



The Delwood Views

May 2022

Delwood Community

**GARAGE
SALE**

Saturday, May 7

10 a.m. - 4 p.m. at Delwood Hall

Join us for a one-day indoor
Garage Sale, and find the treasure
you never knew you needed!

Concession on site

Membership Sales

Clothing Drive Fundraiser

**BOOK YOUR
TABLE TODAY!**

\$30 for Members

\$40 for Non-Members

Email

hall@delwood.ca



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-seniorsliaison@delwood.ca

Sports

Jon Buck dir-sports@delwood.ca

Delwood Community League

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



facebook.com/delwoodcommunityleague



instagram.com/delwoodcommunityleague

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	\$200	\$100

Sanitization fee: \$125

All rentals must adhere to AHS restrictions and protocols. For more information on our hall, or to make a booking, contact our Hall Facilitator:

Chantal Chinni 780.406.9022
hall@delwood.ca

Welcome to the New Delwood 2022-23 Executive

With this new executive, we say goodbye to some longtime members. We would like to thank Greg Sorenson, Darlene Clark, Kim Mah and Al Clark for their amazing dedication to the Delwood Community over the years. They are leaving some very large shoes to fill.

As these members depart, we have many new faces on the board. We would like to introduce Amelia Wiltzen as VP Admin, Jen Radke-Mercier as Treasurer, Nathaniel Sorochoan as Communications Director, Jaydanna Montgomery as Fundraising Director and Jon Buck as Sports Director. For the first time in years, all executive positions have been filled!



We would also like to thank all of you who came out to the AGM in March, your support enables the board to do its best work. Stay tuned for exciting updates from this new executive!

In Loving Memory

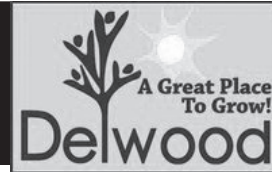
John (Ed) Polowek

John (Ed) Polowek, a longtime member of the Delwood community, passed away on March 18, 2022 at the age of 84. John was survived by his children: Sandra Freeman, Randy Polowek and Doug Polowek, and his grandchildren: Tyler, Jeannine, Zane, Connor, Alanna, Wyatt and Cooper.

There will be a celebration of his life held at Delwood Community Hall on June 26, 2022. Anyone that knew John and would like to attend, please call Sandra Freeman at 587-785-7592 or email slfreeman21@gmail.com to RSVP and further details will be given.



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)

**Only \$10 for Seniors Household*

Contact Shallan Esteves, Membership Director at dir-membership@delwood.ca or call/text 780.667.0340

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

TELSCO

SECURITY • FIRE • VIDEO • ACCESS

Protecting our Community Since 1970

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

Ask about Special Pricing for Delwood Community League Members

780.424.6971 • telsco.com





Delwood Community League

Nordic Walking Program

for interested community residents

Call Kim Mah at 780-478-2017

for information and to register

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 grass cutting 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 780.475.6806

or 780.476.7803

and leave a message; or email
dir-seniorsliaison@delwood.ca



SENIORS

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

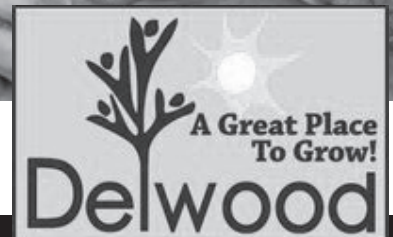
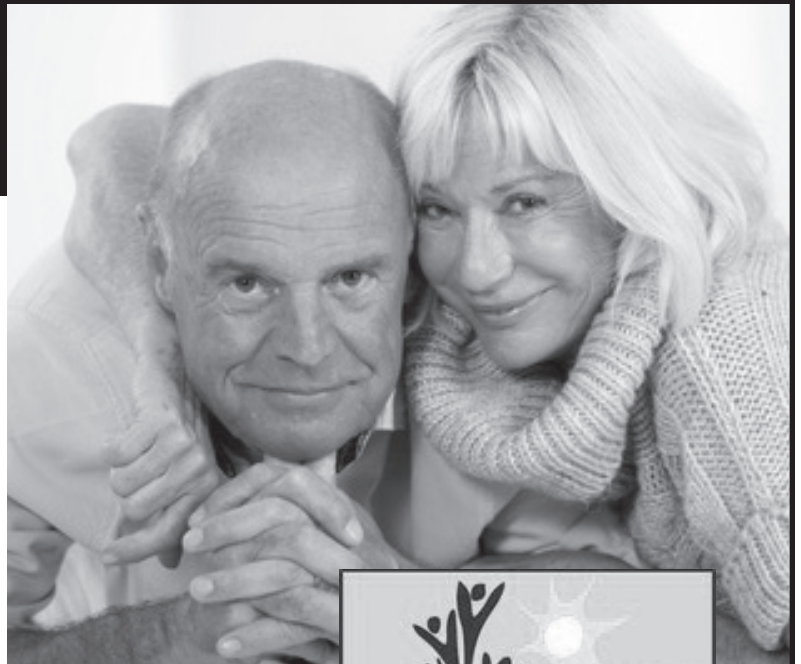
We would like to be able to serve you and put in place things you would like to see happen in Delwood. Such as activities, sports, card games, craft sale and baking sales, exercise classes, senior dances, group activities, etc.

