



# The Delwood Views

November 2022

Please join us at our annual  
*Delwood Christmas  
Craft Sale*

SATURDAY  
NOVEMBER 26

10 a.m. - 4 p.m.

Take care of your gift list and baking  
needs while also supporting our local  
crafters and bakers.

Concession  
Hot Lunch  
Vendor Raffles  
Door Prizes



## 2022/2023 Delwood Community League Executive

### PRESIDENT

Carol Dragich Bishop      president@delwood.ca  
780.439.1235

### VICE PRESIDENTS

#### Administration

Amelia Wiltzen      vp-admin@delwood.ca  
780.884.3359

#### Operations

Daniel Cox      vp-operations@delwood.ca

### TREASURER

Jen Radke-Mercier      treasurer@delwood.ca

### SECRETARY

Victoria Powluk      secretary@delwood.ca

### DIRECTORS

#### Civics

Colin Bishop      dir-civics@delwood.ca

#### Communications

Nathaniel Sorochan      dir-communications@delwood.ca

#### Facilities

Daniel Cox      dir-facilities@delwood.ca

#### Fundraising

Jaydanna Montgomery      dir-fundraising@delwood.ca

#### Membership

Shallen Esteves      dir-membership@delwood.ca  
780.667.0340

#### Program

Craig Turner      dir-program@delwood.ca

#### Seniors Liaison

Josie Palosky      780.476.7803  
Carolyn Taylor      780.475.6806  
dir-seniors@delwood.ca

#### Sports

Jon Buck      dir-sports@delwood.ca

## Delwood Community League

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



facebook.com/delwoodcommunityleague



instagram.com/delwoodcommunityleague

## Executive Meetings

Delwood Community League Executive meets the third Monday September - June at 6:30 p.m.

Delwood residents who have questions or ideas to share 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.)	\$800	\$700
Funeral Package	\$300	\$200

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

Chantal Chinni

delwood.ca/hall  
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.
Adult Class	7:30 - 8:15 p.m.

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

**ONLY \$100/month. Community League Members receive \$10/mo discount.  
START TODAY – FIRST CLASS IS FREE! Ask about our family discounts!**

## Delwood Community League Nordic Walking Program



for interested community residents

**Call Kim Mah at 780-478-2017**

for information and to register

Join the Delwood Community League at Delwood Hall for three thrilling

# Family Games Nights

6:30 p.m.

December 12, 2022

January 9, 2023

February 13, 2023

Cards – Board Games – TTRP

**Drop-In**

Join us at Delwood Hall  
for a fun evening for all ages!

If you have questions, please contact  
DelwoodGameMaster@gmail.com

**VOLUNTEERS**

**NEEDED!**

Delwood is looking for current or anticipated Red Cross Certified babysitters to volunteer at our Children's Dance on **December 19**

Delwood also still needs help filling spots at our upcoming bingo events on:

**Thursday, January 5, 2023**  
**Thursday, January 19, 2023**  
**4:15 - 9:30 p.m.**

If you can lend a hand, please visit [delwood.ca/volunteer](http://delwood.ca/volunteer) or call Chantal at 780-970-1654

**Your contributions are invaluable!**

# TURKEY



**Doors open  
at noon**

**Sunday, December 4**



# Delwood Fall Festival a Success

The Delwood Community League would like to thank all those who attended the Fall Festival in September. We had an amazing turnout and were thrilled to be able to share our love for our vibrant community!

Did you like what you saw? Join us for more upcoming community events like our Christmas Craft Sale, Turkey Bingo, Game/Card Nights, Children's Dance and more! Check our website at [delwood.ca/events](http://delwood.ca/events) for more information.

As the saying goes, many hands make light work, and the Delwood Fall Festival would not have proceeded without the contributions of our dedicated volunteers, or the support of Fundraiser Freight, the City of Edmonton Neighbourhood microgrant, GFL and Re/Max. Our Fall Festival Planning committee also worked throughout the year to make this event possible.

Would you like an opportunity to give back to your community? Register as a volunteer at [delwood.ca/volunteer](http://delwood.ca/volunteer)



To all who helped  
make our Festival a hit  
with the members of  
our community!

## Need some extra money this winter?

We are looking for people interested in snow removal.

## Delwood residents, do you need someone to provide snow removal this winter?

Delwood Community League is matching snow removal providers with people needing assistance clearing snow from sidewalks and driveways.

**Phone 780-475-6806 or 780-476-7803**

Please leave a message if there is no answer.

