



The Delwood Views

November 2013



Christmas Craft Sale

November 23, 2013

10 a.m. to 4 p.m.

Delwood Community Hall

7515 Delwood Road

**We invite you to join us at
our Annual Craft Sale!**

Concession will be open.

Memberships available.

Raffle Draws. 50/50.

Over 25 tables of various crafts,
homemade baked goods,
plus great Christmas ideas!

To book a table, contact Cindy 780-473-0283

delwood.ca

2012/2013 Delwood Community League Executive

PRESIDENT

Greg Sorenson 780.472.7864
president@delwood.ca

VICE PRESIDENT – Administration

Vacant

VICE PRESIDENT – Operations

Vacant

SECRETARY/ COMMUNICATIONS DIRECTOR

Carol Dragich Bishop 780.439.1235
secretary@delwood.ca
dir-communications@delwood.ca

TREASURER

Darlene Clark 780.475.0028
treasurer@delwood.ca

CIVICS DIRECTOR

Victoria Powluk dir-civics@delwood.ca

FACILITIES DIRECTOR

Dick Nichols (res) 780.476.3221
(cell) 780.884.3221
dir-facilities@delwood.ca

FUNDRAISING DIRECTOR

Roberta Lapointe 780.456.0522
dir-fundraising@delwood.ca

MEMBERSHIP DIRECTOR

Kim Phair 780.473.3843
dir-membership@delwood.ca

PROGRAM DIRECTOR

Shawna J. Serniak 780.953.3184
dir-program@delwood.ca

SENIORS LIAISON DIRECTOR

Karen Bademan 780.473.2925
dir-seniorsliaison@delwood.ca

SPORTS DIRECTOR

Al Clark 780.475.0028
dir-sports@delwood.ca

Delwood Community League

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



facebook.com/DelwoodAGreatPlaceToGrow

Executive Meetings

Delwood Community League Executive meets every third Monday at 6:30 p.m.

Delwood residents who have ideas to share or questions are welcome to attend a meeting or contact a member of the executive.

Delwood Hall Rental Information

Rental Type	Public Rate	Delwood Resident Member Rate
Friday/Saturday	\$450	\$350
Sunday	\$300	\$200
Weekday	\$200	\$150
Wedding Package (Fri 4 p.m. - Sun 4 p.m.)	\$700	\$600
Funeral Package	\$100	\$50
Hourly Rate	\$40	\$35

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

Chantal Chinni 780.406.9022
hall@delwood.ca

Winter is on its way!

Delwood Community League's Outdoor Skating Rink

Public Skating Times

WEEKDAYS

4:00 – 9:00 p.m.

SATURDAYS

1:00 – 9:00 p.m.

SUNDAY & HOLIDAYS

12:00 – 5:00 p.m.

CHRISTMAS BREAK (Weekdays)

2:00 – 9:00 p.m.

CHRISTMAS DAY, BOXING DAY, NEW YEARS DAY

Rink may be open at the discretion of the contractor

The opening of the rink is dependent on weather and finding an ice maker. +5°C or colder than -20°C

Concession: Hot Chocolate, Confectionaries, Water, Juice & More

** Schedule is subject to change. Please check the Facebook page ([facebook.com/DelwoodAGreatPlaceToGrow](https://www.facebook.com/DelwoodAGreatPlaceToGrow)) or delwood.ca.

All Delwood Community League Members Skate For Free
with Skate Tags on Skates

\$2.00 For Non-Members
Delwood Community League Memberships also Sold at the Concession

*Have A Great Winter,
Hope To See You Out There
ENJOYING OUR COMMUNITY!*

Delwood Icemaker Wanted

November 1, 2013 until February 28, 2014

Delwood Rink — Paid Position

Call Dick Nichols for further details

780-476-3221

Babysitting Course

Sunday, November 10
9:00 a.m. to 5:00 p.m.
Delwood Community League Hall

Learn what it takes to be a great babysitter! This well rounded course covers basic child care, first aid and an introduction to the importance of play in a child's life.

Registrants need to bring paper, pen and bagged lunch and drinks for the day. They will receive a City of Edmonton Babysitting Course Certificate at the end of the course.

