



# The Delwood Views

June 2021

## Delwood in the Summer

As our second COVID summer rolls in, Delwood Community League (DCL) is preparing for normal activities to resume.

After last year's missed graduation celebrations for our high school grads, we want to acknowledge the struggle that has continued for students this past year with a shout out to the Grads of 2021. See page 6.

We are excited to see the Green Shack is back! Check page 10 for details. We are also excited to hear that water parks are opening up around the city.

Do you have plans for projects around your house or yard this summer, but don't have the tools for the job? As a member of DCL, you are automatically a member of the Edmonton Tool Library. Consider checking the many tools available at [www.edmontontoollibrary.ca](http://www.edmontontoollibrary.ca). Community League memberships are available by emailing [dir-membership@delwood.ca](mailto:dir-membership@delwood.ca)

Does your neighbour have the best flower garden? Consider making their summer with a nomination to Front Yards in Bloom ([www.edmonton.ca/programs\\_services/landscaping\\_gardening/front-yards-in-bloom.aspx](http://www.edmonton.ca/programs_services/landscaping_gardening/front-yards-in-bloom.aspx)). Nominations close June 30, and everyone nominated gets a sign acknowledging their efforts.

### Call for Volunteers

Delwood's Fall Festival committee is getting ready to meet later this month to plan our celebration of community and togetherness. If you would be interested in joining the committee or volunteering at any events we plan, please email [dir-communications@delwood.ca](mailto:dir-communications@delwood.ca).

One of the sources of income for Delwood Community League is working bingos at Fort Road Bingo. We need 6 volunteers per bingo. Volunteers work from behind a protective screen and are socially distanced from others. Shifts are usually 10:30 a.m. thru 3:30 p.m. or 4:30 p.m. thru 9:30 p.m. and include a free meal. If you are interested in helping, email [hall@delwood.ca](mailto:hall@delwood.ca).

Whatever your summer looks like, we hope it includes enjoying some fresh air walking around Delwood, or enjoying one of the many parks in our community.



## 2020/2021 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

### **CIVICS DIRECTOR**

Krystal Mah dir-civics@delwood.ca

### **COMMUNICATIONS DIRECTOR**

Carol Dragich Bishop 780.439.1235  
dir-communications@delwood.ca

### **MEMBERSHIP DIRECTOR**

Shallen Esteves 780.667.0340  
dir-membership@delwood.ca

### **PROGRAM DIRECTOR**

Kim Mah dir-program@delwood.ca

### **SENIORS LIAISON DIRECTOR**

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

### **SPORTS DIRECTOR**

Al Clark 780.475.0028  
dir-sports@delwood.ca

### **FACILITIES DIRECTOR**

Dan Cox dir-facilities@delwood.ca

### **FUNDRAISING DIRECTOR**

Vacant dir-fundraising@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<br>(Fri 4 p.m. - Sun 4 p.m.) | \$800       | \$700                        |
| Funeral Package                              | \$100       | \$50                         |
| Hourly Rate                                  | \$40        | \$35                         |

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



## 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.    |

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



*Walking poles provided.*



# Councillor **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!**

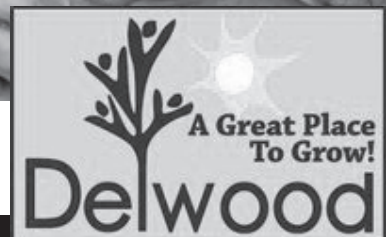
We would like to be able to serve you and put in place things you would like to see happen in Delwood. Such as activities, sports, card games, craft sale and baking sales, exercise classes, senior dances, group activities, etc.

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!



## 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 **780.475.6806**  
or **780.476.7803**  
and leave a message; or email  
[dir-seniorsliaison@delwood.ca](mailto:dir-seniorsliaison@delwood.ca)

Tabletop RPGs • board games  
• card games • accessories

Community space  
with demo  
games /person



**Pe Metawe  
GAMES**

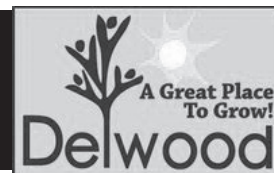
11805 – 94 Street

780-613-1024 [info@pemetawe.com](mailto:info@pemetawe.com)

**pemetawe.com** Find us on Facebook

Monday & Tuesday: 1:00 to 4:00 p.m.  
Wednesday & Thursday: 1:00 to 7:00 p.m.  
Friday: 1:00 to 8:00 p.m.  
Saturday: 11:00 to 8:00 p.m.  
Sunday: 12:00 to 6:00 p.m.

