



# Callingwood-Lymburn Community Newsletter

## Kites Over Callingwood

By Sharon Brown, CLCL Kites Over Callingwood Director

The 23RD ANNUAL KITES OVER CALLINGWOOD will be held on **Saturday, Sept.5, 2015**, the first day of the Labour Day Weekend. *Mark your calendar as you don't want to miss it!*

We are very pleased to announce that TD Canada Trust is our main sponsor. Servus Credit Union is also a major sponsor. We welcome and thank them for making Kites possible this year.

**The event starts at 12:00 Noon and continues until 5:00 PM.** It is held on the **Callingwood Soccer Fields** abutting the Jamie Platz YMCA parking lot. You can see the Big White Tents as you're approaching on 178 Street.

No one is too old to fly a kite. You can build one with the help of members from Scouts Canada and after you have decorated it, take it out and see how high it can fly. You can bring your own kite or purchase one on site from Bud Taylor, the Kite Guy.

Other activities at Kites Over Callingwood include The Adventure Bus, Clowns, our DJ who will play all afternoon, Air Brush Face Painting with Gigi, and a concession operated by the Lynnwood Venturers which is the only place you have to spend money (on delicious hamburgers and cool drinks). You can buy your Community League Membership, Family \$35.00 and Single ( over 18) at \$20.00. There are many new sponsors who will give you a discount when you show your Membership card.

One tent will have a gala of public service groups displaying their pamphlets and available to tell you how they can assist you and your family. Two of our long time supporters, Jamie Platz and the Lois Hole Library, will be part of this info sight. Free prizes are handed out during the afternoon, kindly donated from neighborhood retailers.

Come and enjoy a Free Family Community Experience.

To quote The Kite Guy's Motto:

"Come Fly a Kite For The Health of it."



### Inside this issue:

Upcoming Events	2
Proposed City Charter	3
Indoor Soccer Registration	4
2015 Outdoor Soccer Results	5
Community League Membership Information	6
Block Parties	7
2015 AGM, Hall Programs & Volunteering	8



Photograph from our 20th Kites Over Callingwood event, from "Photos By Sylvia Ltd"

## UPCOMING EVENTS

September 5 Kites Over Callingwood

*Saturday, September 5, noon to 5pm, at Callingwood Park*

See page 1 for more information about Kites Over Callingwood! This annual family event is free to all, and includes many attractions.

## Callingwood/Lymburn 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. Bingos 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/\*\*11:30pm

Thursday September 3, 2015

Tuesday August 25, 2015

Tuesday October 20, 2015

Saturday September 19, 2015\*\*

Sunday November 8, 2015

Wednesday October 14, 2015

Thursday January 7, 2016

Thursday December 3, 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

### **Notice to Our Bingo and Casino Volunteers**

The CLCL will be enforcing a new policy with our volunteer credits in order to improve our record and book keeping practices. Volunteer credits will now have a two year expiry. If you are registering for a non CLCL program that does not accept credits directly, please ensure you supply a copy of the receipt of registration when redeeming your credits. You must fill out a Volunteer Credit Remittance Form. These forms will be available from your bingo chairpersons.

# Proposed City Charter Will Negotiate a New Deal for Alberta's Big Cities

By City Councillor Michael Oshry


The May 5th election has been talked about as the biggest political change Alberta has seen in 44 years. But if the City Charter can be negotiated as envisioned, it may trigger an even more significant change – one that fundamentally affects the relationship between the Province and the cities of Edmonton and Calgary.

The impact here in Edmonton would be tangible: a major component of the Charter is to outline new areas of responsibility for municipal governments, which may include new ways to raise revenue outside of property taxes. Done correctly, this could reduce the tax burden on homeowners and provide resources for new or expanded city programs and services. On the other side of the coin, the Charter proposes to increase the funding that cities receive to tackle

widespread, social, economic, and environmental challenges – such as policing, mental health supports, affordable housing, strategies to reduce homelessness and mass transit development – which have a ripple effect far beyond the city limits.


