



The Delwood Views

August 2013

Delwood Fall Festival 2013

Back for another amazing celebration of your community!

Delwood Community League has another exciting and fun celebration for the whole family. From bouncy castles to roller derby to fireworks, there is something for everyone in your family. All the fun starts at noon on September 7 and keeps rolling until the fireworks at 10pm. And it's all free!

For the kids!

The day opens with the always-exciting Children's Bike Parade at noon. All children are welcome to come join with their decorated bikes and dress in costume. The children will ride on the road in front of Delwood School, around the fields and back in front of Delwood park and hall. Parents are welcome to walk/bike along with the children. Ribbons for best decorate bikes and costumes!

The favourites are back with bouncy castles (Please do not leave your children unattended. Delwood Community



League is not responsible for any injuries.), Thistle Hill Farm Petting Zoo, and face-painting. We've also added a children's magic show and Mr. Stretch, who will make you a flower, a hat, an animal or many other balloon creations!

Throughout the day there will also be the Edmonton Fire Fighters with Fire Truck, Edmonton City Police, Karate Demonstrations, Musicians and Singers.

Continued p. 3

2012/2013 Delwood Community League Executive

PRESIDENT

Greg Sorenson 780.472.7864
president@delwood.ca

VICE PRESIDENT – Administration

Vacant

VICE PRESIDENT – Operations

Vacant

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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

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 6 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

Action packed fun for the whole family!

We are very excited to announce a Hot Air Balloon for tethered rides. Find out what a real balloon ride is like, while safely tethered to the ground!

For your entertainment we have many favourites returning! We are thrilled to welcome back the Oil City Derby Girls and the River City Riot Derby between 3 and 4:30. Check out the action and fun of Ladies and Men's Roller Derby!

TNT Stunts a martial arts acrobatic team will be doing two shows featuring their martial arts choreography with kicks, flips, twists, and break dance.

The Real Canadian Wrestlers are back again this year providing two great family entertainment shows! They will be selling their t-shirts, posters, etc and will be doing autographs. These shows you don't want to miss. Get ready to pick a side and cheer for the good, the bad and the down-right nasty!

From the afternoon into the evening...

Kick back have a beer or cooler and listen to DJ Damien Moor and Friends spin music! Variety of ice cold beer and Bacardi coolers to enjoy! Yes children are allowed in the



beer gardens, this is a family friendly event. Go and request what you would like to hear as you drink your beer!

Enjoy supper by one of the many food trucks that will be serving from 6 to 10 pm parked close to the Beer Gardens for your convenience!

Finish off the evening with a light show and fireworks. Watch these incredible ladies dance in the dark with their LED Lite Hoola Hoops and wild outfits. Grab your blanket and get a great spot on Delwood Hill, in the Beer Gardens or out in the park and end Delwood Fall Festival 2013 with a bang! Nothing completes the day better than watching fireworks!

Support your Community

Don't forget the Show and Shine Car Show throughout the afternoon. This is your time to show your ride and let it shine! Bring your "show" vehicle and park it for everyone to admire. There will be a prize for "people's favourite"! Voting ballots will be by the vehicles.

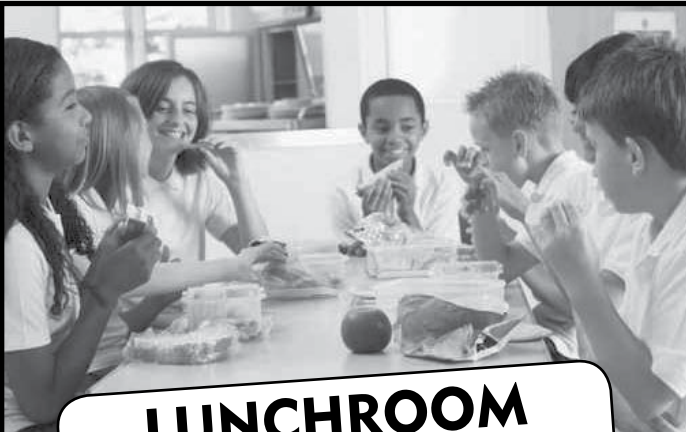
Visit the business vendors in the skate rink: Tupperware, Steeped Tea, Avon, Stella & Dot, Body by Vi, Sunset Gourmet, Epicure and more! And don't forget the prizes!

Get to know your Community League better!

