

CASTLE NEWS

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

October 2020



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Baturyn's Neighbourhood Renewal

Baturyn has been chosen for neighbourhood renewal through the City of Edmonton's Neighbourhood Renewal Program.

Planning and design is currently underway with construction anticipated to start in 2023. As part of the renewal process, we want to hear from you. Share your feedback and perspectives on the best ways to communicate and engage with you, your neighbours and the members of

your community. A survey is available on Baturyn's project site and we ask that you take a few minutes to fill it out. Your input will help us to refine a unique Public Engagement and Communications Plan for the renewal of the Baturyn Neighbourhood. Stay tuned for more engagement opportunities and please subscribe to our Baturyn mailing list on the project's website: edmonton.ca/BuildingBaturyn

New Rink at Caernarvon!

Exciting news for the Caernarvon Community! Through the hard work and generosity of multiply people and business we are getting a "new" rink. Many hours of paperwork, planning, labour and dedication were put in to making this happen. We are very excited and look forward to seeing the smiling faces of skaters in the near future. Please check Facebook and our website for more details.



Dunluce Preschool Fall 2020

We, the Dunluce Preschool Executive Team, have decided that we will not be offering preschool in September. Considering the amount of time, energy and commitment to ensure our teachers and little preschoolers are in a safe environment, we feel it is not in the best interest of everyone involved, including the parent helpers, at this time. We will be watching and listening to what may or may not occur in the fall and evaluate a potential start in January.

Thank you for your patience as we navigate our new environment. If you have any ques-



tions, please don't hesitate in contacting us directly.

Sincerely,
Dunluce Preschool Executive Team

2020 Castledowns Variety Show



CASTLEDOWNS VARIETY SHOW

"An Evening of Adult Comedy"

www.castledowns.ca Box 31075 Namao Center, Edmonton AB T5Z 3P3 Phone (780) 406-9070

To our wonderful patrons and volunteers:
It is with regret that we inform you that the CDRS board has decided not to put on a show this year. The Variety Show would fall under Phase 3 of the provinces relaunch strategy. As there really is no timeline for when that might take place, and social distancing measures will still be required when it does, it would greatly impede our ability to put together the best show possible for our patrons and volunteers. Plus, we want to do our part to keep everyone

safe. It wasn't an easy decision but one that needed to be made. We appreciate your understanding and look forward to coming back for our 36th year in 2021! Thanks again for your continued support and know that the fall just won't be the same without you!

Stay Safe
Lynnette - President
Castle Downs Recreation Society
Nadine - Chairperson
Castle Downs Variety Show

Baturyn Neighbourhood Renewal

Baturyn has been chosen for neighbourhood renewal. Planning and design is currently underway with construction anticipated to start in 2023.

Neighbourhood renewal rehabilitates roads, replaces street lights, sidewalks, curbs and gutters, and adds missing sidewalk links where possible. Other opportunities to improve how people walk, bike, drive and gather in the neighbourhood, and how they enjoy City-owned parks and open spaces are also explored.