A memorandum of understanding was signed between the Province and the Mayors of Edmonton and Calgary in October of 2014. At present, negotiations on the exact form of the Charter are underway, with the support and participation of the newly-elected provincial government.

Our city has seen incredible growth and transformation in the last decade, and will continue to face growth pressures in the coming years. For Edmonton – and Alberta – to be successful in the long term, co-operation and delegation on these big issues will be necessary to sustain that change in a meaningful way.



**Alberta Health Services**  
Emergency Medical Services


**Heat Related Illness**




With the return of warmer weather, Alberta Health Services EMS would like to remind citizens to stay safe in the heat and sun this summer. While children and the elderly can be more susceptible to the effects of heat, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

<p><b>Heat exhaustion</b></p> <ul style="list-style-type: none"> <li>Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and / or humid environment (indoors or outdoors).</li> <li>Patients may suffer headaches, weakness, fatigue, nausea / vomiting, thirst, chills, and profuse sweating.</li> <li>The patient is usually cold and clammy to the touch and the skin may appear pale or dusky gray.</li> </ul>	<p><b>First aid</b></p> <ul style="list-style-type: none"> <li>First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.</li> <li>Remove excess or tight fitting clothing and allow them to rest in a cool environment.</li> <li>If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.</li> <li>If you are concerned, seek medical attention or call 9-1-1.</li> </ul>
<p><b>Heat stroke</b></p> <ul style="list-style-type: none"> <li>Heat stroke is a medical emergency that requires prompt treatment. It can be fatal.</li> <li>It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.</li> <li>Due to severe dehydration and the inability to sweat the patient may appear flushed and skin may be hot and dry to the touch.</li> </ul>	<p><b>Prevention</b></p> <ul style="list-style-type: none"> <li>Stay well-hydrated by drinking plenty of water.</li> <li>Limit alcohol consumption as alcohol dehydrates you.</li> <li>Always wear a broad brimmed hat to keep the sun off your face and neck.</li> <li>Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.</li> </ul>


www.albertahealthservices.ca



**Alberta Health Services**  
Emergency Medical Services



**Accidental Poisoning**



Alberta Health Services EMS would like to remind parents about precautions they can take to prevent childhood poisonings. Ingesting medications, prescription, or over-the-counter products, is the leading cause of accidental poisoning in children. Even small amounts of adult medications can be seriously harmful, or even fatal to your child if swallowed. Other causes of poisoning are household products, such as dishwasher tablets and personal care items (mouthwash, nail polish etc).

<p><b>Medication storage</b></p> <ul style="list-style-type: none"> <li>Store all medications in a locked container and place in an area inaccessible to children.</li> <li>Keep medications in their original child-resistant packaging.</li> <li>Do not mix multiple medications inside one bottle.</li> <li>Install child locks on all cabinets, or drawers where medications are stored.</li> </ul>	<p><b>Prevention</b></p> <ul style="list-style-type: none"> <li>Store household products, car supplies, and cosmetics in locked cupboards, or drawers.</li> <li>Apply child safety latches to drawers and cabinets, if they are within a child's reach.</li> <li>Know and label all plants in and around your home and garden.</li> <li>Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness when ingested.</li> </ul>
<p><b>Safety tips</b></p> <ul style="list-style-type: none"> <li>Ensure visitors to your home keep their personal belongings out of children's reach, as they may contain unsafe items.</li> <li>Take extra precautions with medicines that appeal to children such as chewable vitamins, or flavored cough and cold syrups.</li> <li>Properly dispose of any medications or toxic household products no longer in use.</li> </ul>	<p><b>In case of a poisoning emergency, call 9-1-1.</b></p> <ul style="list-style-type: none"> <li>Provide the name of the product ingested or, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.</li> </ul>

www.albertahealthservices.ca

## CALLINGWOOD-LYMBURN SOCCER

### 2015/16 INDOOR SOCCER REGISTRATION INFORMATION

Again this year the Edmonton West Zone Soccer Association is offering the Indoor Soccer Registration online only.