Buy your community league membership at the hall. Dunk soccer coaches, the community league executives, wrestlers and even City Counselor Tony Caterina! Enjoy the community consession stand throughout the day. Hot food served in the hall from Noon to 6 pm. Chips, chocolate bars and alcoholic and non-alcoholic drinks sold in the rink shack.

Free Prize Draws

Incredible prizes donated valued from \$50.00 to \$125.00! Free to enter but you must be at the Beer Gardens at the draw times to WIN! (6:30, 7:30, 8:30 & 9:30 pm)



LUNCHROOM SUPERVISORS NEEDED

DELWOOD SCHOOL

Monday - Friday 11:15 a.m. - 12:30 p.m.
This is a paid position

Stop by the school office for an application
or call 780-476-3969.

Join us for our **50th** Anniversary Celebration
September 14
2 - 7 p.m.

Entertainment for Kids & Adults
Free Barbecue

September 15
10:30 a.m.

Outdoor Service with lunch to follow



**Christ the King
Lutheran Church**

13111 - 79 Street

Everyone Welcome!

Councillor Tony Caterina

City of Edmonton – Ward 7



Communities to be proud of!

780.496.8333

tony.caterina@edmonton.ca

Delwood & Neighbouring Communities ...

EPICURE SPICES RIGHT TO YOUR DOOR!



Contact **Shawna** at **780-953-3184**
or **makeastance@yahoo.ca**
for your catalog and/or to order!

Excellent food choices that are good for your heart!

Teriyaki is a wonderful flavor to add to chicken or steak. However most sauces are heavy in sodium. Some have up to 38% sodium which is absolutely ridiculous!

Want to keep your blood pressure down? We know you do!

Try **Epicure's Teriyaki Rub** on your chicken breast or steak! All you do is shake some of the rub your meat, rub the spice into meat on both sides, throw it on the BBQ or in the oven at 350 for about 40 minutes. And voila! You now have a wonderful and flavour-filled dish to serve!

Since you already have the oven on, why not grab some asparagus, break off the ends, throw into a bag, add a tablespoon of olive oil, and add a good couple of shakes of Epicure Sesame Ginger Dressing Seasoning and give that bag a good tossing around to get the oil and spices all over the asparagus. Throw onto a cookie sheet and into the oven the last 8 minutes of your cooking of the chicken. Dinner is now served!

Simple and easy, and you just made yourself look like a chef the kitchen!

Check out our recipes, food ideas and upcoming cooking classes on Facebook at **www.facebook.com/MakeAStance**

**Get the training.
Get to work.**

WBF prepares women for occupations in the trades
at a consistent employment rate of 90 per cent.

Journeywoman Start

17-week program starts **September 16th**

Welding Basics

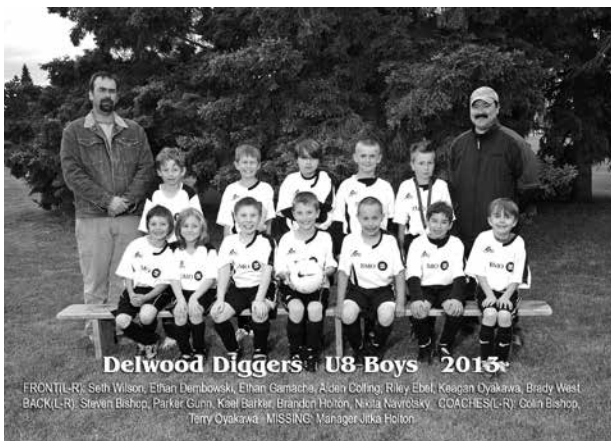
4-week program starts **September 16th**

WBF

***Women Building Futures
Work Proud***

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

A Stellar Year for 2013 Outdoor Soccer



We are pleased to report that our community fielded a total of 13 teams this outdoor season consisting of 176 players and 38 coaches/managers. This is the most teams Delwood has ever fielded to date. We would also like to extend a huge thank you to the Spartans Mens Club for their generous donation. This donation made it possible for Delwood to outfit all of our teams in sharp looking new uniforms. Despite the late start to the season and a few rain out games, the season once again was a success.

Delwood teams performed extremely well this season! Medals were won at the League level, City level, and, most impressively at Inter-Cities. Congratulations to all the teams and their coaches for their hard work and dedication!

Ann and I would like to extend a huge thank you to all of the coaches and managers who volunteered their time and effort to making this outdoor season a success. We know first hand the commitment that it takes and it would not happen without you guys. Congratulations to all of our teams on a great season. Thanks to our parents for coming out and supporting the players, coaches and managers and good luck in the upcoming indoor season.