\$15.00 with Delwood Membership per child
\$35.00 without Delwood Membership per child

11 to 17 years of Age to be in this course

Please contact Shawna at (780) 953-3184 to REGISTER IN ADVANCE
Cheque made out to Delwood Community League and mailed or dropped off in the mail box at:
Delwood Community League
ATT: Shawna J Serniak
7515 Delwood Road
Edmonton, Alberta T5C 3A9

Safe at Home Course

Sunday, November 24, 2013
10:00 a.m. to 5:30 p.m.
Delwood Community League Hall

Come and learn helpful hints for staying safe while home alone.

Topics include: answering the phone, safely preparing food, how to respond to emergencies, and more.

Ages 6 to 12 years old
Boys and Girls
1 DAY CLASS

\$20.00 with Delwood Membership
\$40.00 without Delwood Membership

Please contact Shawna at (780) 953-3184 to REGISTER IN ADVANCE
Cheque made out to Delwood Community League and mailed or dropped off in the mail box at:
Delwood Community League
ATT: Shawna J Serniak
7515 Delwood Road
Edmonton, Alberta T5C 3A9

CHILDREN NEED TO BRING A BROWN BAG LUNCH, SNACKS AND DRINK

Karate is for ALL AGES!

Little Dragon's — Ages 3-5 — \$50/mo.
Kid's Classes — Ages 6-14 — \$60/mo.
Adult Classes — Ages 15+ — \$60/mo.

15% off 2nd family member
25% off 3rd family member

Beginners Welcome!

All classes are on Tuesday/Thursday

Karate is not only a great way to improve your fitness, it also teaches focus, self-confidence, better learning habits, leadership skills and much more. Classes will be held on Tuesday and Thursday at Delwood Community Hall. Join Today!

For more information call
780-238-KICK(5425)
or go to
www.premierma.net



START TODAY! FIRST CLASS IS FREE!

73 Years of Tradition



For each of us, the traditions of the Christmas season are celebrated in different ways, but the one tradition that is similar for all of us is celebrating a meal with family. For people who benefit as part of the Christmas Bureau's festive meal program, the simplest of traditions – eating together – would not be possible without the support of Edmontonians for the Christmas Bureau.

Each year all of Edmonton comes together to ensure that Edmontonians in need receive a festive meal at Christmas time. Our goal for 2013 is to provide a festive meal for 62,000 Edmontonians in need. This year we need to raise \$1.8 million.

A single parent at the age of 18, Kayla was struggling to support her 4 year old son as she attended post-secondary school. As Christmas began to approach, she worried as to how she was going to provide a traditional Christmas for her son. A friend at school advised that Kalya should apply to the Christmas Bureau of Edmonton. Nervous that her life would be scrutinized, she hesitated to apply, but when she did, she was appreciative for the dignified way the Intake Worker treated her and is forever thankful for the Hamper Sponsors who delivered the food hamper and toys for her son.

The Hamper Sponsorship program allows organizations, families and individuals to embrace the meaning of Christmas by sponsoring a Christmas Bureau family like Kayla's. In 2012, 410 organizations, families or individuals purchased and



delivered food hampers to 1,350 Christmas Bureau families.

For those who do not need support from the Christmas Bureau of Edmonton, it is a chance to put the true meaning of the Christmas season into practice by volunteering, organizing a fundraiser, sponsoring an event, or donating money or gift in kinds to the Christmas Bureau of Edmonton. The Christmas Bureau of Edmonton's mission and purpose is truly community inclusive.

As Edmonton's Christmas charity, we truly are about neighbour helping neighbour during the festive season.

For more information about the Hamper Sponsorship program and other ways to donate to the Christmas Bureau of Edmonton, please visit <http://www.christmasbureau.ca>.

Ways to Donate to the Christmas Bureau of Edmonton

Donations can be made year round online or through your mobile device at christmasbureau.ca.



November 8, 2013 to January 10, 2014, donations can be made at all City of Edmonton Fire Stations.



November 18 to December 24, donations can be made all Edmonton branches of ATB Financial.



December 1 to December 24, donations can be made all Edmonton branches of Servus Credit Union.



December 6 to December 24 donations can be made at our donation desks at Bonnie Doon Shopping Centre, Kingsway Mall, Southgate Centre and West Edmonton Mall during

mall hours. Weekdays, from 10 am to 2 pm from December 1 to December 20, donations can be made at our Commerce Place donation desk.