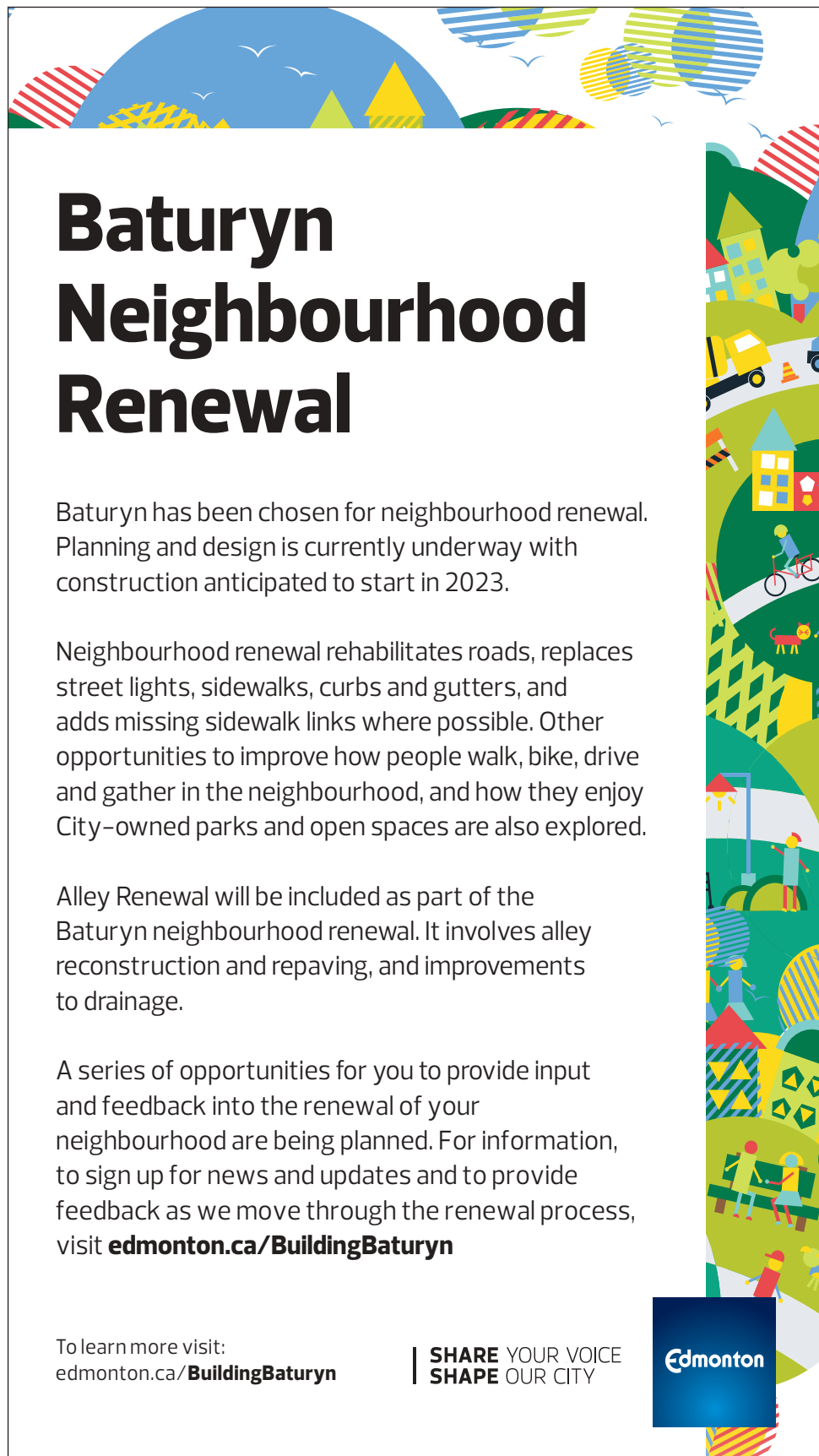
Alley Renewal will be included as part of the Baturyn neighbourhood renewal. It involves alley reconstruction and repaving, and improvements to drainage.

A series of opportunities for you to provide input and feedback into the renewal of your neighbourhood are being planned. For information, to sign up for news and updates and to provide feedback as we move through the renewal process, visit edmonton.ca/BuildingBaturyn

To learn more visit:
edmonton.ca/BuildingBaturyn

SHARE YOUR VOICE
SHAPE OUR CITY

Edmonton



Baturyn Community League News



Community League Board Contact

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	Vacant	vicepresident@baturyn.ca
Treasurer	Paul Petersen	treasurer@baturyn.ca
Secretary	Laura Bots	secretary@baturyn.ca
Castle Downs Rec. Society Rep.	Justin Dale	CDRS_1@baturyn.ca
Castle Downs Rec. Society Rep.	Kim Yellowknee	CDRS_2@baturyn.ca
Communications Director	Todd Lefevbre	communications@baturyn.ca
Communications Assistants	Angela Ferguson, Courtney Barnes	
Facilities Director	Earl Archer	facilities@baturyn.ca
Membership Director	Claudia Gonzalez	membership@baturyn.ca
Playschool Director	Nicole Yankee	playschool@baturyn.ca
Programs Director	Angela Ferguson	programs@baturyn.ca
Soccer Director	Candice Bevan	soccer@baturyn.ca
Social Director	Erin Atwell	social@baturyn.ca
Volunteer Director	Nicole Yankee	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
Proudly supporting the communities of
Baturyn, Elsinore/Chambery (Castlebrook),
Canossa (Castlewood), & Rapperswill (Newcastle)
Website: Baturyn.ca or find us on Facebook

Become a 2020/2021 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.**



EDMONTON
POLICE
SERVICE

Are you locked up and secure for the night?