**or email [dir-seniors@delwood.ca](mailto:dir-seniors@delwood.ca)**



## SENIORS

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

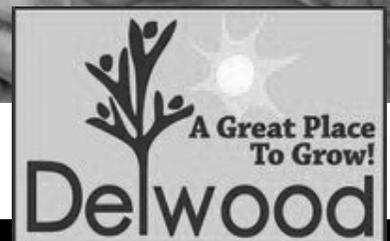
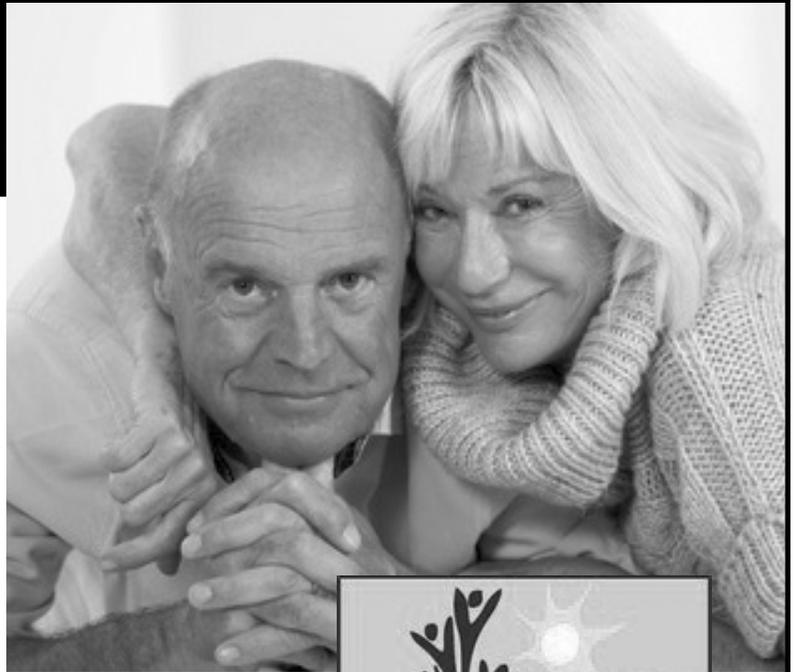
We would like to be able to serve you and put in place things you would like to see happen in Delwood. Such as activities, sports, card games, craft sale and baking sales, exercise classes, senior dances, group activities, etc.

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 Directors

**Carolyn Taylor** or **Josie Palosky**  
**780-475-6806**      **780-476-7803**

Please leave a message if there's no answer. Thank- you!



# TELSCO

SECURITY • FIRE • VIDEO • ACCESS

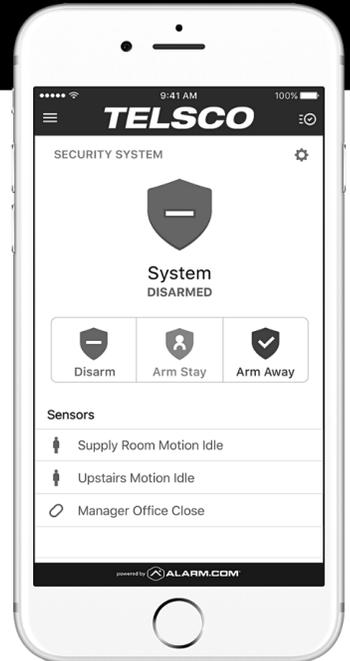
Protecting our Community Since 1970

## Smart Security for your Home and Business

- ✓ Alarm Systems
- ✓ Video Cameras
- ✓ Video Doorbells
- ✓ Home Automation
- ✓ Monitored Smoke & CO Detectors
- ✓ Flood, Freeze & Sump Monitoring
- ✓ Edmonton Monitoring Centre
- ✓ For New or Existing Security Systems

Ask about Special Pricing for Delwood Community League Members

780.424.6971 • [telsco.com](http://telsco.com)



# ARE YOU THINKING OF SELLING?

## Picture it sold with Milligan Realty!

Call Sandra for a **FREE**  
Market Evaluation!  
**780.478.5381**



**Real Estate and Property Management**  
Family Owned and Operated Business Since 1979

7308 Delwood Road, Edmonton, AB T5C 3A7

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



# SKIP THE CLEANING 4 LESS

Local, small business

– Residential – Commercial  
– Post-Construction Cleaning

## LOOKING FOR AN AFFORDABLE CLEANING SERVICE THAT SUITS YOUR NEEDS?

Our success depends solely on your complete satisfaction. You'll receive the best cleaning service!

