

Dave Palosky  
Park Bench Dedication Ceremony  
Saturday May 12, 2012

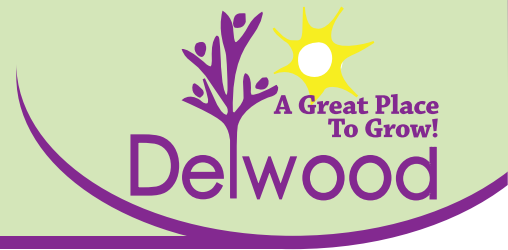


Last year Delwood Community League lost a long time volunteer and facilities director - Dave Palosky. A park bench is being dedicated in Dave's memory on Saturday May 12. Please join us in paying tribute to this long time supporter and contributor to our community.

Saturday May 12, 2012  
7515 Delwood Road  
10:30 am - 12:00 pm

Ceremony at 11:00 am followed by a tea in the hall.

# Delwood Contact Info



## 2012/13 Delwood Community League Executive

**Delwood Community League Executive meets every third Monday at 6:30 pm. Delwood residents who have ideas to share or questions to ask are welcome to attend a meeting or contact a member of the executive.**

<b>President</b>	Greg Sorenson president@delwood.ca 780-472-7864	<b>Facilities Director</b>	Dick Nichols / Paul Liimatainen dir-facilities@delwood.ca 780-476-3221 / 780-478-9510
<b>Vice-President Administration</b>	Andrew Burton vp-admin@delwood.ca 780-472-0916	<b>Fundraising Director</b>	Roberta Lapointe dir-fundraising@delwood.ca 780-456-0522
<b>Vice-President Operations</b>	Vacant	<b>Membership Director</b>	Kim Phair dir-membership@delwood.ca 780-473-3843
<b>Secretary</b>	Teresa Stokes secretary@delwood.ca 780-478-3638	<b>Program Director</b>	Shawna Serniak dir-program@delwood.ca 780-433-3184
<b>Treasurer</b>	Darlene Clark treasurer@delwood.ca 780-475-0028	<b>Seniors Liaison Director</b>	Karen Bademan dir-seniorsliaison@delwood.ca 780-473-2925
<b>Civics Director / Communications Director</b>	Vacant	<b>Sports Director</b>	Al Clark dir-sports@delwood.ca 780-475-0028

## Delwood Hall Rental Info

Rental Type	Public Rate	Delwood Resident Member Rate*
Friday or Saturday	\$450	\$300
Hourly Rate (Weekdays only)	\$35/hr	\$30/hr
Weekday Rate (Sun - Thurs)	\$200	\$150
Wedding Package (Fri Noon - Sun 6 PM)	\$600	\$450
Funeral Package	See hourly rates	\$50

For more information on our hall or to make a booking, contact our Hall Facilitator:

Chantal Chinni  
780-476-2142 or email hall@delwood.ca

\* Some conditions apply  
\* Damage deposit required for all rentals - call for more information

## Delwood Community League

7515 Delwood Road  
Edmonton, AB  
T5C 3A9  
Email: views@delwood.ca  
Website: www.delwood.ca



## Bicycle Helmet Safety

Bicycle crashes are the leading cause of brain injury in school-aged children. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. Remember – it is the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

### Getting informed

- Wearing a helmet while cycling can prevent a serious injury or save a life.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

### Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.
- Start the habit early. Young children learning to ride tricycles need to wear helmets.
- Parents must lead by example: always wear your own helmet when cycling.

### Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up or down over the forehead.
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side to side while the straps are unfastened.
- Adjust the chin straps to form a “Y” below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit and comfort.

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



**Councillor Tony Caterina**

City of Edmonton – Ward 7

Ph: 780.496.8333

[tony.caterina@edmonton.ca](mailto:tony.caterina@edmonton.ca)

***COMMUNITIES TO BE PROUD OF!***

## Something for the Seniors!

### Choralaires Annual Concert

The Choralaires Annual Concert presents “Coffee House Classics of the 50’s and 60’s”.

Saturday May 5, at 2:00PM

McClure United Church, 13708 - 74 St

Tickets @10.00 each

Call Myrna @ 780-475-7569

### May Flower Tea

Spring has sprung and it’s time to get planting!

