



# *The Delwood* **Views**

April 2015

## **Delwood Soccer Bottle Drive** **Support the growing soccer program Delwood**

Proceeds will go toward equipment Delwood provides to children participating in the soccer program. Players will be dressed in our current Delwood jerseys related to their age group to identify themselves while out canvassing for bottles, cans, milk and juice containers (recyclables).

If you have recyclables and wish to not be disturbed, please leave any recyclables you wish to donate on your front step and the players will gladly pick them up.

You can also drop off your recyclables at Delwood hall parking lot starting at 9 a.m. Saturday morning. Thank you in advance for your support.

**May 2, 2015**  
**9 a.m. to 2 p.m.**



## 2015/2016 Delwood Community League Executive

### **PRESIDENT**

Greg Sorenson 780.472.7864  
president@delwood.ca

### **VICE PRESIDENT**

#### **Administration/Civics Director**

Victoria Powluk dir-civics@delwood.ca

### **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

### **FACILITIES DIRECTOR**

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

### **FUNDRAISING DIRECTOR INTERIM**

Roberta Lapointe 780.456.0522  
dir-fundraising@delwood.ca

### **MEMBERSHIP DIRECTOR**

Charmaine Lemmen dir-membership@delwood.ca

### **PROGRAM DIRECTOR**

Shallen Esteves 780.667.0340  
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

## Why I get involved...

I have to admit that when I was first asked to join the Delwood Community League board, my first thoughts were excuses...

- *I have no time...*
- *I am too shy and being part of a group of people I don't know is... well...*
- *What do I have to contribute...*

Darlene and Al Clark, my neighbours and long-time board members, were persuasive.

- *We only meet one evening a month.*
- *A great group of people who care about their community.*
- *We all get along and are supportive of each other — a great board.*

Darlene (Treasurer) and Al (Sports Director) started contributing to the Delwood community because of their children's sports activities. Now their children are grown, they continue to volunteer and even their children give back.

Well, they were right. I start my third year of volunteering with the board and it feels like I just started. The time commitment is very reasonable and the people are great. Greg Sorenson (President) is a big part of keeping the meetings productive, efficient and fun.

To write this article, I asked those on our board why they got involved. Karen Bademan, (Seniors Liaison), says, "she gets great satisfaction" from the community work she does. "Seniors, I feel, need an incentive and this is mine."

Shallen Kenuck (Program Director), said, "It's a way of giving

back. You get to meet wonderful people who take pride in their community. Looks good on a resume. Learn different skills. Know what's going on around home and great for when you have kids. Help out the future of the community."

Like Dick Nichols (Facilities Director), I've been a part of Delwood since it began 50 years ago. Dick was part of building the community including our hall and his commitment is still strong. Me, I was 2 years old. Dick is the one that keeps our hall and rink shack in excellent condition. He gets the quotes and hires the workers. Often, you will see him out there doing the work. This winter, we had a great group of community members step-up to help get our ice rinks started. We sure would like to find someone to help Dick throughout the year. Dick says he continues to support his community because "I live here and want to contribute toward interesting activities being held in an attractive community setting. When you are retired you do not have the opportunity to meet new friends as when working and this community participation provides that opportunity.

A few of our board members, like Carol Bishop (Secretary & Communications Director) hold two positions on our board. She is the person who makes this newsletter possible. Her creative work background is a valuable asset. I know we all have skills that we can contribute.

You can meet our board via the following link: <http://www.delwood.ca/contact/board/>. Please contact anyone on the board if you are interested. I've returned to this community because I believe it's a great place to live. I know that it's those that live in a community that make it that way.

**Victoria Powluk** (VP Administration & Civics Director)

## Fundraising Director needed immediately

The Fundraising Director is an essential position on Delwood's Executive. This person is responsible for the coordination of volunteers involved with the League's fundraising activities, which include Bingo, Casino, Grants and other events.

We are fortunate to have community members that already take care of the Casinos and Grants. Bingos provide our operating budget for Delwood Hall, Rink, and Sports Equipment.

If you have been wanting to meet more of your community and get involved, now would be a great time to put your talents and volunteer time to good use.