Donations can also be mailed, year round, to: Christmas Bureau of Edmonton, P.O. Box 16000, Edmonton, AB T5J 4B4.

Seniors Resources

Assisted Waste Collection Service

The City's Waste Management Services offers an Assisted Waste Collection Service for customers with mobility impairments who cannot get their recycling or garbage to the curb or lane. Collectors will walk up to the home to pick up garbage and recycling.

There is no charge for this service. Please call 780-496-5698 or 780-495-1967 for more information or for enrollment.

Snow Shoveling, Household and Driving Assistance

Several organizations coordinate snow shoveling, household and driving assistance for seniors. Please contact the agency directly for more information on criteria and services offered.

SAGE (Seniors Association of Greater Edmonton)

Snow removal, yard work, housekeeping, handy-man services, moving services and other home maintenance resources as requested by seniors City-wide 780-701-9011

Edmonton Meals on Wheels

Hot meal delivery, frozen meals, grocery delivery, nutrition and cooking workshops, and personal shopping service City-wide 780-429-2020

(SATS) Seniors Assisted Transportation Society of Greater Edmonton

Door through door volunteer driving outreach service City-wide 780-732-1221

Northgate Lions Seniors Association

There are an amazing variety of programs available to Seniors in our area. From exercise, to "How to use Facebook", to hobbies and crafts. For more information call 780-496-6969

SENIORS

here is your opportunity to tell Delwood what you would like for the community to do for you!

We would like to be able to serve you and put in place things you would like to see happen in Delwood. Activities, sports, card games, craft sale and baking sales, exercise classes, senior dances, group activities, etc.

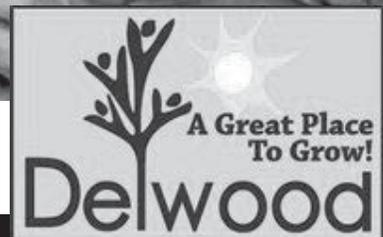
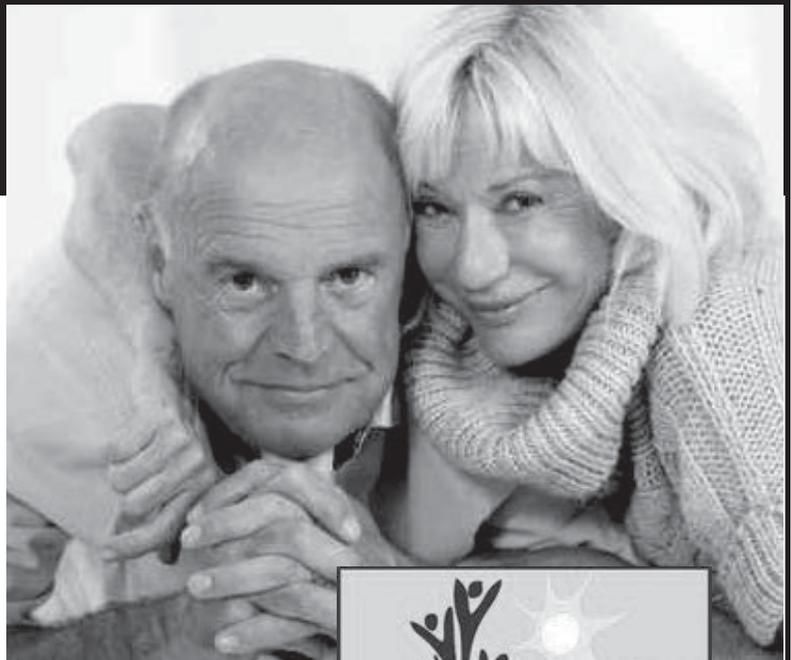
If you have any ideas or suggestions on what you would like to see happen in the Delwood Community let us know. It could be anything that is of interest to you and your friends.

Please contact your Delwood Seniors Liaison Director

Karen Bademan

at **780-473-2925**

Please leave a message if Karen is not available. Thank- you!



Women Building Futures

Transforming the face of industry in Canada

Women Building Futures (WBF) is an innovative organization valued for empowering women to succeed in non-traditional apprenticeships and occupations. WBF is the go-to place for women serious about entering the trades and for employers needing skilled workers.