The Northgate Garden Club will be having their Yearly Plant Sale in conjunction with our tea. Enjoy an afternoon of refreshments, socializing and browse through the many plants, crafts, and quilts on sale.

Wednesday, May 30 at the McClure Church - 13708 - 74 St., from 1:00 PM - 3:00 PM. A charge of \$2.00 per person will apply.

## TREAT MOM TO THIS MOTHER'S DAY MEAL!

### Penne with Chicken and Asparagus

**Prep Time:**

15 Min

**Cook Time:**

20 Min

**Ready In:**

35 Min

### Ingredients

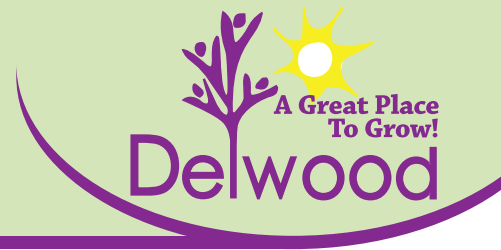
- 1/2 (16 ounce) package dried penne pasta
- 2 tablespoons and 1-1/2 teaspoons olive oil, divided
- 1 skinless, boneless chicken breast halves - cut into cubes
- salt and pepper to taste
- garlic powder to taste
- 1/4 cup low-sodium chicken broth
- 1/2 bunch slender asparagus spears, trimmed, cut on diagonal into 1-inch pieces
- 1/2 clove garlic, thinly sliced
- 2 tablespoons Parmesan cheese

### Directions

1. Bring a large pot of lightly salted water to boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, and set aside.
2. Warm 3 tablespoons olive oil in a large skillet over medium-high heat. Stir in chicken, and season with salt, pepper, and garlic powder. Cook until chicken is cooked through and browned, about 5 minutes. Remove chicken to paper towels.
3. Pour chicken broth into the skillet. Then stir in asparagus, garlic, and a pinch more garlic powder, salt, and pepper. Cover, and steam until the asparagus is just tender, about 5 to 10 minutes. Return chicken to the skillet, and warm through.
4. Stir chicken mixture into pasta, and mix well. Let sit about 5 minutes. Drizzle with 2 tablespoons olive oil, stir again, then sprinkle with Parmesan cheese.



# Delwood League Info



## Mother's Day Magic: The Zoo Becomes a Spa!

May 13, 2012  
Noon - 4 PM

Edmonton Valley Zoo  
13315 Buena Vista Road (87th Avenue)

Does your mom love animals, the outdoors, art, and being pampered? If so, Mother's Day Magic at the Edmonton Valley Zoo will be the perfect way to celebrate this special day!

Guests will be able to buy mom a special piece of art from over 20 local artists. 25% of the proceeds will be going to the Valley Zoo Development Society to help fund Nature's Wild Backyard! Guests will also have the opportunity to sign their mom up for a complimentary mini manicure or a massage and of course all moms will receive a tasty delight!

While mom is off being pampered the children can watch some of their favourite animals, enjoy some awesome live music, and make a surprise gift for mom. Be dazzled and entertained with the Mother's Day Magic show and the little ones can take a break and discover the activities featured in the Preschool Pitstop!

Most importantly, make sure you visit all of the Edmonton Valley Zoo's "Super Mom's" and see just how wonderful animal moms can be!

Mark this date in your calendar and plan to be a part of the Mothers' Day Magic at the Edmonton Valley Zoo!

Activities from noon-4pm inclusive

## Delwood Community League Memberships

Did you know for \$20.00 a household you will get all of the following!!!

- Discounts on Delwood Sponsored Programs
- Free Ice Skating
- Free Delwood Community Swims at O'Leary and Londonderry Pool
- Discount on Delwood Hall Rentals
- Discounts on Table/Booth Rents at our Events
- Present your membership card at any one of the City of Edmonton's sports and fitness facilities and get these discounts:
  - Annual Pass - 10% discount on Adult, Family, Child, and Youth/Senior Annual Passes
  - Multi Admission Pass - 10% discount on our already discounted multi admission pass (10+ visits)
  - Continuous Monthly Pass – 10% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program.
- Discounts with some of our local businesses

Contact Kim Phair, Membership Director at 780-473-3843 to get your membership today!