## 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
- 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 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
- Free membership at the Edmonton Tool Library ([www.EdmontonToolLibrary.ca](http://www.EdmontonToolLibrary.ca))

*\*Only \$10 for  
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 [www.efcl.org/Store/PurchaseLeagueMembership](http://www.efcl.org/Store/PurchaseLeagueMembership)



# 2021 Congratula



**Michael Burnham**  
M.E. LaZerte



**Gus Burton**  
Ross Sheppard



**Alexia Cardona**  
O'Leary



**Gracie Carlaw**  
Victoria

## To the Class of 2021

Delwood Community League congratulates all the Grads of 2021, and we hope we caught all of you!

It's been a challenging year, and we wanted to let you know you are seen and cherished by your community. Delwood is lucky to have such a bright future in its midst. We wish you the best in the years ahead!



**Raymond Coelho**  
St. Joseph



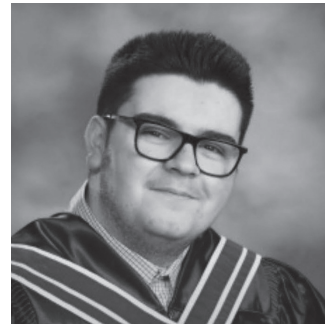
**Dominic Ducharme**  
O'Leary



**Grant Fox**  
O'Leary



**Alex Mercier**  
M.E. LaZerte

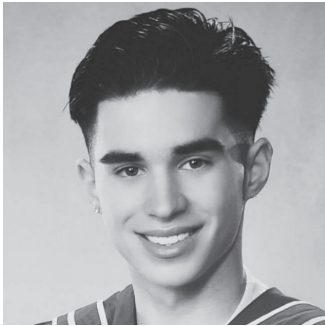


**Nicholas Morimanno**  
O'Leary



**Kalina Phair**  
O'Leary

# Graduations!



**Luca Chinni**  
O'Leary



**Zoe Chinni**  
O'Leary



**Savannah Lawlor**  
O'Leary



**Jared McHargue**  
M.E. LaZerte



**Rebecca Phair**  
O'Leary



**Katherine Sarac**  
Ross Sheppard

## **"Wasn't it yesterday?"**

They tell me you are graduating!  
And from high school, no less  
It seems a bit ridiculous,  
"Wasn't it yesterday?" I profess.

The heated discussions in Social,  
Selling lollipops at recess,  
This was not that long ago,  
"Wasn't it yesterday?" I profess.

Alas, time has flown,  
Our elementary years nonetheless,  
Are but a sweet memory,  
"Wasn't it yesterday?" I profess.

"Yesterday" holds memories,  
Of laughter, silliness and fun,  
Of learning, struggling and overcoming,  
Academia was being spun!

Your stories, poems and pranks,  
Hair colour, Hallowe'en costumes too,  
Will live forever in my heart,  
Your kindness stuck like glue.

I wish each and every one of you,  
Great joy, health and success.  
May your every dream come true,  
Persevere and do your best!

With much love,  
Pani Arabski, Grade 6 Teacher at  
Delwood Elementary School

Congratulations on your  
accomplishments. I am very honoured  
to be remembered for this event. This  
was an amazing class full of positive  
energy that will never be forgotten. They  
were definitely a class that was missed  
when they moved on to junior high. I  
want to wish them all the best in their  
future endeavours, and I hope if I see  
you in the future we can share some  
memories and have a laugh.

Dan Slupek, Grade 6 Teacher at  
St. Vladimir Catholic School



## Unforgettable That's What You Are

Six years ago this month, a limousine pulled up in front of Delwood School. Four handsome young men in new suits and five beautiful young women in gorgeous dresses stepped out. They came to the school before their high school graduation to pay their respects to the teacher who taught them to read, write, and speak French: Madame Éline La Flèche. That visit spoke volumes about their love and gratitude for their first-grade teacher.

Madame La Flèche taught at Delwood School for 32 years. Earlier this month, she announced her intention to retire at the end of this school year.

Parents are grateful to Madame La Flèche for the strong foundational skills of French literacy and numeracy she taught their children. Older students are grateful that she set them up for success in French Immersion, and they say she was their favourite teacher and their inspiration. Younger students remember her Coke fridge and her collection of beautiful, high-heeled shoes!



Madame La Flèche is truly unforgettable, and she will be hugely missed at Delwood School.

A virtual celebration of Mme LaFlèche's retirement is planned for later this month. If you would like an invitation, please e-mail [robertalapointe@shaw.ca](mailto:robertalapointe@shaw.ca).

