



The Delwood **Views**

February 2016

ATTENTION : **Calling Out To All Delwood Residents**

Delwood needs your attendance!

We must have quorum at the Annual General Meeting to be able to proceed with running the community. If we do not get quorum then we cannot conduct the business of the community, including electing a new Executive Board and running the many programs that you enjoy — for example soccer, youth programs, Fall Festival and the running of the ice rink etc.

Any Delwood resident, with a current community membership qualifies as a voting member. Memberships will be available at the meeting.

This is your chance to have a vote on what happens within your community and to find out what the community is planning for the following year. You DO NOT have to volunteer at the meeting, but your community league needs your attendance and please bring your neighbours with you.

progress throughout this year and will have important decisions to report, as well as decisions that need to be voted on before we move towards the actual renovations.

Board Vacancies

Due to some dedicated Delwood residents we have been able to fill most of the positions on the executive board. We have two important vacancies on the Board – Fundraising Director and Programs Director. We also have 2 of our executives doing double duty and fulfilling two positions each. So please consider giving the community some of your time by volunteering for the Executive Board or for one of our many events. If you have any questions about the Executive Board positions please contact me at president@delwood.ca or (780) 472-7864.

Hall Renovations

The Hall Renovation committee has been making

Greg Sorenson

President, Delwood Community

DELWOOD'S ANNUAL GENERAL MEETING

March 21, 2016 at 6:30pm

Delwood Community Hall

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

Vacant — Needed urgently dir-fundraising@delwood.ca

MEMBERSHIP DIRECTOR

Charmaine Lemmen dir-membership@delwood.ca

PROGRAM DIRECTOR

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



Karate is for ALL AGES!

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 Centre (7515 Delwood Road). **JOIN TODAY!**

BEGINNERS WELCOME!

Little Dragons Program

Ages 3 - 5

- Learn Karate through fun and games
- Achieve better focus and attention skills
- Learn street proofing skills

Kid's Classes

Ages 6 - 14

- This program teaches focus, discipline and better learning habits through routines
- Gain leadership skills through teamwork exercises
- Acquire confidence through self defense

Adult Classes

Ages 15+

- Training fit to your needs
- Great exercise through high energy classes
- Good stress reliever

Schedule — Tuesday/Thursday

Little Dragons	5:30 - 6 p.m.
Kid's White - Yellow	6 - 6:45 p.m.
Kid's Orange - Brown	6:45 - 7:30 p.m.
BBM Class	7:30 - 8:15 p.m.
Adult Class	8:15 - 9 p.m.

Little Dragons ONLY \$50/month • Kids & Adults ONLY \$60/month

Registration 6:30 p.m.

February 29	Delwood Hall
March 16	Delwood Hall
March 23	Delwood Rinkshack

**15% off
second family
member**

**25% off
third family
member**

For more information
or to register call
780-238-KICK(5425)
or visit us online at
www.premierma.net

START TODAY! FIRST CLASS IS FREE!



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Proud to be Delwood Residents since 1975

Councillor
Tony Caterina

City of Edmonton – Ward 7



Communities to be proud of!

780.496.8333

tony.caterina@edmonton.ca



Volunteer Commitments

Delwood Community League Executive would like to sincerely thank all our volunteers who have provided the extra support for Delwood programs and events in the past. Without your support, our community league would not be as strong and vibrant as it is.

Each soccer registration we require volunteers to sign up for a list of programs or events. Currently the requirement is one volunteer commitment per family registered to play on Delwood soccer teams. We are seeking volunteers to help out at Bingos, Casino (about every 2 years), Delwood events like the Fall Festival, Garage Sale, Christmas Craft Sale and events for the soccer associations (ENZSA and EMSA) that Delwood is affiliated with. Bingos and Casinos help facilitate the daily, monthly and yearly operations of the community league.

By not fulfilling your commitment, you put added burdens on those volunteers who are running our various programs and affects the ability to effectively and efficiently sustain these programs.

Programs that Delwood is currently requesting a volunteer for each soccer season (indoor and outdoor) only requires a few hours of your time. A no show can result in administrative penalties or fines being assessed against Delwood and could prevent Delwood from participating in future events or programs. Fines assessed against Delwood are covered by the volunteer commitment cheque you have provided during soccer registrations.

Delwood need those who sign up for future volunteer commitments to please fulfill these commitments as they help in providing the many programs and events we offer in our community league, to our community league members and affiliate organizations.