Memberships will also be sold at:

- Soccer Registrations
- Delwood Fall Festival
- Delwood Craft and Gift Sale

## Sixth Annual Bloomin' Garden Show at Alberta Avenue

Enjoy this free event which includes an art, plant and gift sale along with workshops and activities for kids.

Saturday, May 12 from 9 am to 4 pm at the Alberta Avenue Community Centre 9210-118 Avenue

# Delwood League Info



## MARK YOUR CALENDARS! DELWOOD FALL FESTIVAL IS SATURDAY, SEPTEMBER 8, 2012.

Delwood Fall Festival is a day of exciting activities starting from 10:00 am to 10 pm, ending with an awesome display of fireworks!

The event is free and all are welcome, not just Delwoodians!

We will have concession stand open for those wishing to purchase food and beverages, business vendors for those who like to shop, a Silent Auction in the Hall and an outdoor Beer Garden for adults and seniors to quench their thirst.

Money raised during this event will be going towards our "Raise the Roof" Fundraising efforts.

We are bringing back the Real Canadian Wrestlers who provided entertainment for all ages, Show and Shine, Firefighters, Crush Dance Team Cheerleaders, Comedians, and some new groups and entertainment!!! For our teens we will be having a

teen dance with DJ Mintu in the Hall and to start off the day our Children's Decorated Bike Parade and our Family Fun Bingo!

Any High School Students wishing to volunteer their time or need community hours for High School are welcome! Please contact CHANTAL at 780-970-1654. Anyone can join us for the day volunteering their time for an hour or more. We appreciate the support since everyone working that day is a volunteer who is making this event happen for Delwood!

We are always looking for businesses, groups, entertainment, etc that would like to donate their entertainment, activity or merchandise for our event. Any interested business vendors can call SHAWNA at 780-953-3184 to rent a booth for the day to sell their merchandise.

SEE YOU SEPTEMBER 8 AT DELWOOD'S FALL FESTIVAL!! DELWOOD ROCKS!!

### If Only Life Could Be Like a Computer

- If you messed up your life, you could press "Alt, Ctrl, Delete" and start all over!
- To get your daily exercise, just click on "run"!
- If you needed a break from life, click on "suspend".
- Hit "any key" to continue life when ready.
- To "add/remove" someone in your life, click settings and control panel.
- To improve your appearance, just adjust the display settings.
- If life gets too noisy, turn off the speakers.
- When you lose your car keys, click on "find".
- We could click on "send" and the kids would go to bed immediately.
- To feel like a new person, click on "refresh".

### Volunteers Needed!

Delwood's Casino is being held at Casino Yellowhead on Sunday July 1-Monday July 2, 2012

We need daytime & evening volunteers for Cashiers, Chip Runners, and Count Room Staff.

If you are able to help please contact Marilyn Nichols  
780-476-3221  
nicholsr@telusplanet.net

This is our **major fundraiser** and helps cover maintenance to our facilities, utilities and cost of youth programs.

Volunteer for one shift and have a great time!!

# Delwood Sports Update



## Soccer 2012

Al Clark  
Delwood Sports Director

Thanks to all our coaches and players for making this past 2011 2012 indoor soccer season a great success.

Congratulations to the U14 boys for making it to inter-cities. The boys came in fourth place bringing home Copper. Congratulations on a great season boys.

Good luck to all our teams in the up coming outdoor season. Delwood has 10 teams playing this spring with a 140 children playing from ages 4-14. A special thank you goes out to all the coaches and managers who without their efforts our soccer program would not be as strong as it is. Also please support the players this season as they are aiding in Delwood's efforts to raise funds for the "Raise the Roof" by selling raffle tickets.

I would also like to say a special thank you to Ann and Chris Howe for all their efforts managing the soccer program throughout the year. Ann and Chris are one of the recipients from Delwood who will be recognized by Area 2 council for their volunteer efforts. Congratulations Ann and Chris.

Shawna Serniak is receiving an Area 2 volunteer award this year as Delwood's other recipient for her coaching efforts as well as her role on Delwood's executive. Shawna has been at the forefront of the recent fund raising efforts for Delwood's "Raise the Roof" fund raising drive and has brought in various programs for the youth in our neighborhood and surrounding area. Congratulations Shawna.