Join the #9PMRoutine today and take an active role in crime prevention in your neighbourhood and community. The **#9PMRoutine** is a campaign used by police agencies across North America to remind citizens to protect themselves and their property.

What Do I Need to Do?

There are simple steps you can take to help prevent crime in your neighbourhood. Every night at 9 PM:

- Remove valuables from your vehicle and ensure it's locked, windows are closed, and if possible, your vehicle's parked in a garage.
- Close all garage windows and lock any garage doors, especially those leading into your house.
- Keep your vehicle registration and insurance documents secure. The documents can be used to commit other crimes.
- Check and lock all house doors and shut all windows.
- Turn on an exterior light.
- Close and lock your fence gate.
- Lock your shed.
- Put away bikes and toys in your yard.
- Park in the garage instead of the street, if possible.

Why is the routine important?

The #9PMRoutine helps prevent crimes of opportunity. Criminals are looking for unlocked vehicles or houses where they can easily steal property. Property crimes such as vehicle thefts, break and enters to homes and businesses, and thefts from parked vehicles are the most common crimes in Edmonton. By removing valuables from vehicles and locking cars and homes, you remove those easy opportunities for criminals to commit crimes and steal your property.

Baturyn Community Playschool

Limited registration still available!

We offer a fun, play-based program that builds your child's social and academic skills. Students will be introduced to the joys of learning by participating in field trips, both in and out of school. They will also take part in activities such as pre-reading, science, math, crafts, games, music, kinder-cooking and daily physical activity.

LOCATION: Baturyn Community Hall, 10505 172 Avenue

COST TO REGISTER: \$50 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
or NEW!!
PM class – 12:45pm to 3:15pm

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 or
email our Playschool Director at playschool@baturyn.ca
for more information on how to register.**

Baturyn Ice Rinks and Skate Tags

The future of the ice rinks this year will be discussed at the upcoming October board meeting. If you are interested in volunteering to help maintain and supervise ice time, please contact president@baturyn.ca if you're interested.



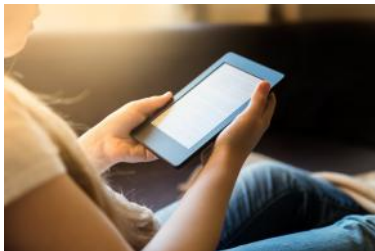
Thank you to Edmonton Police Service

Thank you to the Edmonton Police Service's Community Engagement Team for hosting pop up tents at both Baturyn Park and Rapperswill Park. There was lots of info about concerns, tips for community and a ton of goody bags for the kids. Thanks to all who made it out!



Playschool Seeking Used E-readers

Due to Covid restrictions, the Baturyn Community Playschool is looking for gently used Kobo e-readers for their classes this year. If you or someone you know is willing to donate, please contact playschool@baturyn.ca



CASTLEDOWNS Dental Centre

Dr. Tarek Tarchichi
www.castledownsdentalcentre.com
780-456-2990
11816-145 Ave

**New Patients Welcome.
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Apointments Available
Gentle Dentistry for
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Dental Centre Hours
Monday to Friday 8 am to 5 pm
Saturdays 9 am to 4 pm
We are closed on Sunday & Public Holidays

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

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- Wisdom Tooth Extractions
- Partial Dentures
- Dental Implants
- Sedation
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- Veneers
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* Complete warranty details available from your local dealer or at www.daikincomfort.com.
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

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](http://www.facebook.com/BaturynCommunityLeague)



[Baturyn_Community_League](https://www.instagram.com/Baturyn_Community_League)



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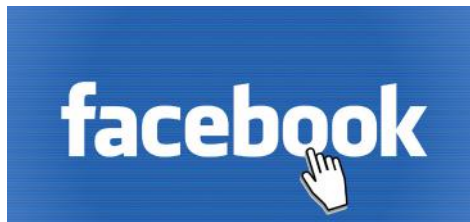


Caernarvon Community League News

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	D'Arcy Sommer	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	Kati Hutt	social@caernarvon.ca
Programs	Sid Sadik	programs@caernarvon.ca
Signs	Kody Overacker	
Hall Rental Director	Danny Burrell	
Hall Rental Manager	Lynne Hellyer	rentals@caernarvon.ca
Membership	Amanda Meyers	
Neighbourhood Watch	Pamula Abramic Mytz	

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."



What is osteoarthritis?