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!



ARE YOU THINKING OF SELLING?

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Market Evaluation!

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



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!



**Alberta Health
Services**

**Emergency
Medical
Services**

Bicycle Helmet Safety



Head injuries are the leading cause of serious injury and death to kids on wheels*. 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, and 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

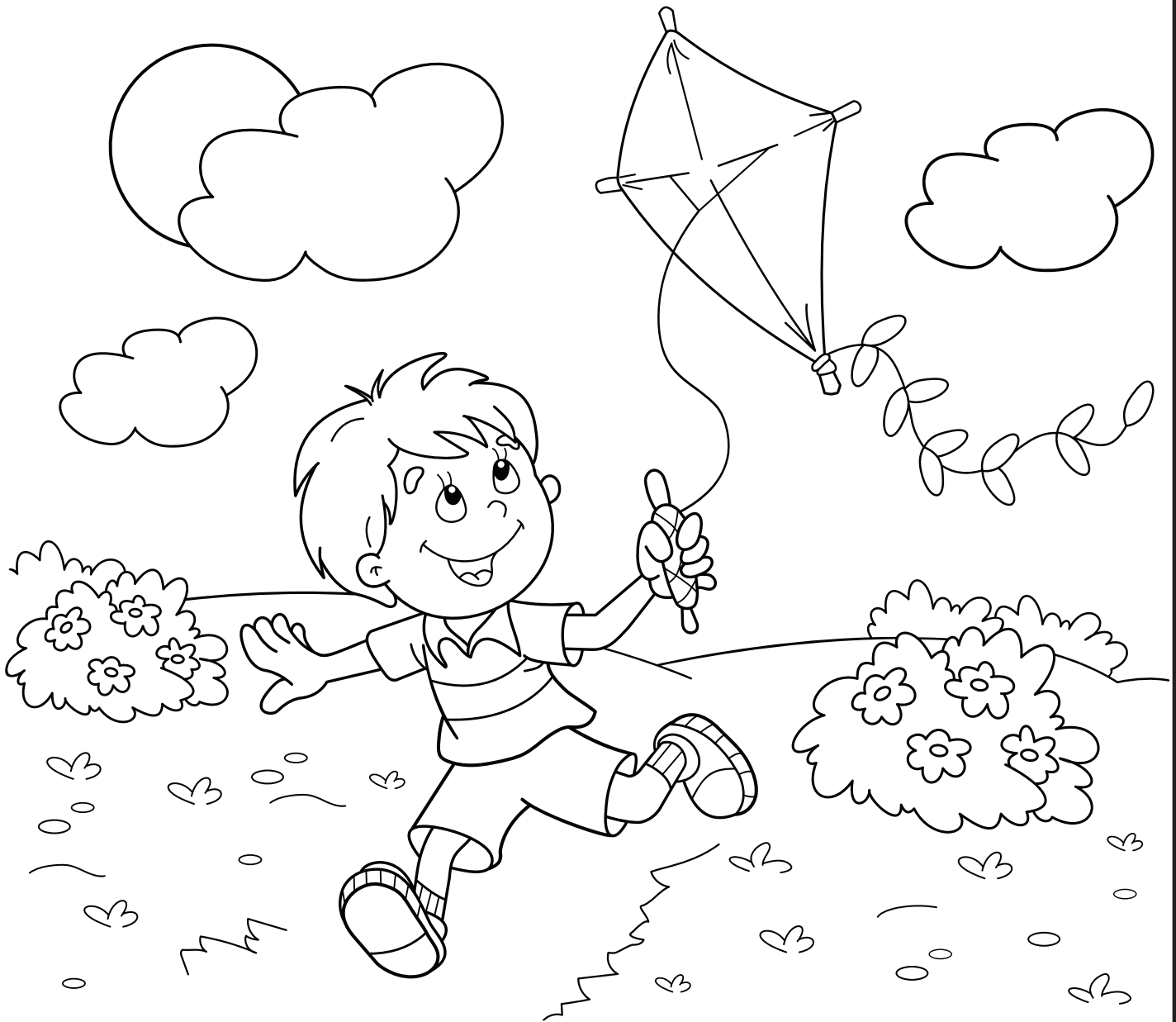
- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake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

Delwood Colouring Contest



Are you 10 or younger? Enter our Colouring Contest for your chance at a Summer Gift Basket!

To enter, send a picture to views@delwood.ca, get a grownup to message us using Facebook Messenger or Instagram, or drop it in our mailbox at Delwood Hall. Please include your name, age and phone number in the message or print on the back if you are dropping it in the mailbox.

Enter by June 18. The winner will be announced by June 25, and will receive a Summer Gift Basket!

Send entries to views@delwood.ca, or in a message using Messenger or Instagram.