If you are not able to meet your requirement please contact our director(s) and inform them so we can meet the needs of the program or event.

Sincerely,
Delwood Community League Executive



Music Teacher registered with ARMTA

(Registered Music Teachers Association)

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**



The Outside Edge

SUSAN BOLSENG

Sbolseng@hotmail.com

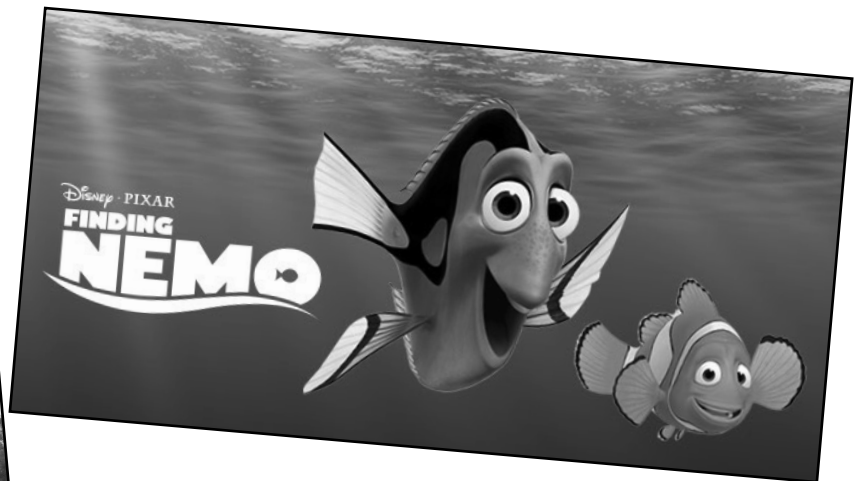
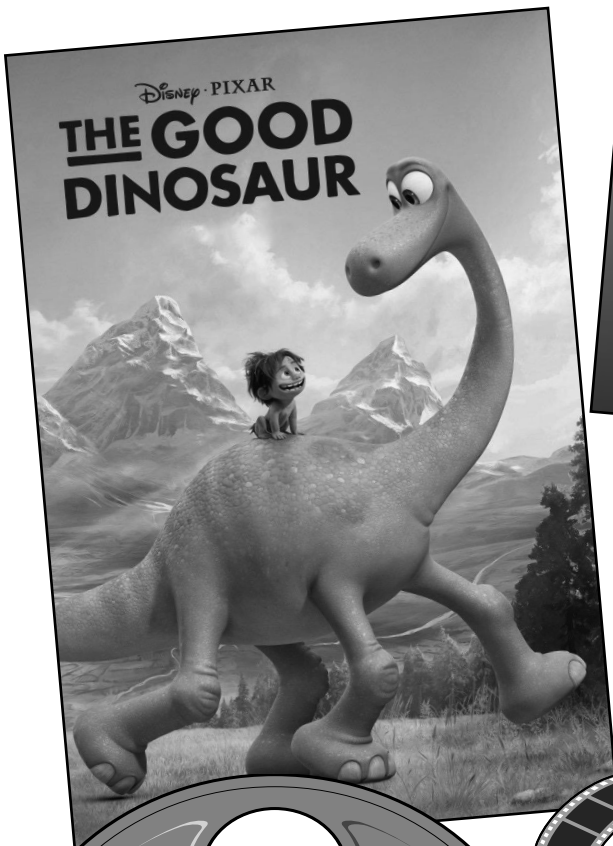
780-231-5530

Complete Event Design and
Planning from setup to take down.

Let me help with your Event

Weddings, Anniversaries, Birthday Parties
Consulting — need some ideas or looking
for a supplier? Make sure no detail is
forgotten. Allow me to “coordinate the
day of” so you can enjoy your celebration.

Call me and let's get started.



