



Callingwood-Lymburn Community Newsletter

Thank You!

Callingwood/Lymburn Community League would like to thank Terry Demers for the countless hours she devoted to the community league. Terry spent over 9 years working tirelessly to achieve her goal of seeing a community league hall built in the Lymburn area of the city. This facility will be enjoyed by both members and non-members as a gathering place for all. We look forward to watching the community grow and develop as families and individuals come together at this wonderful meeting place. We wish Terry every success in her future endeavors.



The community league hall would also not be possible without the tireless volunteer hours of our countless bingo and casino workers over quite a span of time. Many years of fundraising along with various grants allowed the league to build this hall. We would like to take this opportunity to thank them and our current volunteer group.

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Outdoor Skating



Callingwood/Lymburn Community League's outdoor ice skating rinks in Lymburn Park are open for the 2014/2015 winter season. If you don't have a community league membership, you can try out the rink at Winterfest on March 14! See pages 2 and 7 for details.

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UPCOMING EVENTS

- February 24 Parenting Strategies for Elementary School Children
Tuesday, February 24, from 5 - 6:30pm, Lymburn School (18710 - 72 Ave)
- This is an Alberta Health Services presentation in the Caregiver Education Series. The *City of Edmonton Regional Collaborative Service Delivery (RCSD)* and *Child and Adolescent Mental Health - Addiction and Mental Health - Edmonton Zone* are presenting parent strategies that promote positive mental health. This presentation is in the Lymburn School Gymnasium. All parents, whether their children attend Lymburn School or not, are encouraged to attend.
- Feb 27 & 28, 2015 Outdoor Soccer Registration
 March 1 *Friday, Feb 27, 6:30 - 8:30 pm; Saturday, Feb 28, 11am - 4pm; Sunday, Mar 1, 11am - 4pm, at Callingwood/Lymburn Community Hall, 18740 - 72nd Ave*
- See pages 4 and 5 for details.
- March ~~15~~ **14** Winter Fun Festival
 (or alternate ~~Sunday, March 15~~ **(correction - the festival is on Saturday, March 14, not**
 March ~~22~~ **21**) **Sunday per the printed newsletter)**, *noon - 3pm festival at Callingwood Park and 3 - 6pm skating at Lymburn Park*
- Note that if there is extremely cold weather on March ~~15~~ (correction 14), the festival will run the next weekend instead (alternate date March ~~22~~ 21)*
- Come enjoy free family fun at the annual Winterfest, organized by the Callingwood Cares Group! This event features horse-drawn sleigh rides, sugar shack, and more. This year, the festival will continue after 3pm with free skating at the outdoor ice rink next to the Callingwood/Lymburn Community Hall. Everyone is welcome!
- April 13
- Callingwood/Lymburn Community Playschool Open House
Monday, April 13, 6 - 7:30 pm, Lymburn Elementary School at 18710 – 72nd Avenue
- Open house in the classroom for families interested in registering for the 2015/2016 season of playschool.
- May 5
- Annual General Meeting (AGM) for the Callingwood/Lymburn Community League
Tuesday, May 5, 7 pm, Callingwood/Lymburn Community Hall, 18740 - 72nd Ave
- Join us for the Callingwood/Lymburn Community League's AGM. This is a great opportunity to hear about some of the things the community league does, and to share your opinions and ideas! This year's meeting will be held in the new community hall. If you haven't been inside the new building yet, this is your chance!

President's Message

By Ian Pretty, Callingwood/Lyburn Community League President

Hello Community Members,

2015 has been a big year for the community with the new hall finally open for business! I would like to invite you and your family to come visit the new community hall, check out the new building and bring the family skating. We have 2 rinks up and running. Bring out the stick and puck and join in on a game of shinny or check out the smaller rink just to go for a leisurely skate.

As I have been out and about the neighbourhood, I also noticed some of the side walks are extremely icy and encourage all folks in the community to get out to shovel and/or gravel the sidewalks for everyone's use. Let's make this a safe community for everyone.

Finally, please join us at the next AGM meeting at 7:00 PM May 05 at the new hall. The AGM is the place where your vote matters so please take time from your busy schedules to meet people on the board and engage in the community. You also can come to our monthly meetings which occur on the first Tuesday of the month upstairs at the Callingwood Rec Center. Our board members are all volunteers and have been devoting many hours to bring the community events such as Kites Over Callingwood and Callingwood Lyburn Days, as well as booking events at our two halls. It is time we hear from you, the community members, on what you would like the Community League to offer or what you could offer to the community. We would love to hear your ideas and suggestions. Hope to see you there.

Callingwood/Lyburn Community League Bingos

Volunteer to help out at bingo! Meet people in your community, and enjoy a free meal. It's simple and fun, and lets you get to know your neighbours. Bingo nights are important fundraisers that help support the community league's programs and events.

New volunteers are always welcome, especially for afternoon shifts.

