CASTLE NEWS

Serving the community leagues of Baturyn, Caernarvon, Carlisle, Cumberland/Oxford & Dunluce



DUNLUCE COMMUNITY LEAGUE

MARCH 12TH @ 2:00PM

ANNUAL GENERAL MEETING



GET INVOLVED

- Become a Member
- · Join the Executive
- Sign up for Softball
- Get discounted rates to our programs



- Meet Your Neighbour
- Senior Saturday Open Mic
- Quilters Retreat
- Community League Day
- Halloween Family Dinner & Dance
- Sign Painting
 Make a Crinal
- Make a Grinch Tree



\$25 per family gives you access to a variety of perks. Discounted rates for our social programs and our EFCL partners.



Affordable fun for children born between 2015 - 2019. For more info contact softball@dunlucecl.ca



VOLUNTEER

Join the Executive or become a Bingo/Casino Angel. We are always looking for volunteers.

DUNLUCE COMMUNITY HALL
11620 162 AVENUE



info@dunlucecl.ca



www.dunlucecl.ca

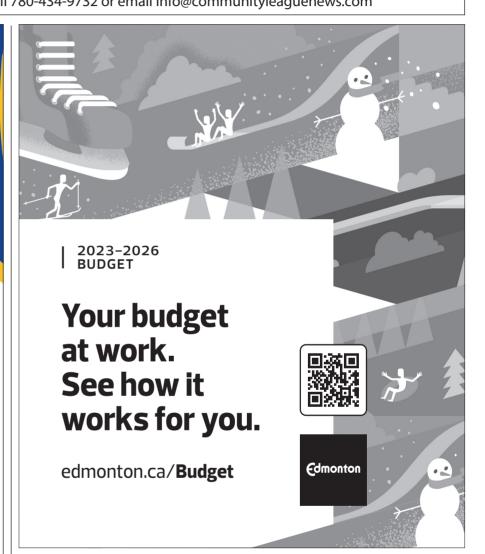
ATTENTION ALL SENIORS

Dunluce Community League is currently considering putting together a few programs for interested Seniors in our community.

If there are any suggestions or ideas you may have, please e-mail the Dunluce Community League President at:







COCL Haunted Forest

On October 31, 2023, the Cumberland Oxford Community League (COCL) hosted their annual Haunted Forest. Families from across our community and beyond enjoyed their time in the forest, receiving a few scares and some sweet treats at the end!

This event could not happen without the many volunteers that provide their support before, during and after the event. Also there are many community companies that provide their support as well. We would like to send a heartfelt thank you all our volunteers and the following sponsors:

ATB Financial
Domino - Albany
Tim Hortons - Oxford
Tim Hortons - Albany
Save on Foods
Phantom Labels
Norwood Dental
Spirit Halloween
Weiss Johnson Group

DUNLUCE Community League News



P.O. Box 36050 Castledowns RPO Edmonton AB T5X 5V9 Dunluce Hall: 11620-162 Ave.

780-456-3978 www.dunlucecl.ca

PRESIDENT	Keoma McMurren	780-457-9101
VICE PRESIDENT	Murray Fletcher	780-699-8842
TREASURER	Loretta Wonitoy	780-457-9101
SECRETARY	Lorna Melnyk	780-456-4596
PAST PRESIDENT	Vacant	
CDRS REP	Denyse Ward Stephanie Chorney	587-983-9401 780-935-9114
VARIETY SHOW	Denyse Ward	587-983-9401
CASINO	Maureen Ewart Mark Gross	780-457-0708 780-456-5700
MEMBERSHIP	Christina Fletcher	780-699-8759
PUBLICITY	Bev Gross	780-456-5700
SOCIAL	Lorna Melnyk	780-456-4596
BINGO DIRECTOR	Amanda Wentzell	780-977-7923
SOCCER	Dana Trendall	780-504-0701
SOFTBALL	Loretta Wonitoy	780-457-9101
PROGRAMS	Vacant	
WAYS & MEANS	Lisa Love	
SOCCER EQUIP.	Arlene Pettifer	780-456-3978
BUILDING & ASSETS PLAYSCHOOL	Al Chapman Registrar	780-456-9292 dunlucepreschool@gmail.com
COMMUNITY SERVICES HALL RENTALS	Melanie Gizowski Al Chapman	780-457-4342

FOLLOW US! LIKE US!