For more information on this position, contact:

**Greg Sorenson**  
**president@delwood.ca or 780-472-7864**

# Councillor **Tony Caterina**

City of Edmonton – Ward 7



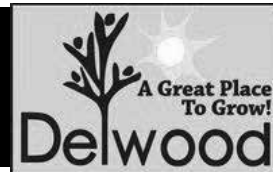
**Communities to be proud of!**

**780.496.8333**

**tony.caterina@edmonton.ca**

**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 Charmaine Lemmen, Membership Director at [dir-membership@delwood.ca](mailto:dir-membership@delwood.ca)**

Memberships can also be purchased at Soccer Registration or online at [www.efcl.org/Store/PurchaseLeagueMembership](http://www.efcl.org/Store/PurchaseLeagueMembership)



April 2015

# Do you remember the bottle chute at One Minute Foods?

With no bottle depots at the time, Delwood kids in the 1960s and '70s would bring their empty bottles to One Minute Foods to exchange for some coins. Kim Mah remembers her job at the store was to bring all the returned bottles down to the shed behind the building. The bottles were heavy and eventually, the bottle company built a chute to direct the bottles from the store to a bin.

That's when returning bottles became a lot more fun! Many Delwood kids delighted in tossing empty glass bottles down the chute and watching them go down its zig zag path. If they had thrown it well, the bottle would shatter with a very satisfying noise. Or, the kids would try to get a number of bottles down the chute as fast as possible to jam it up.

For Kim, the bottle chute is an immediate memory of growing up at the family store. Her great joy was getting a bottle all the way down in one piece so she wouldn't have to clean up the mess like she had done so often after some kids had come to have their fun. She says: "I'm sure there are a lot of people in Delwood who remember that chute and the good times they had with it!"

If you remember chucking bottles down the chute and have other memories of growing up in Delwood, make sure to share them at the upcoming 50th anniversary celebration on June 19 and 20.



## 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](http://www.premierma.net)



**START TODAY! FIRST CLASS IS FREE!**

# Delwood Finds Gold

## 2014/2015 Indoor Soccer Season Highlights

**The U16 girls team** (The Delwood Scorpions) continued to play well this indoor season in the top tier, which was a great accomplishment considering they had just moved up. Way to go Girls!

**The U16 boys team** (The Delwood Rebels) had a stellar indoor season, being one of the teams to beat amongst community U16 teams in Edmonton. The boys competed hard in the top tier for the entire season. The team entered two tournaments this indoor season: the Polar Cup in December where they finished third, and the FC Memorial in February where they won bronze.


They finished the regular season second in Tier 4 qualifying them for the City Championships.

The Rebels entered Cities determined to play well, and won both games securing gold and qualifying for Provincials. In Provincials, the boys came out of the gates flying. They won their first game 3-0. Second and third games were intense, and the Rebels came out on top in both games 3-1 and 3-0 respectively, securing Delwood's first ever U16 Boys Provincial Champions. Congratulations boys!!!

**The U18 boys** (The Delwood Spartans) played hard and competed well in every game. During the regular season the team entered two tournaments — The Spruce Grove Earlybird Tournament in November and the FC Memorial in February in Edmonton. The Spartans played with intensity and determination in both tournaments winning gold in each.

Their regular season was capped off with an exciting come-from-behind victory allowing them to advance to the City Championships. The City Championships featured two games where the Spartans continued to gain momentum. They won both games securing a gold medal and a trip to Calgary for the Inter-Cities Championships. The boys competed against the best Tier 5 teams from Calgary and Edmonton, and played extremely well winning silver. Way To Go Boys!

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1 hour	\$75
90 minutes	\$115





**Music Teacher registered with ARMTA**  
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**accepting students in my home studio for Fall lessons.**

I teach piano – Beginner to Advanced – and  
all corresponding theoretical subjects.

**For further information, please contact Carol MacKinnon-Hagan**  
at **780-722-5253** or **780-473-1747**



We are extremely happy to report that Delwood fielded a total of 7 teams this indoor season consisting of 109 players along with 22 coaches, assistant coaches and managers representing our community.

