and activity.

Finally, here are some tips in communicating with anyone who may have dementia:

- First, make sure the person does not have a hearing or vision problem. Sometimes a person may not respond to you because he or she cannot hear you. Not being able to see well may make the person more confused, agitated, or withdrawn. If you suspect a problem, have a health professional evaluate the person's hearing and vision.
- Don't argue. Offer reassurance, and try

to distract the person or focus his or her attention on something else.

- Use short, simple, familiar words and sentences. Present only one idea at a time. And avoid talking about abstract concepts.

- Explain your actions. Break tasks and instructions into clear, simple steps, offered one step at a time.

- Pay attention to your tone of voice. Be calm and supportive. A person with dementia is still aware of emotions and may become upset upon sensing anger or irritation in your voice.

- Maintain eye contact and use touch to reassure and show that you are listening. Touch may be better understood than words. Holding the person's hand or putting an arm around his or her shoulder may get through when nothing else can.

- Pay attention to the person's tone of voice and gestures for clues as to what the person is feeling. Sometimes the emotion is more important than what is said.

- Do not confront the person about his or her denial of the disease. Arguments will not help either of you.

- Continue to treat the person with dignity and respect.

- Allow choices in daily activities. Let the person select his or her clothing, activities, and foods. But too many choices can be overwhelming. Offer a choice of two to three options, not the whole range of possibilities.

In Alberta, services are readily available for both those suffering from any form of dementia and their caregivers. The Alzheimer Society of Alberta and the Northwest Territories provide education and ongoing support.

Albertans can also call Health Link at 811 for advice. Health Link will assess the needs of the person and provide immediate advice for their concerns, 24 hours a day, seven days a week. When needed, callers can be referred to Dementia Advice, which is staffed by specialized dementia nurses.

A Vote That Will Put You Ahead

With the federal election nearing, voters in Northeast Edmonton have to make a choice in government that represents their needs and the needs of their neighbours, friends and family.

Ziad Aboultaif, the Conservative candidate for Edmonton Manning, has knocked on thousands of doors this year and the main thing he's hearing is that constituents in Edmonton Manning are finding it difficult to get ahead. "It's very concerning," stated Aboultaif. "You can't rest easy when you hear a parent telling you they can't afford extra-curricular activities for their kids, a senior saying they are struggling to pay their heating bill, or a family confused as to why they are being taxed so heavily."

Aboultaif believes the Conservative Party has the best plan to make life more affordable for Canadians. "Firstly, a new Conservative government will live within its means," he shared. "A government led by Andrew Scheer will not treat the money of tax payers as a bottomless pit. By taking a responsible measured approach to spending and respecting tax payer dollars, a Conservative government will put more money in the pockets of Canadians."

The Conservative Party has indeed focused their platform on making life more

affordable for all Canadians. Scheer has already announced that a Conservative government will:

- Cancel the Trudeau Carbon Tax.
- Take the GST off home heating, saving an average household \$107.
- Make all maternity benefits tax free, saving new parents up to \$4000.
- Introduce a Green Public Transit Tax Credit, saving a family hundreds of dollars per year.
- Increase the Age Credit by \$1,000.

Save the average family over \$850 on their income tax each year with a Universal Tax Cut.

- Increase RESP grants.
- Put more money in your pocket – for your kids – by introducing a Children's Fitness Tax Credit and a Children's Art and Learning Credit.

As a Member of Parliament (MP) Ziad Aboultaif strongly advocated for the constituents of Edmonton Manning and demonstrated he is a MP that listens and respects the diverse needs of his constituents. On October 21, 2019, a vote for Ziad Aboultaif will be a vote for a government that will get you ahead and a MP that will continue to proudly represent Edmonton Manning.

Authorized by The Official Agent of Ziad Aboultaif

Healthy ideas for back-to-school snacks

It's almost time for the new school year! Whether your kids spend their after-school time at home or on their way to an extra-curricular activity, they may be hungry. Plan and pack healthy snacks so your children get the right energy they need to grow and be active.