Here is a breakdown of the teams and some of the highlights of the past outdoor season.

- U6 Mixed:** Coach — Neil Filipchuk, Ass't Coach — Corrie Hoffner, Manager - Louise Nicholson
- U6 Mixed:** Coach — Brad Gerard, Ass't Coach — Nick Mohammed, Manager — Susie Gerard
- U6 Mixed:** Coach — Germaine Germann, Ass't Coach — Michael Moloney
- U8 Girls:** Coach — Matt Abraham, Ass't Coach — John Saunders, Manager — Lindsay Abraham
- U8 Boys:** Coach — Terry Oyakawa, Ass't Coach — Colin Bishop, Manager — Jitka Holton
- U8 Mixed:** Coach — Shannon Gribble, Ass't Coaches — Randy Sorochn & Nicole Johnson

The U6 and U8 teams are in a non-competitive age group where the coaches work on developing skills. All three U6 teams played in the Tim Hortons Jamboree Tournament and the U8 boys team participated in the Summer Sizzler. The players had a lot of fun.

- U10 Boys:** Coach — Darrell Demchuk, Ass't Coach — Lien Tran, Manager — Roxanne Coelho

The U10 boys team entered the Summer Sizzler Tournament and won a bronze medal.



Delwood Soccer

Season

Chris / Ann Howe — Delwood Soccer Directors
ac.howe@hotmail.com

The boys finished 3rd overall in their tier, earning them a bronze medal to cap off their season. I am very proud of all my Blue Devils for their efforts and the way they excelled from the first practice to their last game. Great job, boys!

Thanks to all the parents of the Delwood U10 boys for their support throughout the season from helping with flags to setting up nets. — Coach Darrell

U10 Girls: Coach — Brianna Clark, Ass't Coach — Kris Bernstrom,
Managers — Jon Phair & Chantel Chinni.

We had a great season, we watched these girls go from U8 soccer players to becoming amazing young athletes, there was never a dull moment coaching that group of girls. I loved every moment of it. Hope to see most of them next outdoor season in U12.
— Brianna Clark.

U12 Boys: Coach — Ken Wagner, Ass't Coach — Ken Romanyshyn,
Manager — Barb Poltorak.

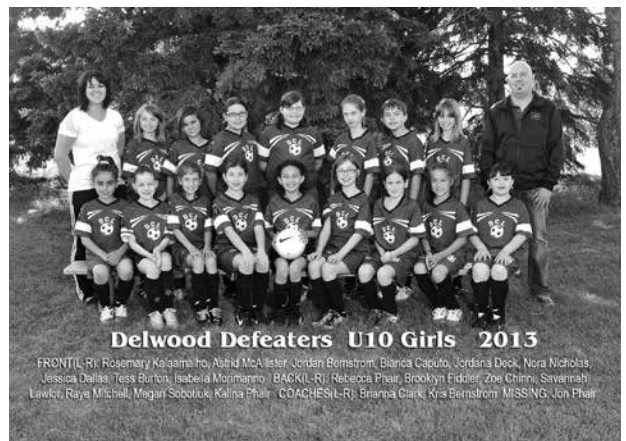
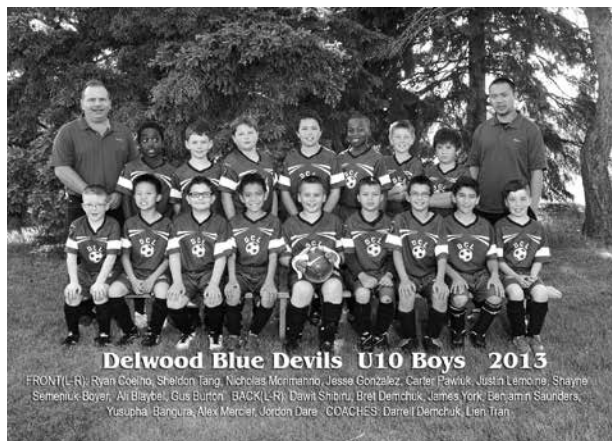
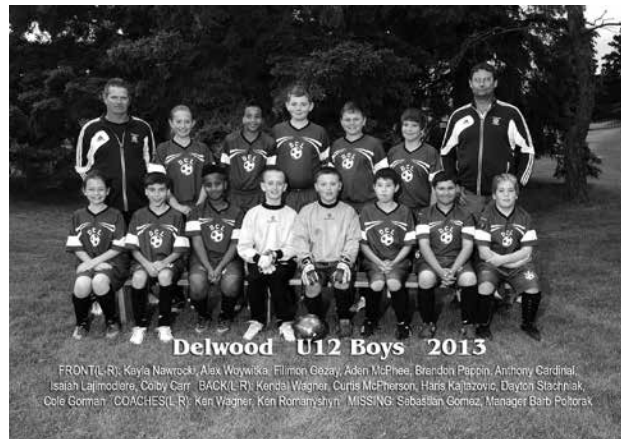
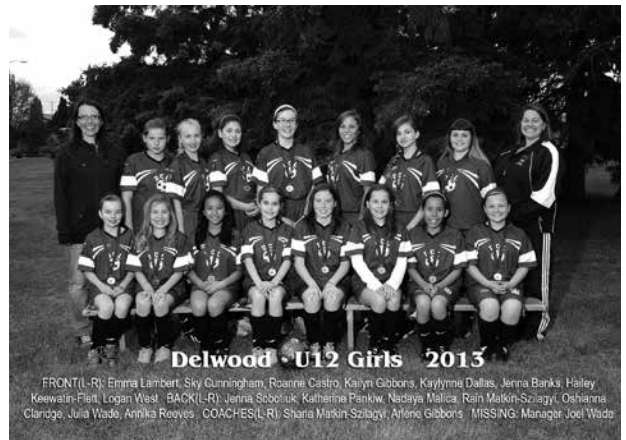
The U12 boys entered the Summer Sizzler this year and won Bronze. They finished 2nd in their tier, capping off their season with a silver medal.