Here is a breakdown of our teams (photos were in the February issue of Delwood Views)

**U8 Mixed:** Todd Panter, Coach; Jamie Panter, Manager.

**U10 Boys:** Terry Oyakawa, Coach; Misty Ebel, Assistant coach/ Manager; Randy Sorochoan, Assistant coach.

**U10 Girls:** Charmaine Bourassa, Coach; Lindsay Abrahart, Assistant coach; Matt Abrahart, Manager.

**U12 Girls:** Joe Caputo, Coach; Miguel Cardona, Ass't Coach; Gerry King, Ass't Coach; Frances Tischer, Manager.

**U16 Girls:** Chris Spielmann, Coach; Sal Durante, Assistant coach; Valeska Spielmann, Manager.

**U16 Boys:** Willie Chung, Coach; Curtis Gribble, Ass't coach; Pasquale LaPorta, Ass't coach; Shannon Doyle-Gribble, Manager.

**U18 Boys:** Bob Lemmen, Coach; Lockery Huhtala, Ass't Coach; Katrina Huhtala, Manager.

We would like to extend a huge thank you to all of the coaches and managers who volunteered their time and effort to making this indoor soccer season a success. We know the commitment that it takes to manage and coach our children. Their development and memories gained throughout the season would not have happen without you guys. Thanks to all of the parents for coming out and supporting the players, coaches and managers and good luck in the upcoming outdoor season.

**Chris/Ann Howe** Delwood Soccer Directors



Walking around our 60 year old neighbourhood we recognized that a lot of good fruit was falling to the ground and being wasted. We decided to collect fruit such as rhubarb, raspberries, cherries, pears, and apples that were not being used by homeowners. We are a not-for-profit society with the mission of connecting this wonderful local resource with those who will use it. We make jams, jellies, sauces and condiments that are 60 to 100% "rescued" fruit; we teach preserving courses so people can make their own; we connect homes with excess fruit to those who want to pick for themselves; and fruit that is excess to the above sources goes to local charities, group homes, community kitchens, small food banks and anyone else who will use it (at no charge). In 2014 we redirected about 15,000 kg apples and this is just a small portion of the apple trees in our city.

If you have fruit in your yard that is excess to your needs or you are unable to do the work yourself, here are a couple of options to consider.

1. Tell your neighbours about the fruit and invite them to come and pick. You can arrange with them to leave you a portion in return for your sharing.
2. Call us at 780-244-0129 and we will let you know about coming to pick ourselves. Please note that apples are so abundant that we often cannot pick – but if you drop them off at our kitchen we will make sure they go to someone who will use them.
3. If you don't want others in your yard give us a call. We will tell you where and when you can drop off the fruit or we can arrange for a pick up.

Call us at 780-244-0129 if you want to be a volunteer picker, know of a place that would use some of this free local fruit, or have other questions or comments.

There is a lot more to our story, so please check out the website at [www.fruitsofsherbrooke.ca](http://www.fruitsofsherbrooke.ca)



## Real Estate and Property Management

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7308 Delwood Road  
Edmonton, AB T5C 3A7

**MILLIGAN REALTY LTD.**

***We can sell your home or rent  
your property to qualified tenants***

This is not intended to solicit persons or property under contract.

**Proud to be Delwood Residents since 1975**



# Movie Night Success

On April 1 we held our first free Kids' Movie Night in the middle of springbreak. We featured the Oscar-winning Big Hero 6 to a large appreciative crowd of kids and parents. It was great to try out our new projector and sound system.

Popcorn and treats were sold at our concession for an authentic movie experience.

Thanks to everyone who came out and, of course, to our volunteers that made the evening possible! We would also like to acknowledge Dental Choice for providing financial support for these events.

We will be planning more of these throughout the year, so keep an eye on the Hall sign and here in Delwood Views for future movie nights.



## Time for a Meaningful Change?



**At New Leaf Counselling Services** I offer Individual and Couples Counselling, and Play Therapy for children in a warm and caring atmosphere in your neighbourhood.

I also facilitate a variety of groups including Mindfulness for Everyday Living, Marriage Preparation, and Co-parenting after Separation and Divorce.

**Shakti Allen, MAPPC, Canadian Certified Counsellor**

**Calls are most welcome at 780-705-7735      [www.newleaf-counselling.ca](http://www.newleaf-counselling.ca)**



**Alberta Health  
Services**

*Emergency  
Medical  
Services*

# Bicycle Helmet Safety



Head injuries are a leading cause of serious injury and death to children riding bicycles\*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's 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 even 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 a helmet when cycling.