- Offer snacks at least two hours before dinner to keep your child from be-

ing too full at meal time.

- Choose foods from two of the four food groups from the new Canada's Food Guide (available online in 28 languages) at snack time.

- Wash and slice vegetables and fruits; store them in a container in the fridge so they are easy to grab when you're heading out the door.

- Keep a small supply of non-perishable snacks such as unsalted nuts, pretzels, or whole-grain crackers in a sports bag so your child can have a quick snack before activities or sporting events.

- Plan ahead by stocking your fridge and cupboard with items that can be used to make these quick and healthy snacks:


- Low-fat cheese to eat with whole-grain crackers, mini whole-grain pitas, or apple slices.

- Peanut butter, soy butter or almond butter spread on a whole wheat tortilla and rolled around a banana. (Keep in mind that nut butters may not be allowed at some schools and sporting events because of allergies.)

- Low-fat yogurt with fresh, frozen, or canned fruit.

- Pair snacks with water, milk, fortified soy beverage, or 100-per-cent fruit juice. Limit juice to ½ cup (125 mL) per day.

For more information, search "healthy snacking" at ahs.ca.



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www.570squadron.com





Shape the future of Lorelei & Beaumaris

The City is renewing roads, sidewalks* and street lights in Lorelei (starting in 2020) and Beaumaris (starting in 2021) and considering other community improvements to City-owned parks and green spaces.

As a follow up to the Draft Concept Designs public event held on May 8, 2019 we would like to share our refined design for your input.

OCT 29 2019

Community Feedback on Refined Designs Public Event

Thursday, 5:30 – 8:00 p.m. (drop-in)
Lorelei School Gymnasium, 16230 103 St NW

Light snacks, refreshments and children's activities will be provided

ADVISE

Join the project team for the next public event to advise on the refined designs for improvements in your neighbourhood. The designs include:

- + Upgraded residential streets with measures to slow traffic
- + Enhancements to green spaces and parks
- + Improved connections for people who walk and bike

The refined designs are based on the feedback received throughout the public engagement process, which started in October 2018, including the last event in May 2019. The designs also consider technical constraints, City policies and programs and available funding.

At the event the project team will also provide information about decorative lighting and the next steps.

*Sidewalks subject to Local Improvement process:
edmonton.ca/localimprovement

To learn more about the project and sign up for updates, visit:
edmonton.ca/BuildingLoreleiBeaumaris

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AT THE ST ALBERT
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**Nicole
Goehring** 

MLA for Edmonton - Castle Downs

780-414-0705

edmonton.castledowns@assembly.ab.ca

12120 - 161 Avenue, Edmonton, AB T5X 5M8



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IF U CAN'T PLAY NICE, PLAY WATER POLO

The Edmonton Capitals Water Polo Club

The Club recognizes that some families are going through financial hardship during this economic downturn, which may impact their ability to enroll their kids in sports. This club is committed to our community and no child will go wanting.

You pay what you can afford, just talk to coach Fred
780-910-8018



www.capitalswaterpolo.ca

Located at the NAIT pool

MEET THE MISFITS

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	Vacant	
Bingo Director, Assistant #2	Vacant	
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	Vacant	fundraising@cocl.org
Membership Director	Jeff Dep-tuck	membership@cocl.org
Neighborhood Watch Director	Vacant	
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	Vacant	
Volunteer Director	Pam Ushkowski	volunteer@cocl.org
Volunteer Director	Lydia Chan-Kruska	

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

Website: cocl.org;

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





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info@gutterdoctor.ca

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Community Corner

1. Without YOUR help, the community forest will not happen this year.

Our community league has run one 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!

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 to our Community league event coordinator Kismat at programs@cocl.org. If a team is not found by October 10th, we will



sadly need to cancel the Haunted Forest this year.

2. Are you looking to make a real 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.com for more information



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Book your appointment today!