SPECIAL NOTICE: EMSA has changed the start date of the 2012 2013 indoor season and therefore all communities have to declare teams for the indoor season much earlier than in the past. Please mark in your calendars for the last week of August and the very 1st week of September to register your child for indoor soccer. Please check the Delwood website for dates and times. Notices will be sent home with the current players on Delwood teams, in an early August edition of Delwood Views and will be posted on the sign outside Delwood Hall.

## 'Keep it light' on garbage day

Heavy bags unsafe for you and your collector

Many of us complain about taking out the garbage, but imagine doing it 600 times in one day.

For City garbage and recycling collectors, it's all part of a day's job. They pick up between 7,000 to 11,000 kilograms of waste every day – about the weight of 10 sub compact cars.

To give collectors and yourself a break, the City of Edmonton is encouraging you to 'Keep It Light' when you bag your garbage.

A good rule of thumb is that if you find it difficult to pick up, or have to drag it to the curb, it's probably too heavy.

City bylaw states your garbage bag or can must weigh less than 20 kilograms (44 pounds) or collectors will not pick it up. Garbage cans must be less than 100 litres in size, with fixed handles, no wheels and a tight-fitting, removable lid.

This one easy step can help your collectors do their job better and prevent you and your collector from injury.

## Delwood needs YOU!

Do you love to walk, want to meet your neighbors and help out your community?

We are looking for volunteers to go door-to-door to sell Delwood Community League memberships. We would like to get a group of people organized before the fall. Commitment is minimal and is only occurring for 2 weeks in late September, early October.

**Please call Kim Phair, Membership Director for information and to volunteer at 780-473-3843.**

**Thank you!!!**

# Delwood 4 Wheel Drive

EDMONTON

Y

## Delwood Community League 4 Wheel Drive

**Ages 4-6**

**Date: Saturday June 16, 2012**

**Time: 10:00 am – 12:00 pm**

**Location: Delwood Community Hall on Tarmac  
by Rink Shack (7515 Delwood Road)**

**YOU NEED TO REGISTER IN ADVANCE**

**Children will be taught basic cycling  
skills and safety through drills, games  
and a mini tour. All participants must  
supply their own bike, CSA approved  
helmet and bell.**

**For riders on training wheels only.**

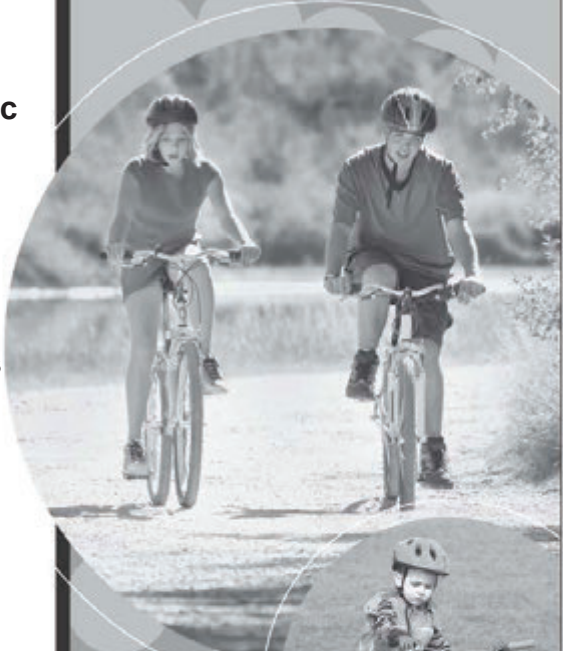
**FOR MORE INFORMATION OR TO REGISTER PLEASE  
CONTACT**

**SHAWNA SERNIAK @ 780-953-3184**

**Delwood  
Community  
League  
4 Wheel Drive**

**Saturday  
June 16, 2012**

**10:00 am –  
12:00 pm**



THE CITY OF  
**Edmonton**



# Delwood Ride to Survive

EDMONTON

## Delwood Community League Ride to Survive

**Ages 5-10**

**Date:** Saturday June 16, 2012

**Time:** 1:00 pm – 3:00 pm

**Location:** Delwood Community Hall  
(7515 Delwood Road)

### **YOU NEED TO REGISTER IN ADVANCE**

**Fun and safety are the focus of this program. Learn basic bicycling skills, rules of the road and safety, while participating in bike-related games and obstacles. All participants must supply their own bike, CSA approved helmet and bike bell, and no training wheels.**