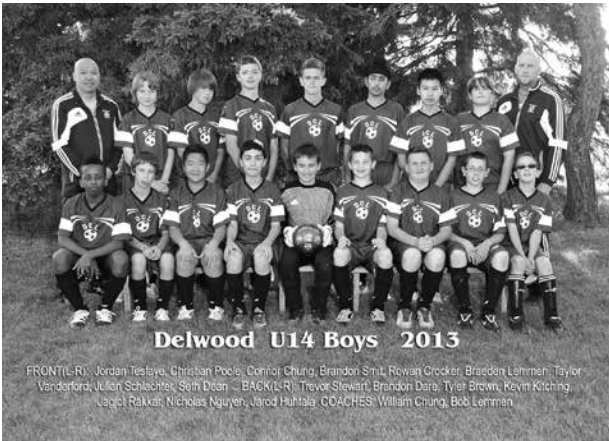
U12 Boys: Coach — Tom Banks, Ass't Coach — Cam Buchanan,
Manager — Jenn McDonald

The U12 boys team had a great time this year developing their soccer skills and finished 4th in their tier

U12 Girls: Coach — Arlene Gibbons, Ass't Coach — Sharla Matkin-Szilagyi,
Manager — Joel Wade

The Delwood U12 Girls' Soccer team had a very productive season this spring. With a mix of experienced and inexperienced players, the girls were able to mesh well and become great teammates. Early on, they won Silver medals in the Summer Sizzler tournament and got lucky on a random draw, winning a \$100 Subway gift card (which they enjoyed using for their team wrap up). They had some exciting games throughout the season, winning some and losing some. The girls came away with Silver overall for the season, qualifying them for City Finals and, potentially, Inter-cities. Unfortunately, most of the team was not available so they did not compete in them. Congratulations girls! You all showed a lot of heart and hustle. Thank you to this great group and their families for all their support, and to the assistant coach Sharla Matkin-Szilagyi and manager Joel Wade. — Arlene Gibbons *Continued p. 8*





Delwood U14 Boys 2013

FRONT (L-R): Jordan Teslya, Christian Poles, Connor Chung, Brandon Smit, Rowan Crocker, Braden Lemmen, Taylor Vanderford, Julian Schlechter, Sam Dean. BACK (L-R): Trevor Stewart, Brandon Dora, Tyler Brown, Kevin Kitching, Jagoi Rakkar, Nicholas Nguyen, Jared Huhtala. COACHES: William Chung, Bob Lemmen

Soccer 2013 continued

U14 Boys: Coach — William Chung, Ass't Coach — Bob Lemmen, Manager — Katrina Huhtala

The Delwood U14 boys team (16 players) had a wonderful outdoor season. The boys played hard and competed in the top tier all the way through. They participated in the Slurpee Cup and the Summer Sizzler, where they won bronze. They finished second overall, qualifying for Cities. With fifth place in Cities, they weren't able to advance to Inter-Cities. We even had the chance to play with a couple of the U12 players. Way to go Delwood!