Upcoming Bingo dates:

Afternoon 11am to 3:30pm

Evening 5 to 9:30 or 11:30pm

Sunday March 29, 2015

Friday April 17, 2015

Monday May 4, 2015

Thursday June 18, 2015

Wednesday March 4, 2015

Thursday April 23, 2015

Sunday May 3, 2015

Friday June 12, 2015



Contact us:

Bingo Chairs:

Terry Courtney 780-487-8421 / terrycourtney@hotmail.com

Kathy Kammermayer 780-481-2695 / kkamm77@gmail.com

Deanna Logan 780-486-4022 / badkcatlogan@hotmail.com

2015 Outdoor Soccer Registration

New Lymburn Community Hall
18740 72 Avenue
Behind Lymburn Elementary School
Access 72 Avenue from 184 Street or 188 Street



Friday, Feb. 27, 2015 6:30pm to 8:30pm
Saturday, Feb. 28, 2015 11:00am to 4:00pm
Sunday, March 1, 2015 11:00 am to 4:00 pm

The EWZSA has confirmed an Outdoor Central Registration on March 10, 2015 from 6:00pm to 9:00pm at the Double Tree by Hilton (previously the Mayfield Inn) at 16615 - 109 Ave. For this registration you will be lucky to find available parking.

The amounts for the 2015 Outdoor Season Fees are subject to change. The EWZSA has not provided this information at the time of this notification. *CHECK THE COMMUNITY LEAGUE WEBSITE OR FACEBOOK ON OR ABOUT FEB. 20th AS FEES SHOULD BE AVAILABLE THEN.*

AGE GAUGE & FEE SCHEDULE

| BORN | AGE GROUP | FEES | TENTATIVE GAME DAY |
|------------------|------------|--------|-----------------------------------|
| 2011, 2010, 2009 | U4, U5, U6 | | Monday & Wednesday 6:15 pm |
| 2007 - 2008 | U8 | | Tuesday & Thursday 6:15 pm |
| 2005 - 2006 | U10 | \$ TBA | Monday & Wednesday 7:15 pm |
| 2003 - 2004 | U12 | | Tuesday & Thursday 7:30 pm |
| 2001 - 2002 | U14 | | Monday & Wednesday 6:00 & 7:45 pm |
| 1999 - 2000 | U16 | | Sunday & Thursday 6:00 & 7:45 pm |
| 1997 - 1998 | U18 | | Sunday & Tuesday 6:15 & 7:45 pm |

NOTE: U10's to U14's subject to possible Friday or Sunday games

REGISTRATION: BRING WITH YOU: THE PLAYER'S ALBERTA HEALTH CARE CARD OR BIRTH CERIFICATE. PHONE CALLS WITH THAT INFORMATION TO THE SOCCER COORDINATOR ARE NO LONGER ACCEPTABLE.

MEMBERSHIPS: Family community league memberships are one of the requirements to play soccer. These memberships are available at the Soccer Registration at a cost of \$35.00, in addition to the registration fee.

UNIFORMS: \$20.00 each from ages U10 to U18. Players keep the uniforms at the end of the season.

PAYMENT: Payment may be made for the membership and half the registration fee at the time of registration, by cash or cheque, and the other half of the registration fee with a postdated cheque for no later than March 31, 2015.

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Callingwood/Lyburn Community Playschool

By Christine Crocker, Playschool Chair



The Callingwood/Lyburn Playschool is a non-profit, parent co-operative playschool, run in conjunction with the Callingwood/Lyburn Community League. We are located in the Lyburn Elementary School at 18710 – 72nd Avenue. Our school has adopted the Learn Thru Play philosophy, believing that helping children to use their imagination fosters wonderful daily opportunities for learning. The purpose of the playschool is to provide enriching pre-school experiences for children from the ages of 3 to 5 years old.

Looking ahead to September 2015 for parents of children hoping to participate in playschool, check out our website at <http://callingwoodlyburnplayschool.com/>

Registration for the 2015/2016 school year:

- We are now accepting registration for new families
- We are having an open house in the classroom on April 13 from 6:00-7:30 pm

A complete registration must include ALL necessary forms of payment attached to the registration form. Only complete registrations will secure your child's spot on the class list.

For any questions, please email us at info@callingwoodlyburnplayschool.com or contact our current registrar, Michelle Campbell, at 780-443-0987. We are also on Facebook <https://www.facebook.com/CLCPlayschool>

2015 Outdoor Soccer Registration - continued from page 4

LATE REGISTRATION FEE:

\$25.00 per player after Mar. 10, 2015.

RETURNED CHEQUE FEE:

\$35.00 returned cheque fee for any reason.

WITHDRAWAL (CANCELLATION) FEE:

\$25.00 up to the team declaration date. After the team declaration amount has been paid, the amount of the registration fee returned will be the difference between the amount paid out to EMSA subtracted from the total registration fee.

Outdoor Skating

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Skating at the outdoor rink in Lymburn Park is free for Callingwood/Lymburn Community League members. Remember to wear your green skate tags!

The rink is generally open for skating at the times listed below, weather permitting. The rink may be closed on any given day due to inclement weather, at the rink attendant's discretion.