September is National Arthritis Awareness Month.

Osteoarthritis is a painful problem with the joints. Healthy joints help your body move, bend, and twist. Knees glide up and down stairs without creaking or crunching. Hips move you along on a walk without a complaint. But when you have arthritis, such simple, everyday movements can hurt. Using the stairs can be painful. Walking a few steps, opening a door, and even combing your hair can be hard.

Arthritis is mainly a disease of the spine, hip, hand, knee and foot. But it can happen in other joints too. A joint is where two bones connect. And you have them all over your body.

Arthritis is most common in older people. Even though you can't cure arthritis, there are many treatments that can help with your pain and make it easier for you to move. And you can do things to keep the damage from getting worse.

With arthritis, there are changes in the cartilage that cause it to break down. When it breaks down, the bones rub together and cause damage and pain. Experts don't know why this breakdown in cartilage happens. But aging, joint injury, being overweight, and genetics may be a part of the reason.

What are the symptoms?

- Pain. Your joints may ache, or the pain may feel burning or sharp.
- Stiffness. Getting up in the morning can be hard. Your joints may feel stiff and creaky for a short time, until you get moving.
- Muscle weakness. The muscles around the joint may get weaker. This happens a lot with arthritis in the knee.
- Deformed joints. Joints can start to look like they are the wrong shape, especially as arthritis gets worse.
- Reduced range of motion and loss of use of the joint. As your arthritis gets worse, you may not be able to fully bend, flex, or extend



your joints. Or you may not be able to use them at all.

- Cracking and creaking. Your joints may make crunching, creaking sounds.

How is it treated?

There are many treatments for arthritis, but what works for someone else may not help you. Work with your doctor to find what is best for you. Often a mix of things helps the most.

Your treatment may include:

- Pain medicine
- Heat or ice on the painful joint
- Losing weight, if you're overweight
- Exercising to strengthen your muscles
- Surgery

You might also try changing activities or the way you do things to reduce the stress on the joint that hurts and allow you to move better. For example, walk instead of jog. Or use a sewing machine to make a quilt instead of making it by hand.

Do you still have questions? Ask your family doctor or call Health Link at 811.

Content provided by: Alberta Health Services, myhealth.alberta.ca

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.

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www.londonderrydentureclinic.com 13594 Fort Rd. Northeast Edmonton

Carlisle Community League News



Carlisle Community Executive List

Position	Filled By	Contact
President	Krista Hennigar	780-951-7627
Vice-President	Heather Magnes	780-903-3583
Treasurer/Grants	Myer Valeriano	780-907-1198
Membership	Jolene Reinhardt	780-819-0236
Secretary	Tara Pohl-Gobeil	780-218-3399
Buildings and Grounds	Jeff Reinhard	jrrhino79@gmail.com
Volunteer Co-ordinator	Krista Hennigar	780-951-7627
Casino Chairperson	Krista Hennigar	780-951-7627
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 Melora Westman	780-554-7037 melora63@live.ca
Social Director	Kara Henebury	780-995-2444
Newsletter/Facebook	Moira Hennigar	780-616-3898

Indoor 2020-2021 Soccer Registration

To register your child for the Indoor 2020-2021 soccer season or for information about the upcoming season.

1. Purchase your 2020/2021 Community League Membership
 2. Register For Edmonton Soccer Facilities (required for contact tracing)
 3. Register For EMSA Main/Alberta Soccer
- For further information please refer to the EMSA North website <https://emsanorth.com/>



Marrazzo Law Office

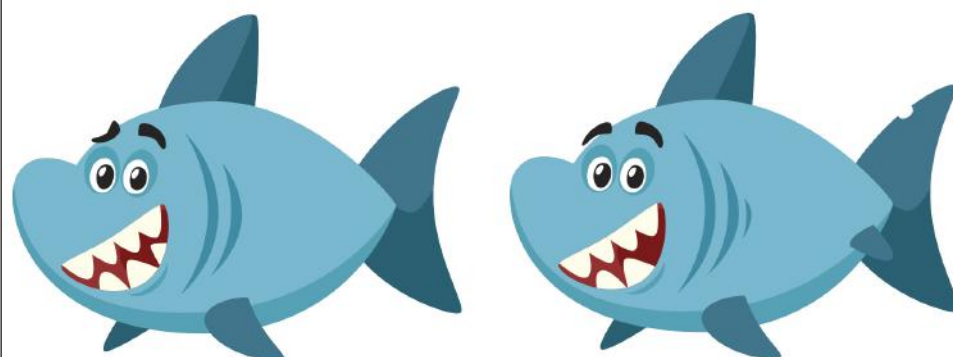
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9535 135 Avenue (by Northgate Mall)

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Send an email with your answer to
info@communityleagueneews.com to be entered!