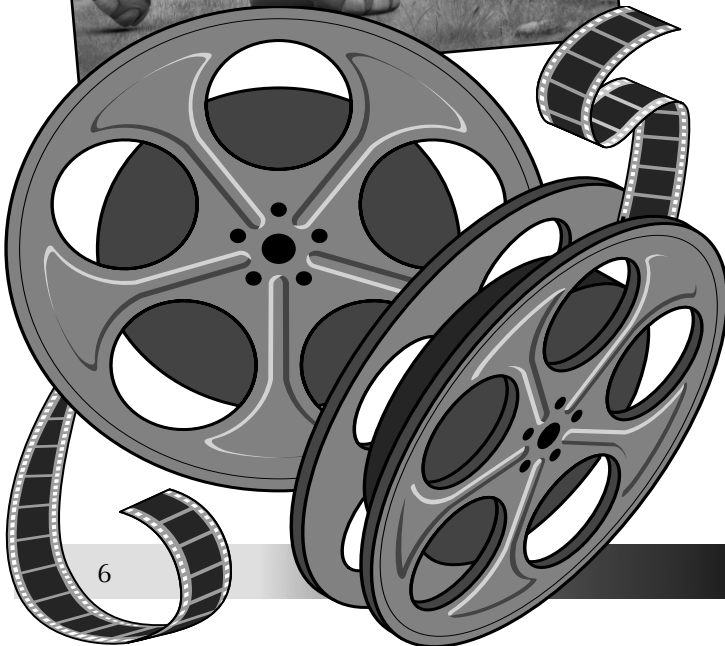
MOVIE NIGHT

Starting at 6:30 p.m.

At Delwood Community League

The Good Dinosaur
February 24, 2016

Finding Nemo
March 28, 2016



Casino Workers Needed

Volunteer and Support Your Community

March 29 & 30, 2016

Century Casino 13103 Ft. Road

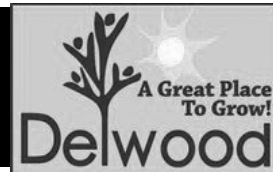
Contact Darlene at 780-475-0028
or email: treasurer@delwood.ca



This is Delwood's biggest fundraiser.
Please Participate!

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

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

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 begin 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 group of great community members step-up to help get our ice rinks started. We sure would like to find someone to help him 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 new (old) board via the following link: <http://www.delwood.ca/contact/board/>. On page 9 are some of the positions we are looking to fill. Please contact anyone on the board if you are interested. I've returned to this community because I believe is a great place to live. I know that it is those that live in a community that make it that way.

Victoria Powluk (VP Administration & Civics Director)



Delwood
ÉCOLE • SCHOOL

Delwood School is your community choice for regular and French Immersion programming for the 2016-17 school year! Our students build the academic foundation and character they need to pursue their dreams and be strong citizens.

The dedicated Delwood Parent Support Association adds to our school's vibrant community.

Important dates

- Kindergarten registration begins on February 2, 2016.
- Information mornings with school tours happen on March 16, 18 and 24 from 9:00 -11:00 AM.
- Pre-enrollment deadline is April 15, 2016.

For more information, please call 780-476-3969. Better still, come visit us in March!



EDMONTON PUBLIC SCHOOLS

Program Director WANTED!

Do you love to plan classes and organize social events?

The director works with the City Community Recreation Coordinators (CRCs) and determine which programs will be offered to the community, then arranges for instructors and accommodation.

The director also arranges registrations, payments to instructors, keeps appropriate records, and access to the facilities used.

Fundraising Director

Fundraising is an essential component to running our community. The funds we raise through our community events (e.g. craft sales, pub night, fall festival) help to turn the lights on and enable us to offer programs.

We also get funds for big projects from casinos and grants and we are fortunate to have other volunteers who coordinate these for us. We need a Fundraising Director to take on the "other" fundraising duties.

This person oversees the coordination of fundraising activities for the community. It is an essential position on Delwood's Executive and we desperately need someone to take on this role.

If you are well organized and enjoy being part of a team, then this is the job for you.

Volunteer Coordinator

The Volunteer Coordinator is responsible for scheduling volunteers for bingos and other community events (e.g. fall festival, craft sale etc.).

This is an important role because the success of all our community events and fundraising depends on our volunteers.

If you are well organized, enjoy working with people and like to be part of a team, then this is the job is for you.

For more information on these positions, contact:
Greg Sorenson — president@delwood.ca or 780-472-7864

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.

