

November 2024

Please join us at our annual

*Delwood Christmas
Craft Sale*

**SATURDAY
NOVEMBER 23**
10 a.m. - 4 p.m.

Take care of your gift list and
baking needs while also supporting
our local crafters and artisans.

Concession
Hot Lunch
Vendor Raffles
Door Prizes



2024/2025 Delwood Community League Executive

PRESIDENT Erin Hunt
president@delwood.ca

VICE PRESIDENTS
Administration Stacy Telder
vp-admin@delwood.ca

Operations Pat Hunt
vp-operations@delwood.ca

TREASURER Darlene Clark
treasurer@delwood.ca

SECRETARY Victoria Powluk
secretary@delwood.ca

DIRECTORS
Civics VACANT
civics@delwood.ca

Communications Nathaniel Sorochan
communications@delwood.ca

Facilities John Telder
facilities@delwood.ca

Fundraising VACANT
fundraising@delwood.ca

Membership Erica Hunt
membership@delwood.ca

Program VACANT
program@delwood.ca

Seniors Liaison Josie Palosky
seniors@delwood.ca 780.476.7803

Sports Allison Scott
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 Info

	Non-member or Associate Member	Delwood Resident Member
Sunday to Thursday <i>Damage Deposit</i>	\$400 \$400	\$300 \$300
Friday or Saturday <i>Damage Deposit</i>	\$500 \$500	\$400 \$400
Full Weekend Friday 4 pm to Sunday 4 pm Parking lot not available until Friday at 4 pm during the school year <i>Damage Deposit</i>	\$1000 \$500	\$900 \$500

For more information on our hall, or to make a booking, contact our Hall Coordinator:

Chantal Chinni

delwood.ca/hall
hall@delwood.ca



Thank you!

The Delwood Community League would love to thank everyone for a stellar Fall Festival this year!

We had another year with an amazing turnout, and were thrilled to be able to share our love for our vibrant community with people from Delwood and beyond!

We could not have done this without the support of our splendid volunteers, including the Fundraiser Freight team and our Fall festival planning committee including Chantal Chinni, Erica Hunt, Stacy Telder, Nathaniel Sorochan, Erin Hunt, Jen Radke-Mercier, and Denise Montgomery.

As well, we'd like to extend a massive thank you to our Festival sponsors, including Re/Max, the City of Edmonton, and the Italian Bakery.

We'll see you next year!



Community Cafe

WEDNESDAYS

7:00 pm

Starting November 20

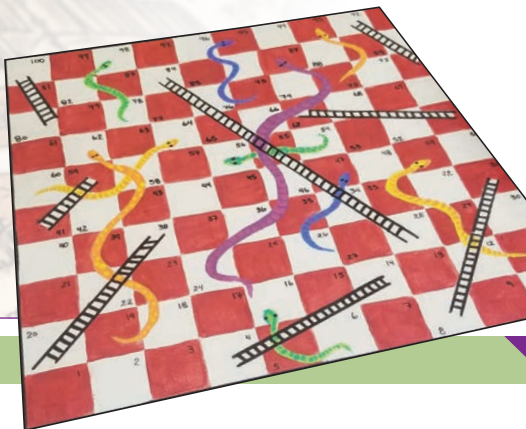
drop-in — FREE —

Join us at the Delwood Rink Shack

for board games, cards, social activities, light refreshments, and community time perfect for all ages.

Meet your neighbours and make new friends!

Memberships will be sold
at the Community Cafe



Tuesdays & Thursdays



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 Hall (7515 Delwood Road). **JOIN TODAY!**

BEGINNERS WELCOME!

Little Dragons Program

Ages 4 - 5

- Learn Karate through fun and games
- Achieve better focus and attention skills
- Learn street proofing skills

5:15 - 5:45 pm
Little Dragons

5:45 - 6:30 pm
White - Yellow

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

6:30 - 7:15 pm
Intermediate

7:15 - 7:45
Weapons

7:45 - 8:30 pm
Advanced

Adult Classes

Ages 15+

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

8:30 - 9:15
Adult

For more information
or to register call

780-238-KICK (5425)

visit us online on Facebook or at

premierma.net

ONLY \$100/month. Community League Members who work a volunteer shift receive a one time \$75 credit.

START TODAY — FIRST CLASS IS FREE!

Ask about our family discounts!

The Delwood Community League is in need of volunteers to help at our upcoming evening bingo dates:

Fort Road Bingo

Wednesday December 11, 2024
Thursday January 30, 2025

Kensington Bingo

Wednesday January 15, 2025
Thursday February 27, 2025

If you are able to lend a hand, please visit

delwood.ca/volunteer
or email hall@delwood.ca



Your contributions are invaluable!

