



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



delwood.ca



facebook.com/delwoodcommunityleague



instagram.com/delwoodcommunityleague

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 Sorochoan 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 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 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



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



SENIORS

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

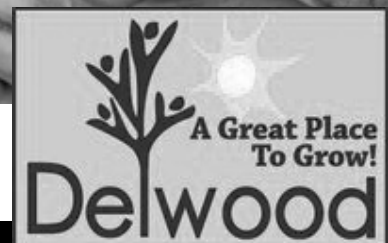
We would like to be able to serve you and put in place things you would like to see happen in Delwood. Such as activities, sports, card games, craft sale and baking sales, exercise classes, senior dances, group activities, etc.

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

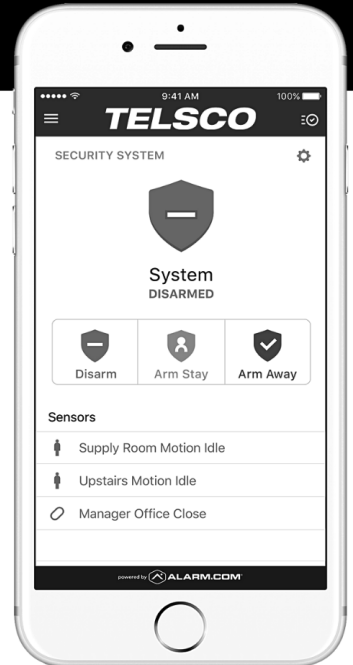
Protecting our Community Since 1970

Smart Security for your Home and Business

- ✓ Alarm Systems
- ✓ 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



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.

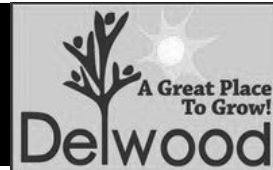
Please contact us for a free quote!

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)

**Only \$10 for a
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 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

Alberta

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