A big THANK YOU to the coaches, players and of course the parents for all the wonderful support that is given during the season.

— Katrina Huhtala

Delwood U14 Girls Win GOLD at Inter-Cities!

U14 Girls: Coach
— Chris Spielmann,
Ass't Coach
— Sal Durante,
Manager
— Valeska Spielmann

The 2013 outdoor season for the Delwood Scorpions promised to be another year of development. The girls have a winning past, but medals and championships still eluded them. After a strong indoor season, the girls started out in the top tier. The team finished the first round in fourth bumping them down a tier. The next ten games showed the team's pedigree as they dominated. Their philosophy of control, teamwork and patience worked. By the end of the round, the girls had amassed an impressive record of nine wins and one tie having netted 49 goals and conceded only 10.

The next challenge for the team was city finals with the stress of tournament play. The team prepared for cities with a relaxed attitude, but with the underlying nervousness of being one of the favourites and medals on the line.

The girls took their gold medal in fine form, winning every one of their games. The city championship tournament concluded — and the monkey on the backs of the players replaced with gold around their necks — the team set its sights on the Inter-Cities tournament, putting them against the top two Calgary teams from their level.

The players' confidence had grown leaps and bounds —



eager to play the competition. The tournament consisted of two teams from Edmonton and two from Calgary playing a round robin for medals. The girls were determined to not leave anything to chance: win three games and the gold is yours.

The first game went well with Delwood winning 4-1. One down two to go.

The two remaining games were now against the Calgary teams. The first game ended with a 3-0 final score; two down one to go.

The last game of the championship was hard fought with the Calgary team posing all sorts of challenges for the smaller Delwood players. The season's defining moment had arrived and Delwood did not disappoint. Pure ecstasy ensued for the Delwood supporters. The team had a memorable season finishing on a perfect note with plenty of gold!

The Delwood Scorpions look forward to defending their city and Inter-Cities titles next year. Congratulations Girls!

— Chris Spielmann

DELWOOD 2013/2014 INDOOR SOCCER REGISTRATION



Saturday, Sept. 7, 2013 12 - 4 p.m.
Wednesday, Sept. 18, 2013 6:30 - 8:30 p.m. **Delwood Hall**

Age Categories:	Estimated Fees	Estimated Fees	Playing days
(Born between Jan. 1 st and Dec. 31 st of the applicable year)	(Early Bird)	(After Sept. 18, 2013)	(subject to change)
U6 Boys/Girls (2008/2009)	\$175.00	\$190.00	Saturday
U8 Boys/Girls (2006/2007)	\$175.00	\$190.00	Saturday
U10 Boys/Girls (2004/2005)	\$225.00	\$240.00	Saturday
U12 Boys/Girls (2002/2003)	\$240.00	\$255.00	Saturday
U14 Boys/Girls (2000/2001)	\$240.00	\$255.00	Sunday
U16 Boys/Girls (1998/1999) Player Card req.	\$250.00	\$265.00	Sunday
U18 Boys/Girls (1996/1997) Player Card req.	\$250.00	\$265.00	Sunday

*Actual registration fees will be posted on the Delwood website by late August. [Delwood.ca /sports/soccer](http://Delwood.ca/sports/soccer) *

Fees include the following:

Zone registration fees, team socks, pictures and trophies.

Online Registration is also available at: (edmontonnorthsoccer.ca).

Please bring (2) copies of your online form to registration (see above dates) and ensure that you have a registration number on the form. This number confirms that your child's registration has been submitted. Fees and volunteer commitments must be done at registration.

Practices will occur weeknights or weekends depending on gym contracts. (Gym times are assigned by the zone and city)

Tournaments are the responsibility of each team.