Winner will be randomly selected October 10th 2020
and contacted via email



Hall Rental

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

Rental Inquiries Please
Call 780-457-1090

Carlisle Membership

Download our FREE APP 'CommuniBee' on your smart device to purchase our membership or contact Jolene Reinhardt - call or text - 780-819-0236 or email jolenereinhardt@gmail.com

Membership benefits include:

- Reduced rates to City of Edmonton Rec. Facilities
- FREE skating at any outdoor Community

League rink.

- University of Alberta (Software Education, large format printing, bookstore)
- Discounts at Acclaimed Heating & Cooling, Cloverdale Paint, House of Wheels, Orbis Sports, Urban Poles, Yardley (snow removal)

Please see efcl.org for more information about discounts available.

Carlisle Programs

YOGA CLASSES

For anyone who wants to stretch and learn basic yoga postures ending with relaxation. Beginners are welcome. Thursdays, 7:00-8:00 pm Prepaid registration is \$40.00 for 10 weeks There will be no drop-ins at this time.. Following COVID-19 safety protocol guidelines. Yvonne - YAA Certified Instructor

GYMNASTICS

There will be no Gymnastics classes

at this time due to COVID19.

For all 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.





Vista

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HOLIDAY ART CONTEST!

Calling all junior artists in elementary school to submit a piece of artwork on an 8.5 X 11 inch sheet, letting us know what the holidays mean to you! The winner will be featured in MLA Goehring's holiday cards!

Submit by email, mail or to your school by **Oct 13th**

Edmonton.CastleDowns@assembly.ab.ca



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Edmonton, AB, T5X-5M8

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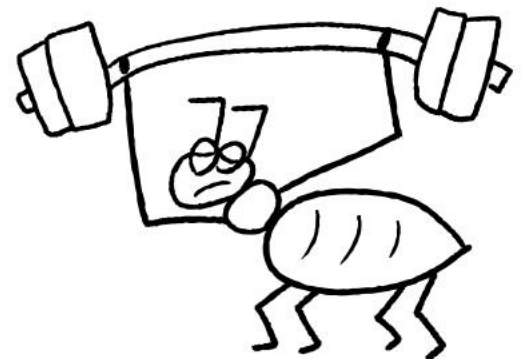
*On Qualifying Lennox Systems and O.A.C.



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Did You Know?

DID
YOU
KNOW?



AN ANT CAN LIFT
50 TIMES ITS OWN WEIGHT.

DID
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KNOW?



GIRAFFES ONLY SLEEP
30 MINUTES IN A 24-HOUR PERIOD

DID
YOU
KNOW?



THE TALLEST LIVING DOG
IS A 1.18 M TALL GREAT DANE.



Dunluce Community League News

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

PRESIDENT	Keoma McMurren	780-457-9101
VICE PRESIDENT	Mark Gross	780-456-5700
TREASURER	Loretta Wonitoy	780-457-9101
SECRETARY	Lorna Melnyk	780-456-4596
PAST PRESIDENT	Nadine Meads	780-982-6260
CDRS REP	Ryan Korpesio Carla Korpesio	780-444-9212 780-444-9212
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	Amanda Wentzell	780-977-7923
SOCCER	Dana Trendall	780-504-0701
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

DUNLUCE COMMUNITY LEAGUE 2020 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,
\$350.00 plus \$500.00 damage deposit.

Non – Dunluce Community League Members:

6:00 PM Friday evening until 5:00 PM Sunday evening,
\$450.00 plus \$500.00 damage deposit.

DAILY RATES (WEEKENDS ONLY)

Saturday 9:00 AM until Sunday 9:00 AM (24 Hr. Rental)
\$500.00 damage deposit

Dunluce Community League Members: \$250.00

Non – Dunluce Community League Members: \$350.00

**Hourly Rate: \$50.00 per hour. (3 hour minimum) Hourly rate
is only available Monday to Thursday. Damage Deposit equal
to rental cost.**

**In order to obtain the Member rate, you will be required to
have held a valid Dunluce Community League membership for
at least 1 year prior to your booking.**

Get outdoors this winter!