# TELSCO

SECURITY • FIRE • VIDEO • ACCESS

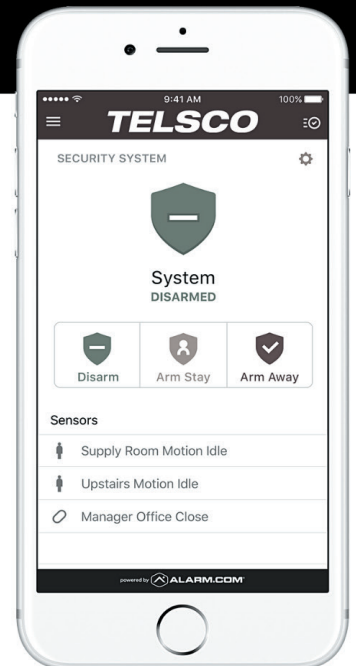
Protecting our Community Since 1970

## 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.



## **Best wishes to the Lee and Mah families, as they move on to their next chapters!**

Through two generations, Bing's and One Minute Foods  
store and building have been landmarks for residents of Delwoods.



**Thank you for your support of our community through the past 57 years.**

# FREE DROP-IN SUMMER GREEN SHACK



| LOCATION                         | DATES              | DAYS            | TIMES              |
|----------------------------------|--------------------|-----------------|--------------------|
| Delwood<br><br>7515 Delwood Road | July 5 – August 27 | Monday – Friday | 10:30 AM - 1:30 PM |

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play!

The City of Edmonton would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.

This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.

For more information, please visit:  
[edmonton.ca/Greenshacks](http://edmonton.ca/Greenshacks) or call 311

The City of Edmonton is following Alberta Health Services guidelines, and start dates may be subject to change.

## GET IN TOUCH WITH US!



@GreenShacks



[greenshack@edmonton.ca](mailto:greenshack@edmonton.ca)

Community League  
*Spirit*  
efcl.org

**LIVE  
ACTIVE**





**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](http://www.albertahealthservices.ca)





Lily



Aster



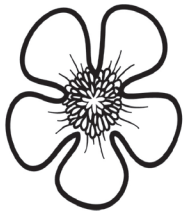
Chamomile



Peony



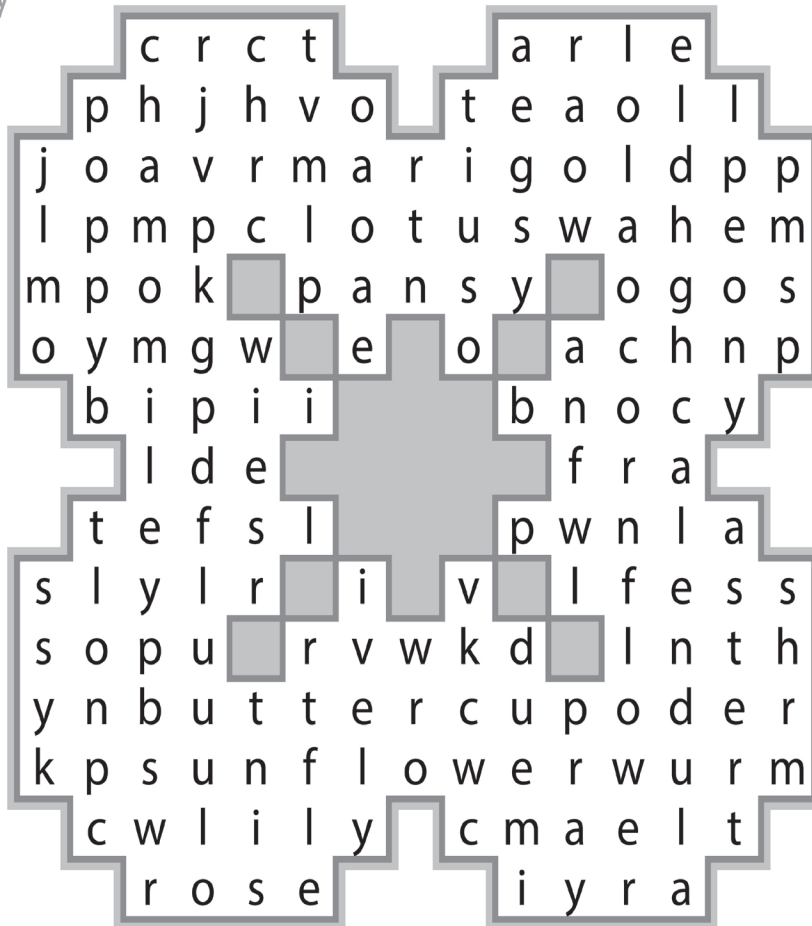
Cornflower



Buttercup



Marigold



Pansy



Calendula



Rose



Poppy



Sunflower



Lotus