- N** Northgate Centre (2nd floor)
- P** 780.473.1461
- W** pivotalphysio.com

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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**

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)



DUNLUCE SOFTBALL 2019

Softball is alive and well in Dunluce Community League. Thank you to everyone that supported our program again this year. That would include the coaches, parents, equipment and registration assistants and, most importantly, the executive of Dunluce Community League. We are so lucky to have a supportive community league. There are many leagues in the City of Edmonton that do not have Softball programs but Dunluce is going strong thanks to the support of so many people.

Special thanks to all of our coaches who are developing young athletes and keeping them interested in the sport. We have one of the strongest softball programs in the North West Zone thanks to our coaches and supportive parents.

T-ball (U6) #1 – Amanda and David Hansen

T-Ball (U6) #2 – Clint Kostyk and Erik

Shelley

Coach Pitch (U8) - Amanda and David Hansen

Mite (U10) – Jason Lafleur

Squirt (U12) #1 – D'Arcy Sommer

Squirt (U12) #2 – Kirsten Kirwer

The Softball Program in Dunluce runs smoothly because of people like:

Rick Bradford for continuing to organize the 3-Pitch Tournament

Rob Melnyk for helping to organize and maintain the softball equipment

Al Chapman for mowing the diamonds that the city keeps forgetting

Maureen Ewart and her 'crew' for running the concession at the 3 – Pitch Tournament

And be sure to check out www.dunlucecl.ca for the Spring Registration date.

See you all next spring! Loretta Wonitoy, Dunluce Softball Director



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 or visit us on our website www.dunlucepreschool.com
We look forward to seeing you and your little ones!

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**



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

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

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, fund-raising, 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

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

Thank-you

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
2019 HALL RENTAL RATES

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

HALL IS NEWLY RENOVATED

*** SEATING CAPACITY 120 ***

WEEKEND RATES:

Dunluce Community League Members:

6:00 PM Friday evening until 5:00 PM Sunday evening,
 \$300.00 plus \$350.00 damage deposit.

Non – Dunluce Community League Members:

6:00 PM Friday evening until 5:00 PM Sunday evening,
 \$350.00 plus \$350.00 damage deposit.

DAILY RATES (WEEKENDS ONLY)

Saturday 9:00 AM until Sunday 9:00 AM (24 Hr. Rental)
 \$350.00 damage deposit

Dunluce Community League Members: \$200.00

Non – Dunluce Community League Members: \$275.00

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

Dunluce Community Programs Fall 2019 For more information or registration please phone, (780) 914-1775, or e-mail 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




Lorelei-Beaumaris News

2019-2020 Lorelei-Beaumaris Board of Directors

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

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



Connect. Engage. Create Community.

Follow us and win!

We're close to 500 followers on Facebook!

Follow us now @LoreleiBeaumaris for your chance to win a prize basket!

Share the Love



Donate Your Used Skating Equipment



780-686-4415

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 multi-media 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, glass-ware, 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 will be required to purchase Renters Insurance ****

* 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 regarding hall rentals. Leave a detailed message or email hallrentals@lbcl.ca.

For more photos of our hall please visit our website at www.lbcl.ca or our Facebook page at www.facebook.com/loreleibeumaris

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

CONTACT: Erin at Loreleibeumarisplayschool@gmail.com

Soccer Corner



We are gearing up for our indoor season and are so thankful to have an amazing group of coaches signed up to help lead the LBCL Youth in understanding teamwork.

With registration complete for the season many parents have volunteer commitments to help our teams run and keep the costs of soccer as low as possible. Please remember to add your commitments to your calendars and contact the soccer director at soccerlbcl@gmail.com if you are unsure of what you signed up for.



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September is Prostate Cancer Awareness Month



This month marks Prostate Cancer Awareness Month. The annual event is an opportunity to educate North Americans about the importance of prostate health and to provide information about prostate cancer.

Prostate cancer is the most common cancer facing men in Canada.