WBF offers a 17-week Journeywoman Start program which includes two weeks of Worksite Safety Certification, eight weeks of hands-on skill training in basic tools, carpentry, electrical, plumbing, steamfitting/ pipefitting, welding, sheet metal, basic rigging plus drawing and blueprint reading. Graduates from this program are trained, safety certified and ready to step into entry level positions in the industry. The next Journeywomen Start program begins on November 4th, 2013.



Women Building Futures
Work Proud

Contact us at: **780 452 1200**
womenbuildingfutures.com

The Construction Sector Council projects that over the next eight years, almost 40,000 construction workers will be needed to handle growth and retirement in Alberta. That translates into great career opportunities for women in construction. Last year, 3,000 women connected with WBF wanting to join the growing force of women working as millwrights, pipefitters, electricians, carpenters, plumbers, boilermakers, welders, crane operators, ready-mix drivers, equipment operators and more. WBF has a consistent success rate of 90 per cent employment for their grads.

Working in the trades is hard work and it's not for everyone. But if you're a woman looking for a way to earn a good living, stay fit and build a career – register for an Information Session and take the first step toward building your future. Find out more about WBF and their training programs at womenbuildingfutures.com or call (780) 452-1200.

Every Woman Empowered

Attend this powerful, spiritual and life changing conference!



GUEST SPEAKERS

Marq Jeffrey, talk show host, *When the Shift Hits the Fan*

Jani Galarneau, artist

Marilyn Rose, speaker, consultant and singer/songwriter

Holly Gerlach, local author, *Happily Ever After: My Journey with Guillain-Barre Syndrome and How I got My Life Back*

Shawna J Serniak, speaker on Living Skills vs Coping Skills, Addictions & Power of Forgiveness

To purchase your tickets go to:

EveryWomanEmpoweredConference.com

For more information please contact Shawna at **(780) 953-3184**

NOVEMBER 16-17, 2013

Delwood Community Hall, 7515 Delwood Road

TRADE SHOW *Free to the public*
Sat Nov 16 9:00 am to 5:00 pm
Women's Small and Home Business Trade Show

CONFERENCE *Ticket required*
Sat Nov 16 7:00 pm to 10:00 pm
Sun Nov 17 9:00 am to 5:00 pm

\$ 75 Early Bird before Nov 1
\$100 Advance Nov 2-15
\$125 At the door Nov 16 & 17

Be one of the first 50 paid registrations and receive a goodie bag with wonderful items from our sponsors.

Tickets are limited.

Delwood Fall Festival 2013

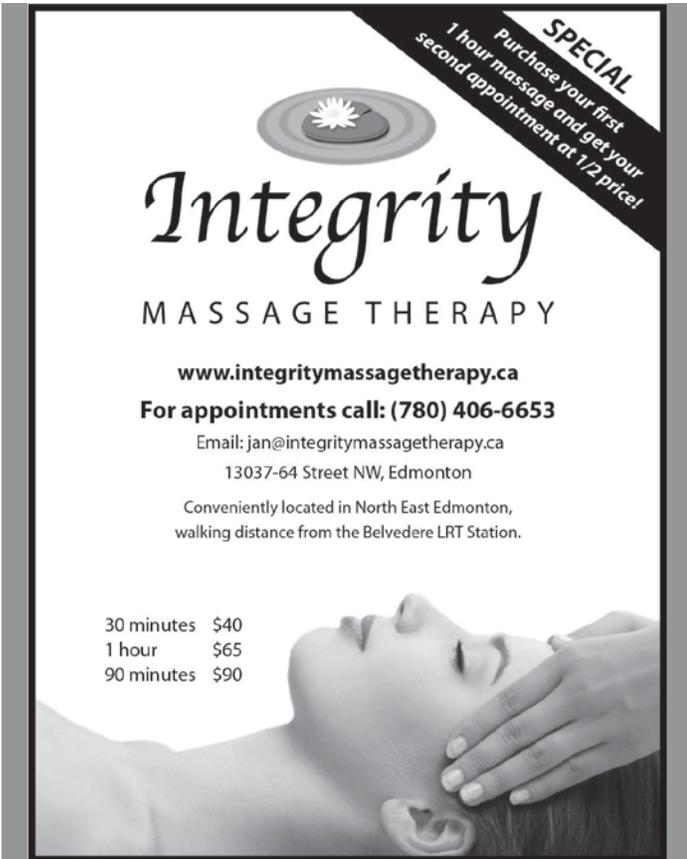
Delwood Community League and the Delwood Fall Festival Committee would like to thank all the participants, the volunteers and all the people who attended the Festival this year!!