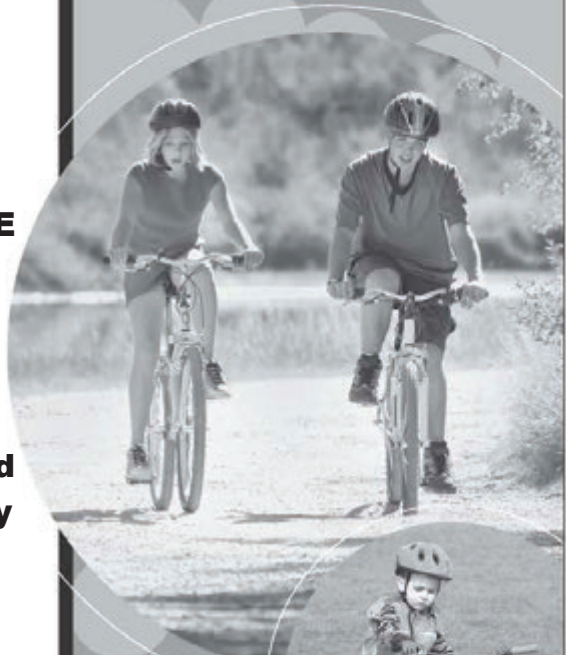
**FOR MORE INFORMATION OR TO REGISTER PLEASE CONTACT**

**SHAWNA SERNIAK @ 780-953-3184**

**Delwood  
Community  
League  
Ride to Survive**

**Saturday  
June 16, 2012**

**1:00 pm to  
3:00 pm**



THE CITY OF  
**Edmonton**

# First Aid Course Teens & Adults



## EMERGENCY FIRST AID COURSE *For Teens and Adults*

**June 9, 2012 (Saturday)**  
**8:30 am to 5:30 pm**  
**Delwood Community League Hall**  
**\$100.00 for Delwood Members (early bird price)**  
**\$125.00 for non-Delwood Members (early bird price)**

This one day course serves as an introduction to First Aid concentrating primarily on CPR skills, controlling bleeding, treating shock and secondary assessment. Course is provided by a certified instructor.

### Course Outline:

- Legal requirements for workplace first aiders Acts and Regulations in Alberta
- S T O P Sign of Life
- Basic structure and function of the airway / respiratory system
- Airway emergencies (choking)
- Special considerations
- Basic structure and function of the circulatory system
- Signs & symptoms and first aid for cardiovascular emergencies, angina / heart attack AND TIA / stroke
- Risk factors of cardiovascular disease
- CPR (Cardio-Pulmonary Resuscitation)
- Recovery position
- AED (Automated External Defibrillation)
- Severe external bleeding
- Amputations and care for amputated tissue
- Internal bleeding / Shock Unconsciousness / Fainting
- Drowning
- Hyperventilation
- Asthma
- Anaphylactic Reaction
- Inhalation Injuries
- Chest Injuries
- Closed and open wounds
- Bleeding from scalp and ears
- Eye, mouth and nose injuries
- Thermal injuries (burns)
- Chemical and electrical injuries

CONTACT FOR MORE INFORMATION OR TO REGISTER IN ADVANCE:

Shawna J Serniak at (780) 953-3184

After May 22 Registration will be \$125.00 for Delwood Members and \$150.00 for non-Delwood Members. Any cancellation after May 29<sup>th</sup> there will be a 20% non-refundable cancelling fee.

# Delwood Activities



Adult beginner ballroom! Get the dance studio experience with a community feel. Learn to Jive, Rumba, Foxtrot & Waltz in 6 short weeks!

Session Start dates for Delwood Community Hall ([7515 Delwood Road NW](#))

Thursday's 7-8pm (May 17-June 21) includes a one hour end of session dance party after your final lesson.

Thursday's 7-8pm ([September 13-October 18](#)) includes a one hour end of session dance party after your final lesson

Course fee: \$84.00/person (+GST)

Singles welcome; registration is limited!