- 6 - 9 pm weeknights
- noon - 6 pm Saturdays and Sundays

The new community hall next to the rink has a skate change room and washrooms which are available during skating hours.

Callingwood/Lymburn Community League

18740 - 72nd Avenue NW
Edmonton, Alberta, T5T 5E9

Phone: 780-481-1495

Email: callingwoodlymburn@hotmail.com

Website: www.callingwoodlymburn.com

Find us on Facebook

The Callingwood-Lymburn Community Newsletter is produced quarterly. Two printed issues per year are distributed throughout Callingwood and Lymburn neighbourhoods, and two issues are distributed by email to league members. For information on advertising, see our website.

CLCL Membership Benefits

- Free Public Swimming at the Jamie Platz YMCA Sundays 5:00 pm to 7:00 pm
- Free Public Skating at the Callingwood Recreation Centre Sundays noon to 1:15 pm
- 25% discount off the rental of the meeting room or hall at the Callingwood Recreation Centre
- Free Admission to the Jamie Platz YMCA indoor playground for children 5 years and under (parental supervision is required) at the following times:
 Tuesday: 6 - 9pm Thursday: 11:30am - 2pm Saturday & Sunday: 7am - 9pm
- Free playgroup through Momstown at the Callingwood Recreation Centre location only, Thursdays (see website or Facebook for schedule)
- 10% discount on annual or multi admission passes at City of Edmonton's Recreation facilities
- Access to programs available at an additional cost: AKF Karate, soccer, and playschool
- Business Discounts:
 - 15% at the Happy Camel
 - 10% off food purchases at Muggn'z
 - 10% at Princess Florence Handbags & More
 - 25% off all public courses at University of Alberta Technology Training Centre
 - 15% off programs offered by Mommy Connections - West Edmonton
 - \$5 off a \$50 purchase at M&M Meat Shops (Callingwood 6655-178 St)

Hall Rentals

Callingwood Lymburn Community League offers two great locations to host your event

- Birthday Parties
- Wedding Receptions
- Corporate Events
- Fundraising Events
- Baby Showers
- Family Gatherings

Hall 1 - Callingwood Recreation Centre



Meeting Room:

- Capacity for 35 people
- Tables and chairs

Hall:

- Capacity for 80 people; 130 sq. ft.
- Kitchen with Fridge and Stove
- Tables and Chairs

Location: Callingwood Recreation Centre, 2nd Floor, 17740-69 Ave



Hall 2 - Callingwood Lymburn Community League Hall

Amenities Include:

- Capacity may be up to 75 people (to be confirmed); 90 sq. ft.
- Kitchen w/fridge, stove, microwave, fully equipped
- Tables and chairs
- Access to Skating Rink
- Skating Rink available for rent for private functions/hockey

Location: 18740 - 72nd Avenue

Note some restrictions may apply. Renter will be required to provide cash deposit, proof of insurance and liquor license as may be applicable. Call for more details.

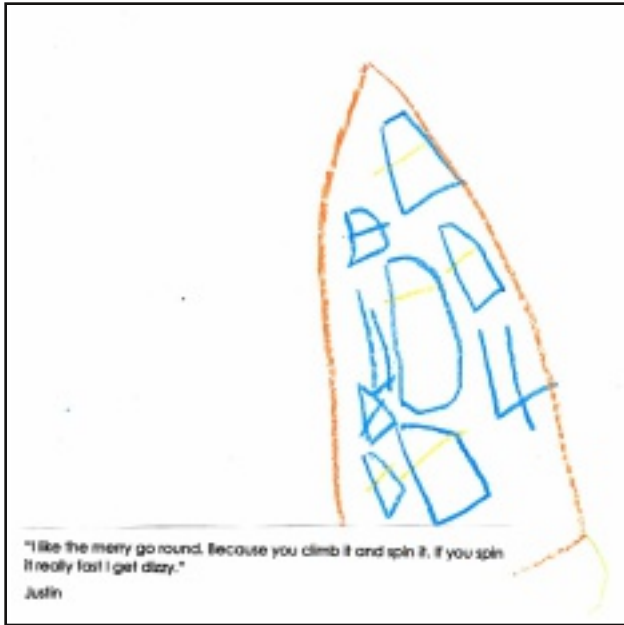
FOR MORE INFORMATION OR TO BOOK A HALL RENTAL

Hall 1: DEANNA LOGAN
 Phone: 780.486.4022
 Email: badkcatlogan@hotmail.com

Hall 2: LISA MADSEN
 Phone: 780.444.0235
 Email: madsen@telusplanet.net

St. Martha's Playground

Students in the 100 Voices (pre-kindergarten) program at St. Martha's Catholic School created these works of art celebrating the playground which was upgraded in 2013 in Monsignor Walter Fitzgerald Park (behind St. Martha's school). The new playground equipment is a great addition to the community.



Alberta Health Services Emergency Medical Services **February is Heart Month**

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. **February is Heart Month** - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack
(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

Reduce your risk
Heart attack risk factors include:

- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPRIAED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

www.albertahealthservices.ca

 **David Xiao, MLA**
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