Thank you to the 2013 Fall Festival Committee; Chantal Chinni, Jeff Esteves, Mea Wiltzen, Roberta Lapointe and Shawna J Serniak. Your constant efforts and dedication to make this day such a great event is appreciated.

Considering that Mother Nature was a bit cranky and decided to rain down on the day, it didn't stop the event from happening! People still came out, the vendors stayed open right to the end, the Oil City Derby Girls and River City Riot kept skating till their ball bearings seized on their roller-skates, the Real Canadian Wrestlers still wrestled considering how slippery it was in the ring! The TD Bank mascot's feet were soaked as he ran around greeting everyone, and their ice cream truck kept serving free ice cream till the end of the day.

The party kept going that evening inside the hall till 10:00 pm with DJ Damien Moor spinning the music while people visited, laughed, danced and enjoyed the beer gardens. At 10:00 pm the day ended with one of the best fireworks display to date!

Sorry Mother Nature you did not win, Delwoodians are tough! People did not stop coming, they came prepared with umbrellas, rain coats and smiles! The day was another success!



SPECIAL
Purchase your first 1 hour massage and get your second appointment at 1/2 price!

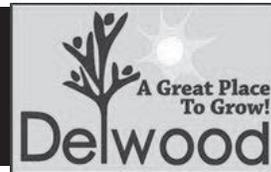
Integrity
M A S S A G E T H E R A P Y

www.integritymassagetherapy.ca
For appointments call: (780) 406-6653
Email: jan@integritymassagetherapy.ca
13037-64 Street NW, Edmonton
Conveniently located in North East Edmonton, walking distance from the Belvedere LRT Station.

30 minutes \$40
1 hour \$65
90 minutes \$90

Delwood Community League

MEMBERSHIPS

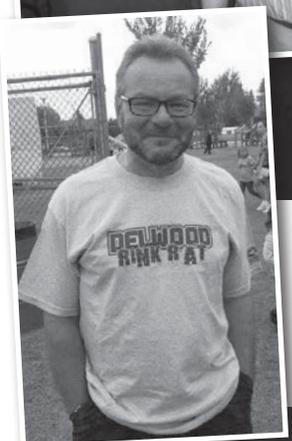
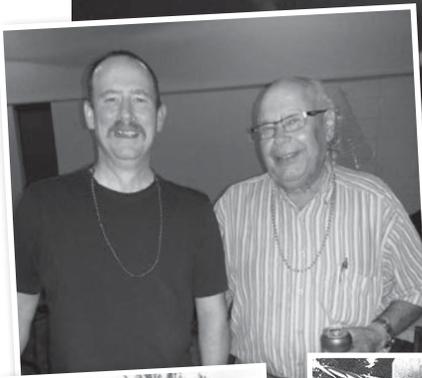
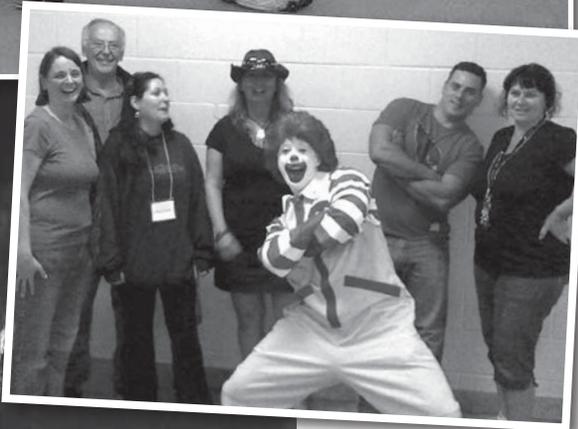


Did you know for \$25 a household you will get all of the following?