Parents/Guardians **MUST bring** the following:

- 2013/2014 Valid **Community Membership** – will be available to purchase at registration.
- Alberta Health Care Card
- One (1) \$100.00 Mandatory uniform deposit check per player dated March 1, 2014
- One (1) \$200.00 Mandatory Bingo deposit check. Requirement is 1 per family.
- Above deposits must be separate checks.
- **Indoor soccer shoes or indoor gym shoes – no outdoor shoes allowed in gyms or soccer facilities.**
- **Shin guards are mandatory for all games and practices.**

Delwood will require Indoor Soccer coaches – please indicate interest at registration

For more information please contact

Delwood Soccer Directors

Chris or Ann Howe after 7 p.m. at 780-476-8669 or email ac.howe@hotmail.com

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



Teen Babysitting Course

Ages 11 to 17 years old

Delwood Community Hall — November 3, 10 a.m. to 6 p.m.

\$15 with Delwood Membership

\$35 without Delwood Membership

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.

Safe at Home Program for Children

Boys and Girls — Ages 6 to 12 years old

Delwood Community Hall — November 24, 10 a.m. to 4 p.m.

\$20 with Delwood Membership

\$40 without Delwood Membership

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.

Please contact Shawna at (780) 953-3184 to REGISTER IN ADVANCE for these programs. 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

Please double-check our Facebook page or website for confirmed dates.

Delwood.ca

or

www.facebook.com/pages/

Delwood-Community-League/462391027163909

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

Delwood's Calendar of Events

SEPTEMBER

- **Delwood Fall Festival 2013**
Saturday, September 7 Noon - 10 p.m.
- **Indoor Soccer Registration**
Saturday, September 7 Noon - 4 p.m.
Saturday, September 18 6:30 - 8:30 p.m.

NOVEMBER

- **Teen Babysitting Course**
Sunday, November 3 10 a.m. - 6 p.m.
- **Delwood Craft and Gift Sale**
Saturday, November 23 10 a.m. - 4 p.m.
- **Safe at Home Children's Program**
Sunday, November 24 10 a.m. - 4 p.m.

Delwood Icemaker Wanted

November 1, 2013 until February 28, 2014

Delwood Rink — Paid Position

**Call Dick Nichols for further details
780-476-3221**



Integrity

MASSAGE THERAPY

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

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

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.

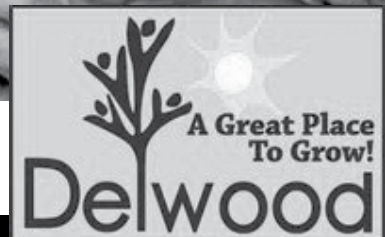
If you have any ideas or suggestions on what you would like to see happen in the Delwood Community let us know. It could be anything that is of interest to you and your friends.

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 FALL FESTIVAL 2013 AGENDA

- Edmonton Fire Fighters with Fire Truck
- Edmonton City Police
- Karate Demonstrations
- Musicians & Singers

Free Prize Draws
Valued Up to \$125
6:30, 7:30, 8:30
& 9:30 p.m.

1 – 4 p.m.

Mr. Stretch Balloon Artist
– Rink Arena

1 p.m.

Children's Magic Show
– Delwood Hall Stage

NOON

Children's Bike Parade
– Front of Delwood Hall in Parking Lot

2 p.m.

TNT Stunts – Delwood Hall Stage

NOON to 4 p.m.

Show and Shine Car Show
– Delwood Park Grass of Along Road
Soccer Registration – Delwood Hall

2 – 5 p.m.

Petting Zoo – West of Playground

2–6 p.m.

Face Painting – Rink Arena

NOON to 6 p.m.

Delwood Membership Drive
– Delwood Hall
Bouncing Castles and Inflatable Obstacle Course – West of the Park
Dunk Tank – Rink Arena
Business Vendors – Rink Arena
Tupperware, Steeped Tea, Avon, Stella & Dot, Body by Vi, Sunset Gourmet, Epicure and more!
Concession Stand
– Delwood Hall and Rink Shack

3:00 p.m. & 4:30 p.m.

Oil City Derby Girls & River City Riot Derby – North of Beer Gardens

2 p.m. & 5:30 p.m.

Real Canadian Wrestlers

6 – 10 p.m.

Food Trucks

6:30 – 9 p.m.

Hot Air Balloon Tethered Rides
– Delwood School Soccer Field

Noon – 10 p.m.

Family-friendly Beer Gardens
– West of Rink Shack
with DJ DAMIEN MOOR starting at 4 p.m.

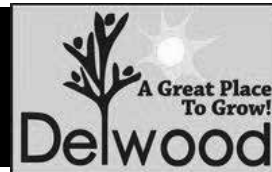
9:00 p.m.

Hoola Hoop Dancers

10 p.m.

Fire Works - Delwood Rink

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