For more information contact:  
Monika Holub  
Dance Evolution  
[780-953-1500](tel:780-953-1500)  
[monika@dance-evolution.ca](mailto:monika@dance-evolution.ca)  
[www.dance-evolution.ca](http://www.dance-evolution.ca)



**Join the Challenge**



"90 Day BODY BY VI Challenge" The meal replacement shake for ANYbody and everyBODY! Packed with a POWERFUL nutritional PUNCH to improve your health & wellness from the inside out, LOSE weight and get FIT! Patented TRI-Sorb Protein proven to build LEAN muscle and BURN fat! Fastest growing, HOTTEST nutritional product on the market! Fast, Easy and Affordable! TRANSFORM your life TODAY! Are you up for the 90 Day Body by Vi Challenge?

**Teresa Rocque**  
"Trim Down with Teresa"  
Regional Director  
ViSalus Distributor  
780-964-0476 /780-457-5559  
[trimdownwithteresa.bodybyvi.com/](http://trimdownwithteresa.bodybyvi.com/)  
[teresa\\_rocque@hotmail.com](mailto:teresa_rocque@hotmail.com)



**Do I look like I care?** Yes I do as I have been registered Nurse for over 22 years and Health and Wellness are very important to me. Call me today!!

# Delwood Events Calendar



## MAY

May 12

Dave Palosky Memorial Dedication Ceremony

## JUNE

June 9

First Aid Emergency Course

June 16

4 Wheel Drive - 3 to 5 year olds

June 16

Ride to Survive – 6 to 12 year olds

## AUGUST

August – TBA

Indoor Soccer Registrations

August 15

Delwood Views Newsletter Goes Out

## SEPTEMBER

September 8

Delwood's Annual Fall Festival

## OCTOBER

October – TBA

On The Right Track Program 7 - 12 years

Babysitting Course 12 - 17 years

## NOVEMBER

November 24

Craft and Gift Sale



## **DELWOOD ALERT: SHARK FOUND IN NEIGHBOURHOOD!**

Shawna J Serniak  
Community Reporter

What a wonderful surprise I found walking in Delwood in early April and came upon this creation! Wanted to share our talented fellow Delwoodians work! The Dad came out and said he and his children got creative! Boy did they!



## Honouring Delwood's Volunteers of the Year

On April 28th, 2012 the 37th Annual Volunteer Appreciation Awards Night was held at Belvedere Hall for Edmonton North District Area 2 Council. That night we honoured our 2012 Award Recipients Ann & Chris Howe and Shawna J Serniak of the Delwood Community.

### Ann and Chris Howe



Ann and Chris Howe have lived in Delwood for 19 years. They have 3 sons Jeff Terry and Lucas who have been involved in hockey, baseball and soccer. Just that parental requirement is tasking enough! Chris and Ann have also been involved with Delwood's Soccer Program for 2 plus years as our Soccer Directors. They have organized each soccer season by doing registrations, organizing/maintaining equipment and organizing Delwood's soccer teams. Chris has done an excellent job of bringing on new coaches for our younger teens so the children can play. Chris has been involved in coaching for 4 years as well. Ann is a volunteer with the baseball community and has been for sometime. Without Ann and Chris's dedication to Delwood and our soccer program, it would not be as fun and successful each year as it has and hopefully continues to be. Thanks for all your efforts Ann and Chris!

### Shawna J Serniak



Shawna J Serniak is a dedicated "Delwoodian" as she calls herself; she is an amazing woman and an asset to our community. In the three years she has been the Program Director she has, in a way, revitalized the community programs by bringing in creative activities for the children, teens and the community as a whole. She has a lot of heart and spunk and knows how to promote any event or program offered by the community. When she is not organizing programs or events you can see her on the soccer field coaching her son's team. She is the kind of woman that will go to the hall and redecorate for the next season without anyone knowing or taking on projects, such as Delwood's Fall Festival and rummage sales, in order to bring the community together. Shawna is the kind of person any community would appreciate having - don't get any ideas, she is ours and we intend on keeping her!

# Delwood In Photos...



**2011/12 U14B Silver Champions at Cities!**



**Clay for Kids Course**



**Card-Making Classes at Delwood**