- Discounts on Delwood Sponsored Programs & Events
- 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

Memberships can also be purchased at the Fall Festival, Soccer Registration or online at www.efcl.org/Store/PurchaseLeagueMembership



Top: Kids' bike parade.
Top left: Magical balloon sculptures
Top right: Fall Festival Committee with Ronald McDonald.
Left: Delwood President Greg Sorenson and past president from almost 25 years ago, John Yakowchuk.
Bottom Left: City Councilor Tony Caterina before he headed into the dunk tank.
Bottom Right: The fabulous Oil City Derby Girls and the River City Riot.

Thank you

Real Canadian Wrestling

Oil City Derby Girls

River City Riot

ATCO

REMAX

City Counselor Tony Caterina

McDonald's and Ronald McDonald

Italian Bakery

Premier Martial Arts

Make A Stance Productions

DJ Damien Moor

all our Business Vendors, the Show and Shine Vehicle Owners

plus so many others!!



**Alberta Health
Services**

*Emergency
Medical
Services*



Halloween Safety

Alberta Health Services EMS would like to remind parents and trick-or-treaters of some basic Halloween safety tips, as October 31st approaches. Halloween can be an exciting time for children, but with the distraction of treats and costumes, safety rules can easily be forgotten. Take some time to review these simple tips and reminders to help ensure Halloween is a safe night for all.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked cross walks or well lit corners only. It is safest to work your way up one side of the street and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing or vision.
- Be sure costumes are loose enough to be worn over warm clothing – but not so baggy or long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.

Delwood & Neighbouring Communities ...

**EPICURE SPICES
RIGHT TO YOUR DOOR!**



Let's Talk Turkey Bundle \$47

No bones about it! Roasting a turkey breast is less work. A new twist with traditional flavour. Includes Maple Bacon Sea Salt Grinder, Turkey Rub, Chicken Bouillon Base, Cranberry Sauce, and Sage & Apple Stuffing Seasoning, plus Recipe Booklet with drink pairing and a bonus recipe.

CALL TO ORDER TODAY!

Shawna J Serniak
(780) 953-3184 or email
makeastance@yahoo.ca



Councillor **Tony Caterina**

City of Edmonton – Ward 7



Communities to be proud of!

780.496.8333

tony.caterina@edmonton.ca

Delwood Survey

Your community league executive continues to explore ways to build community spirit. Your input is invaluable to us so that we can respond to the unique needs of our community. Please take a moment to share your thoughts with us. Once you have completed this survey, please drop it off in the **mailbox at the hall**, or at the **Christmas Craft Sale** on Saturday, November 23 between 10 a.m. and 4 p.m.

1. What do you believe is important in a Community?

2. What do you believe is the role of a Community League?

3. Where do you find out about activities in Delwood?

- | | |
|---|--|
| <input type="checkbox"/> Newsletter in mailbox | <input type="checkbox"/> Facebook page |
| <input type="checkbox"/> Delwood website (delwood.ca) | <input type="checkbox"/> Sign in front of Delwood Hall |
| <input type="checkbox"/> Other _____ | |
-

4. How often do you use the membership benefits each year?

	More than 20 times	11-20	1-10	Never
Free Swim	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rink Facilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Discounted Hall Rental	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. What are your priorities for Delwood?

- | | |
|-----------------------------|---------------------|
| a. Seniors programs | b. Family events |
| c. Adult programs | d. Kids events |
| e. Kids programs | f. Block parties |
| g. New playground equipment | h. Community garden |
| i. Other _____ | |
-

6. Please mark any of the following Delwood Community programs that you or your children attend.

- | | |
|--|--|
| <input type="checkbox"/> Babysitting program | <input type="checkbox"/> Soccer |
| <input type="checkbox"/> Safe-at-Home | <input type="checkbox"/> Winter Fun Day |
| <input type="checkbox"/> Christmas Craft Sale | <input type="checkbox"/> Community Garage Sale |
| <input type="checkbox"/> Delwood Fall Festival | <input type="checkbox"/> Karate |

7. What other programs would you like to see offered?

8. Do you belong to the Delwood Community League? Y N

9. How long have you lived in Delwood?

10. What is your favourite thing about Delwood?

11. Please help us understand who you are: Single Not single

No. of people in household _____

Kids _____ 0-3 _____ 5-9 _____ 10-13 _____ 14-17 _____