*Cross Country Ski and Biathlon Programs
for people of all ages and abilities.*



- Jackrabbits program (ages 3- 12)
- Learn to ski programs for youth and adults
- Classic and skate ski lessons
- Track Attack, Youth Development and Youth Racer programs
- Biathlon programs
- Adult training Groups, recreational ski groups and so much more...



**Hit your stride this winter with Edmonton Nordic Ski Club
For more information and to register
check out www.edmontonnordic.ca
em: info@edmontonnordic.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 (@dclweg)



Supporting Our Police

**I support the Edmonton Police Service men and
women who put themselves in harms way to keep
us safe every day....these are the true heroes.**

**Without the EPS, the City would fall from civility
to anarchy. We cannot compare what is happening
in the US to what is happening in Canada. We
have the police “service” in Canada while in the
US, they have the police “force”. The difference
between these two words is enough to show the
philosophy difference between how the two
institutions operate.**

**My family, friends and I say thank you to the EPS
for all their good work. It's time to give them
credit. We say NO to defunding the EPS budget.**

Ad paid for by Thomas Deak, family, and friends



Lorelei-Beaumaris Community League News

2020-2021 Lorelei- Beaumaris Board of Director_s

President	Oksana	presidentlbcl@gmail.com
Vice President	Ali	vicepresidentlbcl@gmail.com
Secretary	Ashley	secylbcl@gmail.com
General Manager	Maria	hallrentalslbcl@gmail.com
Treasurer	Ali	treasurerlbcl@gmail.com
Ways and Means	Maja	waysmeans@gmail.com
Gaming Directors	Eliza	bingolbcl@gmail.com
CDRS Representatives	Julia & Nicole	cdslbcl@gmail.com
Sports Director	Mark	sportslbcl@gmail.com
Variety Show	Jen D	varietyshowlbcl@gmail.com
Memberships	Vacant	membershpslbcl@gmail.com
Communications & Website	Jen A	commlbcl@gmail.com
Social Director	Liz & Evelyn	sociallbcl@gmail.com
Playschool Information	Cindy	loreleibeumarisplayschool@gmail.co
City of Edmonton Neighbourhood Resource Coordinator	Rochelle Diederichs	Rochelle.Diederichs@edmonton.ca
LBCL Website:	www.lbcl.ca	
Facebook:	www.facebook.com/loreleibeumaris	
Twitter:	www.twitter.com/LBCommLeague	

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

HALL RENTALS

16220 – 103rd Street
Lorelei-Beaumaris Community League has the largest Hall facility in Castle Downs.

Hall dimensions are approximately 60 ft x 52 ft (bar to wall)

Accommodation for 448 guests (non-fixed seats), 354 (non-fixed tables & seats), 280 (dining and beverage).

Air conditioned, pot lighting, coatroom, wheelchair accessible washrooms

Raised stage setting (stage dimensions 13 ft x 20 ft wide)

Stage risers for the floor area (Risers consist of 5 units (ea 4' x 8') for a total raised floor stage setting of 20' x 8', grey carpeted & black skirting - \$100 with main hall rental)

Black Lectern (podium)
30 - 5ft round tables, 40 - 6ft rectangular tables 2 - 3ft accent tables

Full, commercial kitchen with natural gas stove & ovens

Spacious wet-bar area with bar-fridge and ice machine

Large BBQ available (cooks up to 65 burgers or 126 hotdogs all at once)

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

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

NEW HALL RENTAL RATES:

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

(Note: Sept - May full weekend bookings

must be made at least 8 weeks in advance)

\$400 - Friday

\$600 - Saturday

\$350 - Sunday

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

Sound System INCLUDED into all rentals

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

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

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

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

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

All Rates include GST

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

* Discounts may be available to LBCL Members who are booking for their use. Please talk to the hall manager for more information. Feel free to call Maria 780-686-4415 for questions regarding hall rentals or to make an appointment to view the hall. Leave a detailed message or email hallrentals@lbcl.ca for more information. For more photos of our hall please visit our website at www.lbcl.ca or our Facebook page at <https://www.facebook.com/loreleibeumaris>

FOLLOW US AND CONNECT WITH YOUR NEIGHBOURS!