## Getting the right fit

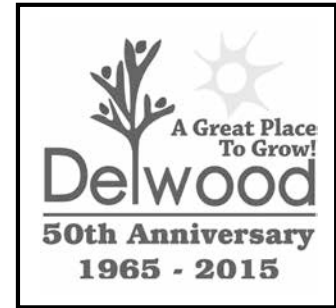
- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake 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, comfort and safety.

*\*Parachute Canada*

<http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>

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

# Delwood's 50<sup>th</sup> Anniversary Wants You Support a great weekend of celebration!



## Be a Sponsor, Volunteer, or Supplier

- ◆ Food Donations
- ◆ 120x140 event tent
- ◆ Prizes for Events
- ◆ Tournament/Activity Organizers
- ◆ (cribbage, bocce, croquet)
- ◆ Photographer
- ◆ Face painter
- ◆ Centre pieces & Candles
- ◆ Items for our historical display

**Advertise in our special edition of  
Delwood Views or our  
Banquet of Memories Program.**

For more information contact:  
[delwood50@delwood.ca](mailto:delwood50@delwood.ca)  
or 780-293-0667

## 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.

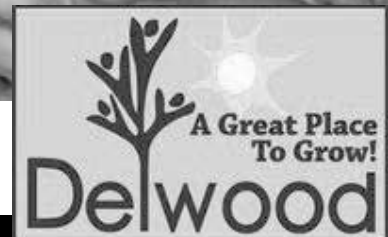
If you have any ideas or suggestions on what you would like to see happen in the Delwood Community let us know. It could be anything that is of interest to you and your friends.

Please contact your  
Delwood Seniors Liaison Director

**Karen Bademan**

at **780-473-2925**

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



# Delwood Community League 50<sup>TH</sup> ANNIVERSARY

**Saturday  
Family Dinner**  
**GET YOUR TICKETS NOW!**  
**\$30 Adults**  
**\$15 Children under 12**  
**Space is limited**  
Call Teresa at 780-293-0667  
or Chantal at 780-970-1654



## COME & CELEBRATE JUNE 19-20, 2015

# \$5 OF FUN!

*Including Pancake Breakfast,  
Hotdog Lunch & Anniversary Cake*

### SCHEDULE AT A GLANCE FRIDAY JUNE 19

7:00 pm Welcome & Open house

### SATURDAY JUNE 20

8:00 am Breakfast

8:00 am – 4:00 pm

**Activities  
for all ages**

2:00 pm Cake ceremony

6:00 pm Family dinner  
(tickets sold separately)

8:00 pm Dance and  
Beer gardens

10:45 pm Fireworks

SCAVENGER HUNT • PETTING  
ZOO • ORB BALLS (aka hamster  
balls) • BOUNCY CASTLES •  
AND SO MUCH MORE!



For more information  
go to [www.delwood.ca](http://www.delwood.ca) or  
email [delwood50@delwood.ca](mailto:delwood50@delwood.ca)

## My Delwood Is... VIDEO CONTEST



### Show us why Delwood is a great place to grow!

Post a short video — two minutes or less — on the 50th Anniversary Facebook page about why you like living in Delwood. Your video should answer the question "My Delwood is...."

We are looking for the most inventive, creative, and interesting videos. **Every video entry will qualify for a chance at a mystery prize!**

#### HOW TO ENTER:

1. Create a video that is two minutes or less that shows why you like living in Delwood by answering the question "My Delwood is..." Be creative!
2. Upload your video to the Delwood 50th Anniversary Facebook Page (<http://goo.gl/6MpWKV>) by June 15.

#### RULES:

1. All video submissions must be respectful and courteous.
2. To protect your own privacy and the privacy of others, do not include personal information such as phone numbers or email addresses in the videos.
3. The Anniversary Organizing Committee will remove any videos that are offensive to an individual or an organization, rude in tone, use vulgar language, or contain content that encourages or suggests illegal activity.
4. Your own personal safety and the safety of your cast, crew and others involved with producing your video must be maintained.