One in seven Canadian men will be diagnosed with prostate cancer in their lifetime. Every year, about 21,000 Canadian men are diagnosed.

Any man can develop prostate cancer but you may be at a higher risk if you have a family history of it, or if you are black, overweight or over the age of 50.

Common prostate cancer symptoms include:

- Urination problems

- An urgent need to urinate
- Frequent urination, especially during the night
- A burning sensation or pain when urinating
- Being unable to urinate, or having problems starting or stopping urine flow
- Blood in urine or semen.

If you have any of these symptoms, tell your doctor or call 811.

The prostate is a small gland that is part of the male reproductive system. Normally about the size of a walnut, it is located just below the bladder.

If you have been diagnosed with prostate cancer, you can find more information, including biopsy, treatment options and support groups, online at prostatecancer.ca.

Try trendy, healthy food in a bowl

Food in a bowl is trendy and no wonder. What could be more comforting? The circular shape of a bowl represents wholeness, inclusion, protection, timelessness and focus. You can make bowls for one or many, and they can be tailored to dietary needs.

Tips for building healthy bowls: Bowls are a great way to use up vegetables, herbs, meat, fish, chicken, pasta, rice, beans or grains. Add crunch with lettuce. Be inspired by Mexican, Thai, Japanese, vegan or breakfast bowls. Add colour with beets, kale, spaghetti squash, blueberries, pomegranate arils (seeds) or citrus wedges. Use dressings sparingly. Top with seeds, nuts or herbs to heighten flavour.

Lox and Loaded Bowl with Caper, Lemon and Dill Dressing

- ½ cup (125 ml) sweet potato wedges
- ½ teaspoon (2 ml) olive oil
- ½ cup (125 ml) sugar snap peas
- ½ cup (125 ml) asparagus spears
- ½ cup (125 ml) grape tomatoes, halved
- 1 baby cucumber, halved and chopped in thin strips
- 1 cup (250 ml) butter leaf lettuce or mixed greens
- 1 oz (28 g) salmon lox pieces, rolled
- ½ cup (125 ml) no salt added canned chickpeas
- ¼ cup (60 ml) plain yogurt
- ½ tsp (2 ml) olive oil
- 1 Tbsp (15 ml) lemon juice
- 1 tsp (5 ml) lemon zest
- 1 tsp (5 ml) capers (rinsed)
- ¼ tsp (1 ml) dried dill or 1 tsp (5 ml) fresh Black pepper, to taste



Toss sweet potato with olive oil. Bake at 350 F (180 C) for 15 minutes. Remove from oven and cool to room temperature.

Blanch snap peas and asparagus in pot of boiling water and remove just as they turn bright green. Plunge into ice water. Then dry on paper towel.

Arrange lettuce, sweet potato, peas, asparagus, chickpeas, tomato and cucumber in sections around bowl, finishing with lox in the centre.

Mix yogurt, olive oil, lemon juice and zest, capers, dill and pepper in a bowl and serve on the side or drizzle over salad as desired. Serves one. The Lowdown (For the whole recipe: 626 g)

Using the Alberta Nutrition Guidelines, this recipe is Choose Sometimes – Mixed Dishes – Meat/Fish/Poultry Based.

Per serving: 380 calories, 9 g fat (1.5 g saturated fat, 0 g trans fat), 750 mg sodium, 58 g carbohydrate, 11 g fibre and 22 g protein.

Look for ways to lower your stress



Stress is a fact of life for most people. You may not be able to get rid of stress, but you can look for ways to lower it. Consider trying some of these ideas:

- Learn different ways to manage your time. You may get more done with less stress if you make a schedule. Think about which things are most important, and do those first.
- Find healthy ways to cope. Look at how you have been dealing with stress. Be honest about what works and what does not. Think

about other things that might work better.