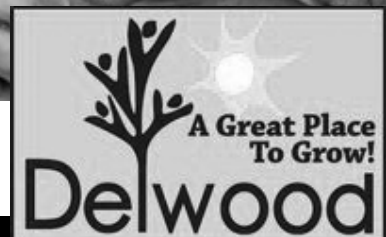
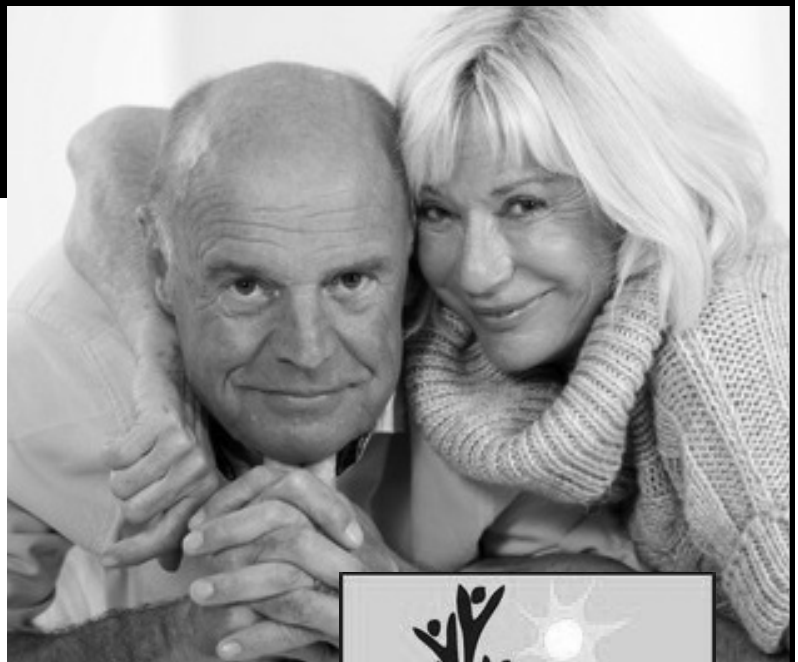
If you have any ideas or suggestions on what you would like to see happen in the Delwood Community let us know. It could be anything that is of interest to you and your friends.

Please contact your
Delwood Seniors Liaison Director

Karen Bademan

at **780-473-2925**

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





**Alberta Health
Services**

**Emergency
Medical
Services**

February Is Heart Month



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

Reduce your risk

Heart attack risk factors include:

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable(*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.



Thank You

Thank you to all of the vendors, volunteers and patrons who made the 2015 Delwood Christmas Craft Sale a big success. Special thanks to Lowella Sorenson, Chantal Chinni and Roberta Lapointe for all of their support and assistance.

— Kathleen Ruelling
Delwood Craft Sale Coordinator

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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

Delwood Soccer Bottle Drive

**May 7, 2016
10 a.m. to 3 p.m.**

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 10 a.m. Saturday morning. **Thank you in advance for your support.**



DELWOOD OUTDOOR SOCCER REGISTRATION 2015

Where:	Delwood Hall	Monday, February 29, 2016	6:30 - 8:30 p.m.
	Delwood Hall	Wednesday, March 16, 2016	6:30 - 8:30 p.m.
	Delwood Rink Shack	Wednesday, March 23, 2016	6:30 - 8:30 p.m.

Age Categories:

(Born between Jan. 1st and Dec. 31st of the applicable year)

U4	Boys/Girls (2013/2012)
U6	Boys/Girls (2011/2010)
U8	Boys/Girls (2009/2008)
U10	Boys/Girls (2007/2006)
U12	Boys/Girls (2005/2004)
U14	Boys/Girls (2003/2002)
U16	Boys/Girls (2001/2000) ***
U18	Boys/Girls (1999/1998) ***

***Player card required

Estimated Fees

(Early Bird)

\$85
\$115
\$115
\$145
\$175
\$205 (no trophy)
\$205 (no trophy)
\$205 (no trophy)

Estimated Fees

(After March 26, 2014)

\$105
\$135
\$135
\$165
\$195
\$225
\$225
\$225

Tournaments are the responsibility of each team.

Fees include the following:

Zone registration fees, team socks, pictures and trophies.

(No trophies for U14/U16/U18)

U10 – U12 referee fees

U14 – U18 linesman and referee fees

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

- 2015/2016 Valid **Community Membership**
– will be available to purchase at registration.
- Alberta Health Care Card
- One (1) \$100 Mandatory uniform deposit cheque
per player dated June 30, 2016
- One (1) \$200 Mandatory volunteer deposit cheque.
Requirement is 1 per family.
- Above deposits must be separate cheques.

Delwood will require Outdoor Soccer coaches

– please indicate interest at registration

For more information please contact

Chris/Ann Howe – Delwood Soccer Directors

After 7 pm at 780-476-8669

or email ac.howe@hotmail.com

Pre-Register online at emsanorth.com

Please bring (2) copies of your online form to
registration (see above dates).

**Fees & volunteer commitments/deposits
must be done at
registration/payment session dates.**

