

# The Delwood I Le WS

April 2018

# DELWOOD GARAGE SALE

To book contact Chantal

780-970-1654

In support of Delwood Playground Fund



April 28 | 9 - 4 p.m. April 28 | 9 - 4 p.m. CONCESSION ON SITE



# FUNDRAISER FREIGHT CLOTHING DRIVE

Fundraiser for Fundraiser Freight and Delwood Playground Fund

Donate your used clothes to these great community causes. Clothing and small household item donations accepted on Saturday April 28 only. For more information call Chantal at 780-970-1654.

# 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 Goria 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

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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:

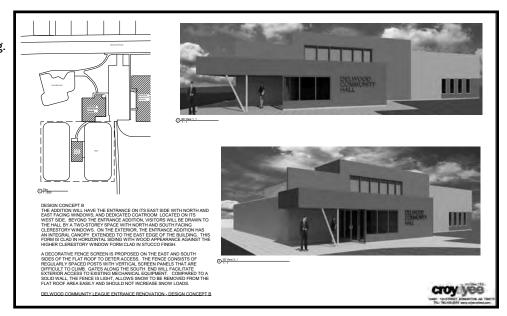
Chantal Chinni 780.406.9022 hall@delwood.ca

### **Delwood Community League AGM**

Delwood had their AGM on March 19. We were pleased to see so many people out for this important meeting. At the meeting, the main item of discussion was the Hall Renovation.

We are excited to have the Hall Renovation moving forward this year into the permits and building phase. We expect construction to begin in mid-summer through the fall.

On the executive, we are again in need of a Fundraising Director. We have an incredible team with a great cross-section of skills and knowledge and a willingness to support each other and the community, making most events happen with ease.



If you are ever interested in joining the Executive, there are still a couple of people holding two positions.

For more information go to delwood.ca or email info@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
- $\cdot$  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.

For more information or to register call

780-238-KICK(5425)

or visit us online at

www.premierma.net

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

# Tony Caterina

City of Edmonton – Ward 7

### Communities to be proud of!

780.496.8333 tony.caterina@edmonton.ca



#### **SENIORS**

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

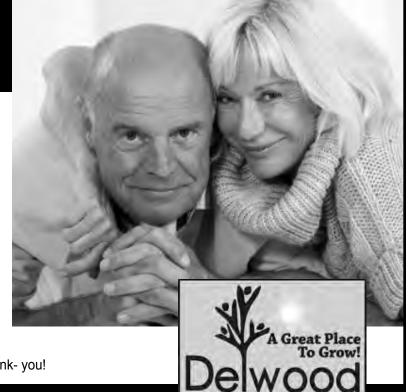
We would like to be able to serve you and put in place things you would like to see happen in Delwood. Activities, sports, card games, craft sale and baking sales, exercise classes, senior dances, group activities, etc.

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 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

### What goes where?



#### Paper and Cardboard

- Newsprint and household paper (not shredded)
- Magazines and cataloguesNon-foil gift
- Non-toil gi wrap
- Paper egg cartons
- Paperback books
- Cardboard boxes (flatten and remove packaging)
- ✓ Pizza boxes (remove liner)

#### **Plastic**

- Household bottles and containers (e.g. vinegar, shampoo, detergent, margarine, yogurt, clamshells)
   please rinse, labels OK
- Plastic bags (e.g. grocery, retail, bread, dry cleaning)
   stuff into one bag and tie closed

#### Meta

- Metal food cans (labels OK)
- Aluminum trays (e.g. pie plate)
- Empty non-hazardous aerosol cans

#### Glass

 Glass jars and bottles only

#### Beverage Containers

 Milk containers, juice boxes, beverage bottles, soda cans



#### Remember!

Remove caps and lids and place them loosely in your recycling.



#### Free Drop Off

**Household Hazardous Waste** 

- Automotive oil, fluids and filters
- Batteries (all types)Corrosive and
- poisonous cleaners Light bulbs
- (all types) and fluorescent tubes
- ✓ Glues and adhesives
- Herbicides, pesticides and fertilizers
- Paints, stains and varnishes
- Pressurized containers (e.g. propane tanks, fire extinguishers)
- Syringes (put in a thick plastic container with screw-top lid, like a laundry detergent bottle)

#### **Electronics and Appliances**

- Anything with a battery or a cord (e.g. computers, TVs, toasters, stoves)
- ✓ VHS tapes

#### **Scrap Metal**

BBQs, lawnmowers, automotive parts, etc.

#### Tires

Passenger vehicle, motorcycle and ATV tires

#### Fees Apply

**Bulky Items** 

- Mattresses, furniture
- Appliances needing CFC removal (e.g. fridges)

#### Loose or Mixed Waste

- ✓ Construction scrap
- Soil, gravel, tree roots, stumps, etc.

