



The Delwood **Views**

January 2019

Delwood AGM

DELWOOD NEEDS YOUR ATTENDANCE!

Join us Mar 18 for our Annual General Meeting

We must have quorum at the AGM to proceed with running the community. If we don't 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. We will be looking forward to the coming year, including advancing plans for the playground. These are important decisions for the community, not just the executive.

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 for anything at the meeting, but your Community League needs your attendance! And, please bring your neighbours with you.

BOARD VACANCIES

There will be some fun and exciting positions to fill on the executive this year. Particularly, Program Director and Fundraising Director will both need to be filled. We also have two 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.

Greg Sorenson
President, Delwood Community

DELWOOD'S ANNUAL GENERAL MEETING
March 18, 2019 at 6:30 pm — Delwood Community Hall

If you have any questions about the Executive Board positions please contact
Greg Sorenson at president@delwood.ca or (780) 472-7864.

2018/2019 Delwood Community League Executive

PRESIDENT

Greg Sorenson 780.472.7864
president@delwood.ca

VICE PRESIDENT

Administration/Secretary

Victoria Powluk secretary@delwood.ca

VICE PRESIDENT – Operations

Craig Turner vp-operations@delwood.ca

TREASURER

Darlene Clark 780.475.0028
treasurer@delwood.ca

COMMUNICATIONS DIRECTOR

Carol Dragich Bishop 780.439.1235
dir-communications@delwood.ca

FACILITIES DIRECTOR

Nikhil Gorla dir-facilities@delwood.ca

FUNDRAISING DIRECTOR

Vacant dir-fundraising@delwood.ca

MEMBERSHIP DIRECTOR

Roberta Lapointe dir-membership@delwood.ca

PROGRAM DIRECTOR

Crystal Schlachter 780.910.4006
dir-program@delwood.ca

SENIORS LIAISON DIRECTOR

Josie Palosky 780.476.7803
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 the third Monday of every month 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.)	\$800	\$700
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

Babysitting Course

Pre-requisite: Must be 11 yrs of age or in grade 6

Sunday March 3
9 a.m. - 4 pm.

at Delwood Hall

Full day class lunch provided
Fully certified course ending
with Red Cross certification

\$60 per person

Contact Chantal at 780.970.1654



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

Adult Classes Ages 15+

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

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

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.

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



Little Dragons ONLY \$50/month • Kids & Adults ONLY \$60/month
START TODAY — FIRST CLASS IS FREE! Ask about our family discounts!



2-DAY CRAFTING WEEKEND

MARCH 9 & 10

Saturday march 9 ❁ 8 am - 10 pm ❁ \$65
Sunday march 10 ❁ 8 am - 4 pm ❁ \$45

includes 8' table and all meals

To book your table, contact Chantal at 780-970-1654

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 Directors

Karen Bademan or **Josie Palosky**
at **780-473-2925** at **780-476-7803**

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



**Delwood
Community**

**GARAGE
SALE**

**Saturday
April 27**

10 a.m. - 4 p.m.

TABLES:

\$20 Members / \$25 Non-Members

To book call Chantal
at 780-970-1654



Save Your Bottles

FOR THE DELWOOD ANNUAL BOTTLE DRIVE

Early May Delwood Soccer teams
will be knocking on doors
to collect bottles



All Funds Raised go to towards building
a new playground for Delwood Community

Family Crib & Cards Night

second Monday of the month

**February 11, March 11
April 8**

7pm Delwood Hall

Join us for a game of
Crib/Rummy or other card game.
No commitments, no sign ups!
Just come and meet new friends
and neighbours.

2018/2019 Indoor Soccer Season

The Delwood soccer program fielded two teams this indoor soccer season consisting of 38 players and five coaches, assistant coaches and managers representing our community. Here is a list of the Delwood teams along with the coaches/managers that supported the players this past indoor season.

U12 Boys: Coach Cody Lacoursiere
Assistant Coach Blane Parent
Manager Chasity Lacoursiere

U14 Girls: Coach Charmaine Bourassa
Assistant Coach Steven Bott

The indoor season is presently still on going. The regular season wraps up on Feb 9/10 and the City championships takes place on the weekend of Feb 23/24. Intercities "Edmonton vs Calgary" is scheduled for

the March 9/10 weekend. We will have all of the results and some highlights of the indoor season in the next issue of the Delwood Views.