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Soccer Corner

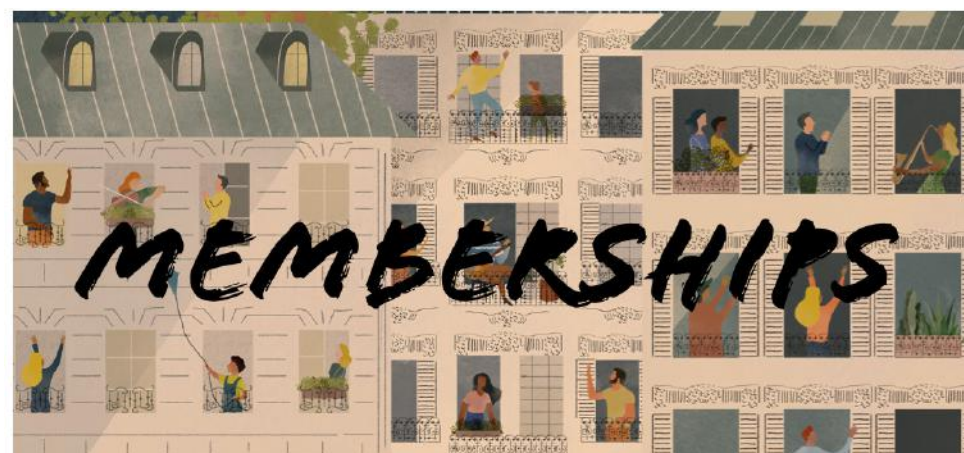


We would like to thank everyone involved in the soccer program. This year has certainly been a challenge as we work to learn and implement a program that is safe and engaging for all involved. We would like to remind everyone who has questions around soccer to contact our director at lbcl@gmail.com.

Soccer/Sports Director
Lorelei/Beaumaris Community League

FOLLOW US! LIKE US!

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



**2019-2020 COMMUNITY LEAGUE
MEMBERSHIPS ARE READY.**

GET YOURS AT

efcl.org/membership-purchase

Safe driving choices every day will protect kids going back to school

August 31, 2020

As students return to school for the first time since the start of the COVID-19 pandemic, the City of Edmonton reminds drivers to park responsibly and adhere to 30 km/h speed limits around schools.

"Back to school will look vastly different this year and safety has a whole new meaning," said Troy Courtoreille, Coordinator of Parking Enforcement Services. "In addition to COVID-19 safety issues, we ask parents to consider how parking habits can contribute to an unsafe environment. Illegal parking and drop-offs can block sightlines and cause obstructions, turning school zones into danger zones for children."

The City's Traffic Safety section reminds people to drive the posted 30 km/h speed limit in playground zones around all of Edmonton's elementary and junior high schools, which is in effect daily from 7:30 a.m. to 9 p.m.

"30 km/h is the safest speed in playground zones," said Jessica Lamarre, Director of Traffic Safety. "It allows drivers to stop quickly when the unexpected happens, and increases the likelihood that everyone will escape serious injury or fatality."

Since the first playground zones were implemented in 2017, collisions in school zones have decreased by 13 per cent, injuries and fatalities have decreased by 42 per cent and injuries to vulnerable road users have decreased by 71 per cent.

Along with playground zones, the City used automated enforcement funds to establish crosswalks, install lights, and add other safety features that help make it safer for students to get to school. In 2019, 26 schools were upgraded. 28 Rapid Flashing Beacons (RFBs) have already been installed at schools this year, ahead of schedule and ready for a



safe start to the school year.

Even with all these safety measures in place, Lamarre emphasized safe choices made daily remain important to keep Edmonton's streets safe and livable.

"Be alert for children walking or biking in your neighbourhood," said Lamarre. "Plan extra time when you are dropping off and picking your children up from school, as rushing can lead to tragedy. Know your school's procedures for pickup and drop-off, park responsibly and watch for the 30 km/h posted signs in playground zones."

The Edmonton Police Service and City of Edmonton enforce traffic safety laws around schools to help keep children safe.

Talking with your children about COVID-19



The start of the new school year can be both exciting and stressful for many kids and teens. The COVID-19 pandemic may make the transition back to school seem more challenging than ever before.

Parents and other trusted adults play a major role in helping kids understand back-to-school health and safety in an honest and accurate way. A calm, meaningful conversation may help minimize their fears and anxieties as students return to school this fall.