Fees: Bulky items: \$8 - \$15 (size dependent). Appliances requiring CFC removal: \$15. Loose or mixed loads: \$28 - \$48+ (size dependent).

**APRIL 2018** 

**Edmonton** 



These items do not belong in your blue bag or blue bin

#### **Food Waste**

- Table scraps, peelings, spoiled food, etc.
- Cooking oil (up to 1L in a sealed, labelled container. Set beside garbage.)

#### Non-Recyclable Plastic

- ✓ CDs
- Chip bags and candy wrappers
- ✓ Coffee pods and K-cups
- ✓ Food wrap
- ✓ Garden hoses
- ✔ Plastic plates and cutlery
- Plastic toys

#### Non-Recyclable Paper

- Shredded paper (or take to a recycling depot)
- ✓ Coffee/drink cups
- ✓ Paper towels
- Pet food bags

#### Styrofoam

✓ All types

#### Others

- Disposable diapers
- ✓ Shoes and worn-out clothing

#### Items requiring double bagging

- ✓ Ashes
- ✓ Pet feces/kitty litter
- Floor sweepings, sawdust and vacuum cleaner bags



#### Don't see your waste item here?

Find it on our NEW WasteWise app. Visit edmonton.ca/waste.



Setting out your waste properly keeps your collector safe:

**Keep it light.** If you have trouble lifting your bag or can to the curb, it's too heavy.

**Use the right can.** Smaller than 100 L with fixed handles and no wheels.

Package sharps. Put sharps like

broken glass, nails and metal scraps in a labelled box.

Put recyclables in a blue bag.

Keep them clean don't forget to rinse your containers!





#### Live in an apartment?

Put your recyclables in your apartment's blue bin. No blue bin? Use a Recycling Depot.

There are 21 Recycling Depots around Edmonton. Find one at **edmonton.ca/recyclingdepots**.

#### **Eco Stations**

Eco Stations are convenient drop-off facilities for household hazardous waste, electronics, appliances and other items that don't belong in your household garbage. There are four locations in Edmonton:

Central Strathcona 5150-99 St NE Kennedale 5355-127 Ave NW Coronation 11440-143 St SW Ambleside 14710 Ellerslie Rd



#### Hours:

**Summer (April - October):** 

9 a.m. - 6:30 p.m., Monday - Saturday

Winter (November - March):

9 a.m. - 4:30 p.m., Tuesday - Saturday Closed Holidays

For more information, visit edmonton.ca/ecostations.



The Reuse Centre accepts a variety of everyday items and makes them available to residents and organizations for reuse. It is unique in that it deals with items not accepted for reuse elsewhere, such as arts and craft supplies, office and school supplies, paper and plastic products and more. For hours, fees and accepted items, visit **edmonton.ca/reusecentre**.

#### Have questions? Contact us.

Phone 311, email wasteman@edmonton.ca or visit edmonton.ca/waste.

#### WasteWise tool

This free tool helps you sort your garbage, recycling and Eco Station items. You can also find your collection day, sign up for collection day reminders and play a fun waste sorting game. Download it as an app or use it online at **edmonton.ca/waste**.



# Big Bin events Big Bin Events accept bulky items & mixed waste at no cost. Twelve events are held May-September. See edmonton.ca/bigbinevents for dates and locations.

100% postconsumer waste



Pull for the pull of the pull

Edmonton, AB T5C 3A7

# **Ladies Night Board Painting**

June 8 Cost \$60
Includes refreshments & snacks
Register by June 4

To register contact: Chantal Chinni 780-970-1654



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

# Edmonton Public Schools needs your feedback!

We are inviting community members across Edmonton to take a short confidential survey to tell us about your experience with your child's school and Edmonton Public Schools as a whole. What we learn from you will help us to measure our progress on achieving the goals in our **Strategic Plan**. It will also guide our future decisions, priorities and actions.

The survey will be open until April 30. The survey may be accessed at https://2018communitydistrictfeedbacksurvey.questionpro.ca/?custom1=ba





**EDMONTON PUBLIC SCHOOLS** 



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



2nd Annual

# A Taste of Decore









### April 28th, 12 p.m. to 4 p.m.

**Northgate Lions Seniors Recreation Centre** 7524-139 Ave NW

Admission is free, family friendly – all are welcome

Spend a fun afternoon getting to know the wonderful businesses and organizations in Edmonton-Decore & North Edmonton.

- Enjoy a variety of performances throughout the afternoon.
- Shop at our mini-market.
- Free activities for the kids.

## Chris Nielsen

MLA, Edmonton-Decore







780-414-1328 edmonton.decore@assembly.ab.ca



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