On behalf of the Delwood Community 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 2018/2019 indoor season a success. We know the commitment that it takes to manage and coach our children. Their development and memories gained throughout this soccer season would not have happened 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
ac.howe@hotmail.com



Children's Valentine's Dance

up to grade 6 age

Friday
February 8
2019

7 - 10 pm

Delwood Community Hall

7515 Delwood Road

CASH ONLY
event

Concession - Door Prizes

Lots of Fun - Families are welcome

Admission
\$5



FUNDS RAISED GO TO THE MAKE A WISH FOUNDATION

Don't Pour It!

As an older neighbourhood, some Delwood residents have expressed a concern with sewer backups due to grease build-up. The build up has not only been in their own system, but all the way into the main sewer lines. What you do in your house impacts the community. Help keep our infrastructure working.

What you pour down your sink can "drain" your bank account.

Fats, oils, and grease (FOG) can cause sewer backups by blocking the main sewer lines as well as those on private property, causing expensive property damage. Edmontonians should try to «store it, don't pour it».

Residents are asked to store fats and grease in disposable containers with lids. The containers can then be placed in the garbage.

Used cooking oil should be cooled and put into a covered plastic bottle, labeled and also put out for garbage collection. Residents who are disposing of more than one litre of used cooking oil must take it to an Eco Station.

Our FAQ section below answers questions about how fats, oils, and grease in the sewer system can cause problems. It also tells you what to do to prevent them.

FOGs are by-products of cooking – there's no way around it. How you manage these by-products can have a tremendous impact on home, business and the environment.

Typically, FOG includes things such as:

- * Food scraps
- * Meat fats
- * Lard
- * Cooking oil
- * Butter and margarine
- * Sauces and more

Why is there a problem with Fats, Oils, and Grease (FOG) in the sewer system?

Improper disposal of fats, oils, and grease by residents can build up in the sewer system and cause blockages. This can result in sewer backup, property damages, and cost to residents.

How many calls are responded to that are related to this FOG problem?

Each year, out of approximately 4,500 calls, Utility Services responds to over 220 calls from homeowners who are having sewer troubles that are directly related to blockages resulting from FOG buildup.

In addition, crews respond to approximately 200 mainline blockages each year. Historically over 50% of these blockages are due to fats, oils, and grease problems.

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 — 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 Continuous Monthly Membership Program using our convenient Per-Authorized Debit Program.
 - Multi Admission Pass — Community League members receive a 15% discount on our already discounted multi admission pass (starting at 5 visits).
- Discounts with some of our local businesses

Contact Roberta Lapointe, Membership Director at dir-membership@delwood.ca

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

How do you know the trouble is caused by FOG?

Grease can be seen on the cleaning equipment during routine cleaning of the sewer lines. Grease buildup can be confirmed by running a small camera through the line to determine what is causing the blockage.

How is this problem fixed?

Lines are cleared by special equipment that uses water under high pressure to remove the grease from the walls of the pipe and a vacuum process to remove the dislodged grease from the manhole.

How much does this cost Edmonton annually?

In 2015, approximately 1,200 kilometres of sewers were cleaned at a cost of \$2 million. In addition, 123 kilometres of mainline was televised at a cost of \$1.6 million. It is estimated that grease is present in 25% to 50% of these lines.

Can't we just televise all the sewers and ensure they are maintained before problems occur?

There are approximately 3000 km of pipe in the sanitary and combined (sewers used for both sanitary and stormwater) sewer systems. On a yearly basis about 150 kilometres can be televised. Based on these numbers, it would take 20 years to televise the entire city. Therefore, it is not possible to monitor all the sewer lines for grease buildup on a regular basis.

How many kilometres of drainages pipe are there in Edmonton?

Edmonton has a little over 5,000 km of sewer pipe in total consisting of:

* 2,000 km of sanitary pipe that handles the wastewater from residences.

* 2,100 km of storm pipe that handles the runoff from rain and snow melt.

* 937 km of combined sewer pipe that handles both wastewater and stormwater.

Why can't the FOG be washed away with hot water and soap?