A few tips:

- Being safe today will help ensure you can have fun all year long.
- Let your children know it's OK if they're sad or scared about COVID-19. Accept their feelings without judging. Emotions come and go. It's OK to feel sad or upset or distressed. In most cases, these feelings do not last long.
- Avoid telling your child not to worry. The goal is to help your child realistically evaluate risk based on reliable information.
- Show them healthy ways to deal with stress, such as active living, meditation, regular sleep and healthy eating. They will learn how to deal with stress by watching and

copying what you do.

- Maintain social connections. If you and your children cannot visit friends or family in person, reach out by phone or video chat. If possible, develop a cohort of up to 15 other people that you and your family can visit with, without having to maintain two metres of distance. These visits will help maintain your social connections and make you—and those around you—feel less isolated.

- Correct misinformation and avoid using language that may create stigma and blame others for COVID-19.

- Let your kids know that you're there for them and that they can ask you questions.

- Focus on how they can protect themselves and others from getting sick. Teach your children ways that they can reduce the spread of germs. Cough or sneeze into a tissue or your elbow, and teach them to wash their hands thoroughly and often. Supply them with hand sanitizer for times when they are unable to wash.

- Keep routines as regular as possible, to provide kids with a sense of security and safety. Maintain regular bedtimes, mealtimes and exercise.

- Encourage positive thoughts. Talk about the people who are working hard to keep people safe and healthy. Find examples in your community of people doing good things. Find ways to do something kind for others.

- Check in regularly to ask how your children are doing. Provide comfort, if necessary, and be patient.

- Remind children and youth to take things day by day if they're feeling overwhelmed. If even this seems overwhelming, then take things hour by hour. And talk to your healthcare provider if you are struggling.

Go to www.ahs.ca/helpintoughtimes to learn more about how to talk to you kids and how you can connect them with support, if needed.

Last but not least, take care of your own health. We can all be overwhelmed during times of uncertainty. Be honest about your own feelings. Find ways to complete normal tasks, even if you're feeling worried. You are best able to help your children when you take care of yourself, too.

If you find you are still struggling, talk to your family healthcare provider or call Health Link at 811. You will also find more resources at ahs.ca.



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Work Hard, Play Hard (Garden Edition)!

As we near the end of the gardening season (-insert sad face here-) many of us begin to focus on the usual things like yard clean up, prepping our garden beds for next year, etc. If you're like me, you're probably more focused on next years garden, rather than cleaning up this years garden. Well fear not!

Below we have a list of September/October tasks that will satisfy all gardening personalities!



WORK

Make Your Bed (and Deal with Your Pots)

- Pull all those weeds, before they go to seed to cut down on your weeding next year.
- Add some compost or manure to the mix.
- Dump out your pots, clean and store. – I like to dump my pots in my garden and mix it all together in the spring. The roots will break-down and combined with the fallen fall leaves this allows for natural mulching and provides a nutrient boost for the following season. – Do not use diseased or pest-ridden plants for this!

PLAY

Plant Fall Bulbs

- Add some color to next years spring garden by planting fall bulbs. Some good choices are: Tulips, Alliums, Crocus, Snowdrops, Daffodils, Muscari and Fritillaria.
- Just do yourself a favor and plant some fall bulbs – Next year, just when you think you can't handle anymore of winter's nonsense, the snow will begin to melt, and tiny Crocus & Snowdrops will begin to emerge. Yay!
- Tip: If planting tulips, plant in groups! These guys don't like to be alone at the party. Plant in 5-10 for best results.



Clean-Up & Prep

- Clean bird feeders & gardening tools.
- Rake & compost fallen leaves.
- Continue to cut your grass - Long grass over winter makes for a cozy hideaway for mice and voles.
- Cut back perennials.
- Start thinking about winter protection for some of your more sensitive plants.

BONUS TIPS

- Continue to water trees, shrubs and perennials (especially if newly planted) until the ground freezes. Moisture acts as an insulator and prevents against cold damage!
- Take note of what worked well in this year's garden (and what didn't). Keeping notes, plant tags and even pictures will make planning next year a breeze!

Fall Planting

- Pre-seeding some vegetables for a spring harvest will give you an early start, and some say a better tasting vegetable. Some good choices are: Salad greens or spinach, radishes and garlic. Fall planting shouldn't be done until late October/early November but you can start planning now!

What's your gardening personality? To find out, visit:

<https://www.vegetableacademy.com/post/what-s-your-gardening-personality>

Happy Gardening! Jerri Rumbolt



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