**Step 1:** Purchase 2015/16 Community League Membership. Callingwood-Lymburn memberships can be purchased in person from the Membership Director Shauna Pretty; email [shaunaleighp@gmail.com](mailto:shaunaleighp@gmail.com) for an appointment. Payment may be made by Debit, Credit Card (Visa or MC), Cash, or Cheque. The amount of the Membership is \$35.00. There is a \$2 administration fee for payment by credit card or debit.

Registration will not be accepted without a valid 2015/16 Community League membership.

**Step 2:** Go to [www.emsawest.com](http://www.emsawest.com) to complete the online registration form.

**Step 3:** Pay online by credit card (Visa/Mastercard) during the registration in Step 2, or drop off payment by cash or a cheque at the West Zone Office 15430 93 Avenue.

Age Group	Year Born	Fees	Times of Games
Under 4	2012	\$100	Sunday AM (Various Times)
Under 6	2010 or 2011	\$200	Saturday AM (Various Times)
Under 8	2008 or 2009	\$200	Saturday AM (Various Times)
Under 10	2006 or 2007	\$260	Saturday (Various Times)
Under 12	2004 or 2005	\$270	Saturday (Various Times)
Under 14	2002 or 2003	\$280	Sunday (Various Times)
Under 16	2000 or 2001	\$290	Sunday (Various Times)
Under 18	1998 or 1999	\$300	Sunday (Various Times)

There is more information at [www.emsawest.com](http://www.emsawest.com)



## 2015 Outdoor Soccer Season Results

By Vic Brown, Soccer Coordinator for Callingwood-Lymburn Community League

It was a rather difficult year for some of the age groups because of inexperienced coaches. The coaches who took the clinics offered at the beginning of the year had good results and those who didn't had poor results.

Some teams had great parents who rallied around and produced fairly good results. In one of the age groups both teams with coaching problems received help from one of last year's coaches, which was very much appreciated by the parents AND myself. I made sure to thank him personally for his efforts with the players. He helped to smooth out some of the discontented parents on these two teams.

The U4s, U5 and U6s had their usual wind up with the Adventure Bus and had a good time. Not very many teams used the evening as an "end of year" game or party.

In the U8 teams we had 1 Girls' team and 3 Boys' teams. The U8 teams for the most part had a pretty good season with one exception. We had to recruit a few other parents to finish the season for that team.

We only had 1 U10 Boys team which did pretty good in the first round and the last round. The second round did not go all that well for the team.

We had a number of U10 Girls register which we had to transfer out because of the lack of a coach or two.

Our U12 Boys team played in Tier 4 the top Community League tier through all 3 rounds and lost out in the final round to a couple of other teams which went on to the City Finals.

The U12 Girls team, which is a first year U12 team where the players are only 11 years old, also played in the Tier 4 for all three rounds and ended up in second place overall and earned a berth in the City Finals. There they won a game, lost a game and tied a game and ended up tied for 2nd place with 3 other teams over all. When goals for and against were tallied in they ended up 5th Place.

The U14 Boys ended up fourth in the City Finals. Due partially to a referee who told the coaches before the game started that he wouldn't be calling handballs. The other team had at least 5 handballs which were not called and our coach feels this was detrimental to the team losing the game and their chance at winning Cities.

The U14 Girls won Gold Medals in the City Finals and will be going on to Provincials.

Our U18 Girls team won Gold medals in Tier 5 even though most of the players on that team are only 16 years old. They will also be moving on to the InterCities.

Our team pictures were taken on June 6, 2015 and we don't have them back yet (as of July 18, 2015).



## It's Time to Renew Your Community League Membership!

Callingwood-Lymburn Community League memberships are available for \$35 for a family or \$20 for an individual adult. Memberships are valid for 1 year from September 1st to August 31st.

For a membership, you can arrange to meet the Membership Director in person (email [shaunaleighp@gmail.com](mailto:shaunaleighp@gmail.com) for appointment) or mail a form (available on our website) with a cheque. You can also purchase memberships at the upcoming Kites Over Callingwood event.

Payment in person may be made by debit, credit card (Visa or MC), cash, or cheque. There is a \$2 administration fee for payment by credit card or debit.