Hot water and soap may remove grease from the dishes but not from the walls of sewer pipes. Sewer pipes in the ground are fairly cold so any liquid grease in the wastewater solidifies on the walls of the pipe. Eventually, it can build up enough to cause blockages.

Can I just dump it into the toilet instead?

No. Wastewater from every toilet, shower, kitchen sink, dishwasher, or bathtub is connected to a single sewer pipe from your residence. Therefore all grease laden wastewater ends up in the same sewer pipe.

Does cooking oil get treated differently?

Cooking oil does not solidify so when garbage collectors pick it up, there is a chance the container can break and oil will be spilled causing a safety hazard.

Used cooking oil should be placed in a capped, plastic jug, labeled, and set out for garbage collection. Amounts larger than 1 litre should be taken to an Eco station for disposal.

If I live in an apartment or condo, do I still need to worry about this?

Yes. Everyone should dispose of cooking fats, oils, and grease in the proper way rather than pouring them down the drain.

Source: <https://www.epcor.com/learn/Pages/fats-oils-and-grease.aspx>

ARE YOU THINKING OF SELLING?

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**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, may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common signs of a heart attack

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

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or simply a 'heavy' sensation;
- Discomfort may move to the shoulders, arm, neck, or jaw;
- May include shortness of breath, sweating, or nausea / vomiting.
- Signs may vary person to person and can differ between men and women, and the elderly.

Heart attack Risk Factors

- 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 medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival;
- Take a CPR / AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

Thank you

My sincere thank you to the vendors, volunteers and customers who made the 2018 Delwood Christmas Craft sale a success!

Even with the challenges of a hall renovation, our sale was well supported, with a steady crowd for the majority of the day.

I'd like to extend an extra thank you to Chantal Chinni and Lowellla Sorenson who gave their time and talents to ensure we had a successful day.

— Kathleen Ruelling
Christmas Craft Sale Coordinator

Lawn Care Service in Delwood

Delwood provides a match-up service between people who need lawncare and people who provide lawncare.

If you provide a cutting grass service or are a student looking to make some summer cash, add your name to our list.

If you are in need of lawn care assistance, call us up and we can connect you!

Phone **780.473.2925**
or **780.476.7803**
and leave a message; or email
dir-seniorsliaison@delwood.ca

Councillor **Tony Caterina**

City of Edmonton – Ward 7



Communities to be proud of!

780.496.8333

tony.caterina@edmonton.ca

DELWOOD OUTDOOR SOCCER REGISTRATION 2019

DELWOOD HALL

Sunday, February 24
7 - 8:30 p.m.

Friday, March 8
6:30 - 8:30 p.m.

Saturday, March 16
1 - 3 p.m.



**You MUST Pre-Register Online at
emsanorth.com**

Please bring (2) copies of your online
registration form.

Registration fees can be paid online
or at one of our registration dates

AGE CATEGORIES:

(Born between January 1 and Dec 31 of applicable year)

REGISTRATION FEES

(Paid at registration)

(Paid Online)

(After March 16, 2019)

U5 Boys/Girls (2014/2015)*	\$110	\$120	\$130
U7 Boys/Girls (2012/2013)*	\$115	\$125	\$135
U9 Boys/Girls (2010/2011)	\$145	\$155	\$165
U11 Boys/Girls (2008/2009)	\$165	\$175	\$185
U13 Boys/Girls (2006/2007)	\$210	\$220	\$230
U15 Boys/Girls (2004/2005)	\$225	\$235	\$245
U17 Boys/Girls (2002/2003)**	\$235	\$245	\$255
U19 Boys/Girls (2000/2001)**	\$240	\$250	\$260

* Uniform deposit NOT required **Player card required

Tournaments are the responsibility of each team.

Fees include the following:

Zone registration fees, team socks, pictures and trophies.

U11 - U13 referee fees

U15 - U19 linesman and referee fees

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

- 2018/2019 Valid Community Membership - will be available to purchase at registration.
- Alberta Health Care Card
- One (1) \$100 Mandatory uniform deposit cheque (1 per player) dated June 30, 2019
- One (1) \$200 Mandatory Bingo 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 p.m. at 780-476-8669
or email ac.howe@hotmail.com