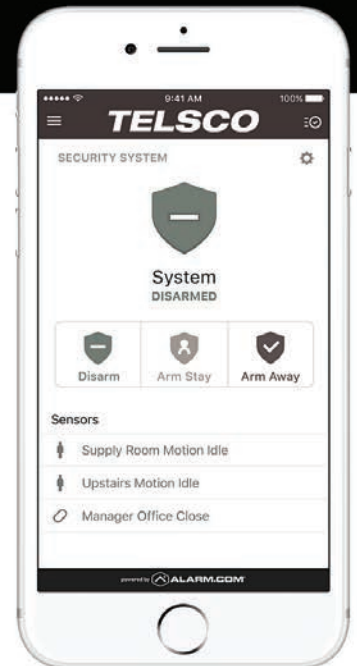
TELSCO

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



780.424.6971 • telsco.com

Yoga & Meditation

at Delwood Hall

**Perfect for
beginners
and yoga
enthusiasts
alike**

**Every Wednesday
7:00 - 8:15pm**

Sakalya yoga follows many of the principles and techniques of ancient practices in that it is inclusive of Mantras (chanting), Mudras (gestures and hand poses), Meditation, Asana (body postures and flows) and Kriyas (a technique or action that leads to liberation). Kriya removes energetic blocks, increases energy and enlivens the nervous system.

All you'll need is a yoga mat, a cushion, some water and willingness.

**NEW
REDUCED
RATES**

**Non Community
League Members
\$10 drop-in**

**Community League
Members:
\$3 drop-in**



Learn more at delwood.ca/yoga or email YEGsakalya@gmail.com

Delwood Community League

MEMBERSHIP PERKS



Purchasing a Delwood Membership is one of the best ways to support your local community league, and includes plenty of perks, including:

- Free Ice Skating
- Free Community Swim
 - Fridays at Grand Trunk, Saturdays at O’Leary, Sundays at Londonderry pools
- Free membership at the Edmonton Tool Library (EdmontonToolLibrary.ca)

Delwood Community League Discounts on:

- Sponsored Programs & Events, like free family events
- Hall Rentals
- Table/Booth Rentals

Other Discounts include:

- 25% off Microsoft and Adobe courses from the University of Alberta Technology Training Centre
- 10% off clothing & giftware from the University of Alberta Bookstore
- Up to 10% off NFP Insurance (<https://www.nfp.ca/gha>)
- 10% off pass prices at House of Wheels
- Wholesale pricing at Cloverdale Paint
- Orbis Sports
- City of Edmonton’s sports and fitness facilities for Community League Members:
 - Annual Pass –20% off Adult, Family, Child, Youth or Senior Annual Passes
 - Continuous Monthly Pass –20% off using Pre-Authorized Debit Program
 - Multi Admission Pass –15% off multi-admission pass (starting at 5 visits)



Purchase your 2024-2025 Membership (September 1, 2024 - August 31, 2025) today online at delwood.ca/membership, by emailing membership@delwood.ca, or by visiting us at one of our in-person events.

Snow Removal Service in Delwood

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

If you provide a snow clearing service or are a student looking to make some winter cash, add your name to our list.

If you are in need of snow clearing assistance, call and we can connect you!

Phone 780.475.6806
and leave a message; or email
seniors@delwood.ca



THANK YOU Casino Volunteers

The Delwood Community League would like to thank all of the volunteers who supported our casino events this summer. Without them, our league would not have the funds to run programs, operate our hall or put on events like our Fall Festival.





Emergency
Medical
Services



Cold Weather Safety

Emergency Medical Services (EMS) responds to many cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior – cover as much skin as possible. Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your mobile phone is fully charged.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water, until fully re-warmed;
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

Drop your children off at the...

Delwood Children's Winter Dance

Friday, December 20, 2023

7:00 - 9:00 pm • Delwood Hall

7515 Delwood Road NW

\$5 per child

\$2 upon presenting a current
Community League Membership

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!

All children must be signed in and signed out by the same adult.

Paid concession with cash, debit, and credit

TURKEY



Sunday, December 8

Delwood Hall

CASH ONLY EVENT

Doors open at
NOON

Bingo begins at
1 pm

Concession

PLENTY OF PRIZES!



Delwood Community League's Outdoor Skating Rink

We have two rinks: one for all-ages hockey and one for family skating & small children



Community League Members skate for Free with Skate Tags on Skates. \$3 for Non-Members

Public Skating Times

GENERAL HOURS

Monday - Friday	4:30 - 9:00 pm
Saturday	1:00 - 9:00 pm
Sunday	1:00 - 6:00 pm

SHINNY (Experienced Skaters Only)

Friday - Saturday	9:00 - 10:30 pm
-------------------	-----------------

FAMILY SKATE

Sunday	4:00 - 6:00 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.