We have the skills needed to reliably and properly clean your home and office. Our customer services don't end when we leave, we will be happy to provide service recovery if you're not satisfied.

### We provide:

Weekly, biweekly, monthly, occasional, post-construction, deep clean, offices, move in & out and one-time cleaning.

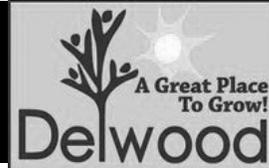
**Please contact us for a free quote!**

**780-231-0965**



**10% DISCOUNT  
FOR SENIORS**

## Delwood Community League MEMBERSHIPS



Did you know that for \*\$25 a household you will get...

- Discounts on Delwood Sponsored Programs & Events
- Free Ice Skating
- Discount on Delwood Hall Rentals
- Discounts on Table/Booth Rentals 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 — Community League members receive a 20% discount on Adult, Family, Child, Youth and Senior Annual Passes.
  - Continuous Monthly Pass — Community League members enjoy a 20% discount on Continuous Monthly Membership Program using our convenient Pre-Authorized Debit Program.
  - Multi Admission Pass — Community League members receive a 15% discount on our already discounted multi admission pass (starting at 5 visits).
  - Community Swim — Fridays at Grand Trunk, Saturdays at O'Leary, Sundays at Londonderry pools
- Discounts with some of our local businesses
- Free membership at the Edmonton Tool Library ([www.EdmontonToolLibrary.ca](http://www.EdmontonToolLibrary.ca))

**Only \$10 for a  
Seniors Household**

Contact Shallan Esteves, Membership Director at [dir-membership@delwood.ca](mailto:dir-membership@delwood.ca) or call/text 780.667.0340

Memberships can also be purchased online at [efcl.org](http://efcl.org)

# WORKING IN EXTREME COLD



## Prevention



Wear layered clothing that has high insulating properties.



Stay in the sun. It may help reduce windchill.



Keep moving to generate body heat.



Keep footwear dry to save heat.



Cover exposed skin.



Take breaks inside.

## Signs of cold

### Shivering



To maintain a constant inner temperature in cold environments, the body shivers to increase heat production and reduces blood flow to the skin and extremities to reduce heat loss.

### Impaired Coordination



Loss of muscular coordination, may result in slow and labored movements as well as reduced dexterity in fingers, hands and toes.

### Tingling



Loss of feeling or tingling in fingers and toes. Frost nip, when the top layer of exposed skin freezes, can occur to exposed skin.

### Confusion



Watch for "unusual -umbles" in yourself and your co-workers – stumbles, mumbles, fumbles and grumbles.

## Workplace health & safety

Working in cold environments, you should expect:



### Heaters

As an on-site source of heat.



### Briefings

On the hazards of working in the cold.



### Buddy Systems

So no one is working alone.



### Wind Protection

To shield workers from drafts or winds.



### Warm Ups

As part of a schedule before and after work.



### A Flexible Pace

Where workers can take extra breaks if needed.



### Adjustment Periods

Before assigning a full work schedule.

## Do you have any questions about workplace health and safety?

Occupational Health and Safety Contact Centre

1-866-415-8690



*Drop your children off at the...*

# Delwood Children's Winter Dance

Admission:

**\$5**

*Friday, December 16, 2022*  
6:00 - 10:00 pm

7515 Delwood Road NW

(all proceeds will go towards  
the Delwood Playground  
Replacement Fund)



Check holiday shopping off your list and drop your children 12 and under off for an exciting party or join in on the fun and stay as a family!

Staffed by Red Cross certified babysitters.  
All children must be signed in and signed out by the same adult.

# Delwood Community League's Outdoor Skating Rink

We have two rinks: one for all-ages hockey and one for family skating & small children



## Public Skating Times

### GENERAL HOURS

Sunday 11:00 am - 6:00 pm  
Monday - Friday 4:00 - 9:00 pm  
Saturday 11:00 am - 9:00 pm

### SHINNY

Friday - Saturday 9:30 - 10:30 pm

### FAMILY SKATE

Sunday 6:00 - 8:00 pm

### HOLIDAYS

Visit our website or Facebook page for confirmation.

**NOTE:** The opening of the rink is dependent on weather. We hope to have the rink open by early December. The rink will be closed when it is above +5°C or below -20°C outside. Please visit our website or Facebook page for updates.

**Smoking, e-cigarettes, cannabis products, and alcohol are strictly prohibited on the rink, and in the rink shack at all times.**

**Community League Members Skate For Free with Skate Tags on Skates**

**\$3.00 For Non-Members**