## Callingwood-Lymburn Community League

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

Phone: 780-481-1495

Email: [callingwoodlymburn@hotmail.com](mailto:callingwoodlymburn@hotmail.com)

Website: [www.callingwoodlymburn.com](http://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
- 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
------------------	-------------------------	------------------------------
- 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)

# Edmonton Neighbourhood Watch Block Parties

By Sue Leighton, Callingwood Cares Group

Our Callingwood Cares Group took the Edmonton Neighbourhood Watch (ENW) training program and was delighted to discover that our Vision and Mission Statements are virtually identical, so one of our group members has signed up to be our neighbourhood's ENW Representative. Edmonton Neighbourhood Watch (ENW) is a not-for-profit, charitable, volunteer passive crime prevention organization.

This summer, ENW is focusing on helping volunteer organizers within a neighbourhood hold BLOCK PARTIES. They're a fun way to get people of the neighbourhood to get out, have fun together and get to know one another, promote a sense of community and safety, and promote awareness of crime safety. ENW is making it as easy as possible for us to have successful Block Parties by providing a 'Party Planning Guide' to make the necessary procedures as easy as possible.

The program information is on the ENW website at <http://enwatch.ca/block-party/>. To book an ENW Block Party the organizers must complete the application on line. It is important to note that ENW is not organizing any Block Parties, they simply help people organize block parties in their own neighbourhood / community.

ENW provides a lot of other items to the organizers on behalf of ENW and their program partners (EPS, The City of Edmonton, Save-On Foods):

- If the party organizers intend to block a roadway, ENW can provide a letter that will have the \$100 fee waived. (The letter must be submitted by the organizer with the application to the City).
- EPS provides a gift bag that includes some items for the organizer, an EPS bag to give away, and stuff for the kids like crayons, colouring books, cardboard police hats & badges, etc.
- ENW provides lawn signs, sign-in sheets & name-tags, sidewalk chalk and face paint
- ENW also provides a couple of items to give away as small "prizes" (from various partners)
- Save-On Foods provides a 15% discount on a single purchase made for the block party
- ENW notifies the EPS, the City of Edmonton & the ENW Community Rep for each specific block party.

If you would like more information on organizing a Block Party, visit the ENW website.

## Volunteer Opportunities!

Callingwood-Lymburn Community League is currently looking for volunteers to fill the following positions:

- Vice President
- Callingwood-Lymburn Days Event Director
- Civics Director
- Fundraising Director
- Playgroup Director
- School Representative - Callingwood School
- School Representative - Archbishop Oscar Romero
- Social / Program Director
- TWEENS Director

If you're interested in any of these positions and would like more details, or if you have an idea for a new event or program, please contact us (see page 6).

## Annual General Meeting 2015

By Cortney McCracken, CLCL Newsletter Director

Callingwood-Lymburn Community League's (CLCL) 2015 Annual General Meeting took place on May 12, 2015. We heard from a few special guests (Lorne Dach, Kelly McCauley and Andrea Machnee on behalf of Michael Oshry) and then the League Executive presented the annual reports and a summary of what we've done over the past year, and what we have planned for the future.

CLCL proposed and passed some extensive changes to the league's bylaws.

Some members stepped up to help manage the league as new voting Members-At-Large. We still have some vacant volunteer positions, and some brand new positions, so check out the list on page 7 if you'd like to get involved!



Above: Ian Pretty (right) presents Cathy Backewich and Michael Arychuk with a representation of a cheque from the City of Edmonton (Capital City Cleanup). The money was donated to the Edmonton Youth Justice Committee Society and the Rescue Dog Association of Alberta in their honour to thank this committee for their continuing work removing graffiti.

Left: Callingwood-Lymburn Community League members enjoy snacks and socializing before the 2015 Annual General Meeting begins.

## New Hall Programs



The new hall at 18740 - 72 Avenue has been hosting recurring programs and one-time events since it opened last September, including a yoga class this summer.

Watch our website to learn about new programs coming to the hall this fall!

The hall is also available to rent for your family gathering, birthday party, wedding reception, baby shower, corporate event, fundraiser, or other event. See the community league website for details.