- Take good care of yourself. Get plenty of rest. Eat well. Don't smoke. Limit how much alcohol you drink.
- Try new ways of thinking. When you find yourself starting to worry, try to stop the thoughts. Or write down your worries and work on letting go of things you cannot change. Learn to say "no."
- Speak up. Not being able to talk about your needs and concerns creates stress and can make negative feelings worse. Assertive communication can help you express how you feel in a thoughtful, tactful way.
- Ask for help. People who have a strong network of family and friends manage stress better.

Sometimes stress is just too much to handle alone. Talking to a friend or family member may help, but you may also want to see a counsellor. Call Health Link at 811 if you need help.

How can you relieve stress?

You will feel better if you can find ways to get stress out of your system. The best ways to relieve stress are different for each person. Try some of these ideas to see which ones work for you:

- Exercise. Regular exercise is one of the best ways to manage stress. Walking is a great way to get started.
- Write. It can help to write about the things that are bothering you.
- Let your feelings out. Talk, laugh, cry, and express anger when you need to with someone you trust.
- Do something you enjoy. A hobby can help you relax. Volunteer work or work that helps others can be a great stress reliever.
- Learn ways to relax your body. This can include breathing exercises, muscle relaxation exercises, massage, aromatherapy, yoga, or relaxing exercises like tai chi and qi gong.
- Focus on the present. Try meditation and imagery exercises. Listen to relaxing music. Try to look for the humour in life. Laughter really can be the best medicine.

Source: Myhealth.alberta.ca

Tips on avoiding peanuts and tree nuts



Children with a peanut allergy need to choose peanut-free foods. Children with a tree nut allergy need to choose tree-nut-free foods.

Some classrooms, schools and childcare centres ask that children bring foods that are free of peanuts, tree nuts or both.

How can you tell if a food has peanuts or tree nuts in it?

- Food products that contain peanuts are labelled with the word "peanut."
- Food products that contain tree nuts are labelled with the name of the nut. Common tree nuts include almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pistachios and walnuts.

If you have a peanut or nut allergy, or have a family member who does:

- Read the entire ingredient list and the "contains" statement on the food label every time you buy a product, because the ingredi-

ents may change.

- Avoid foods that have the words "contains" or "may contain" peanuts or tree nuts on the label.
 - Avoid using utensils or cooking equipment that have come in contact with peanuts or tree nuts when making food. Cross contamination is when peanuts or tree nuts are transferred accidentally to another food, object or person. Even a small amount of peanut or tree nuts can cause an allergic reaction.
 - Always carry medication and/or epinephrine auto-injector that can treat an allergic reaction.
 - Ensure family members, school and friends are aware of the allergy.
 - Consider wearing a medical identification bracelet that provides information about the food allergy.
- For more information, search "nut allergies" at ahs.ca.

Healthy ideas for back-to-school snacks

Your children are starting back to school this month, and you need healthy ideas for lunches and snacks. Remember that some schools don't allow nuts or peanuts because of allergies.

Offer children water when they're thirsty, and vegetables and fruit instead of juice, even if it's 100-per-cent juice.

Choose these healthy snacks every day:

- Fresh or frozen vegetables
 - Fresh or frozen fruit
 - Fruit cup in fruit juice or water
 - Unsweetened applesauce
 - Whole grain bread
 - Whole grain crackers
 - Whole grain naan, roti or pita
 - Whole grain tortilla or wrap
 - Whole grain cereal
 - Hummus
 - Nuts or nut butters (check first to see if allowed at school)
 - Meat, chicken or fish
 - White milk
 - Cheese or cheese string
 - Fortified plain soy beverage
 - Plain yogurt
- Choose these snacks some days:



- Flavoured fortified milk or soy beverage, such as chocolate, strawberry or vanilla
 - Fruit-flavoured yogurt
 - Baked crackers
 - Muffin
 - Granola bar
 - Dried fruit and nut mix
- Choose these snacks less often. These snacks are high in sugar, fat and/or salt:
- Candy or fruit gummies
 - Potato chips or fried snacks
 - Instant dried noodles

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**.

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