Never miss another community event or announcement by liking our "Dunluce Community League" Facebook page and following us on twitter (@dclyeg)



Volunteer Program Director

We are looking for someone interested in arranging both adult and youth programs for our community.

Programs may include (but are not limited to) Zumba, Aerobics, Babysitting course, Card Night, Arts/Crafts, etc.

The Program director would be respon-

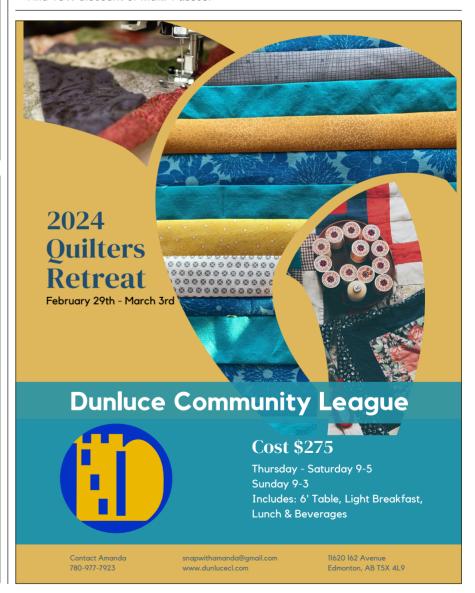
sible to book time with our hall manager, advertise and hire instructors, and oversee all activities in our hall.

If you are interested in finding ways to get people out for a good time, please send your resume to

president@dunlucecl.ca

DUNLUCE MEMBERSHIP FREE SWIM TIMES

**With membership, enjoy free swimming:
Grand Trunk, 4:15 – 5:45 p.m. on Sundays.
O'Leary 3:45 – 5:15 p.m. on Saturdays, and
Castle Downs YMCA, Sundays 4-6pm (until April 30)
Saturdays 4-6pm starting May 6.
Drop-in aqua size Grand Trunk 8 – 10 a.m. on Wednesdays.
20% discount City of Edmonton Membership at Rec facilities,
And 15% discount of Multi-Passes.



DUNLUCE COMMUNITY LEAGUE 2023 HALL RENTAL RATES

For information call: (780) 457-4342 or e-mail:

hallrental@dunlucecl.ca

HALL IS NEWLY RENOVATED

* SEATING CAPACITY 120 *

WEEKEND RATES:

Dunluce Community League Members:

6:00 PM Friday evening until 5:00 PM Sunday evening, \$350.00 plus \$500.00 damage deposit.

Non – Dunluce Community League Members:

6:00 PM Friday evening until 5:00 PM Sunday evening, \$450.00 plus \$500.00 damage deposit.

DAILY RATES (WEEKENDS ONLY)

Saturday 9:00 AM until Sunday 9:00 AM (24 Hr. Rental) \$500.00 damage deposit

Dunluce Community League Members: \$250.00 Non – Dunluce Community League Members: \$350.00

Hourly Rate: \$50.00 per hour. (3 hour minimum) Hourly rate is only available Monday to Thursday. Damage Deposit equal to rental cost.

In order to obtain the Member rate, you will be required to have held a valid Dunluce Community League membership for at least 1 year prior to your booking.



2023-2024 Registration

3 days per week → 4-year-old programs

2 days per week → 3-year-old program

Spots are filling quickly – register online today!

https://dunlucepreschool.com

EMAIL dunlucepreschool@gmail.com with any questions



Free Parking | Seating Capacity 120 hallrental@dunclucecl.ca or 780-457-4342

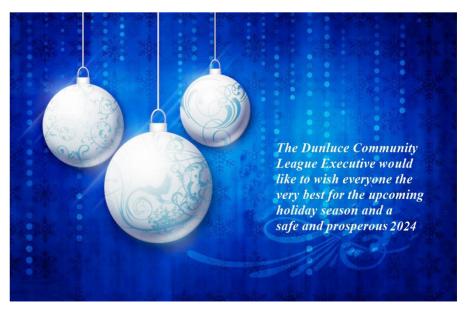
11620 - 162 Ave., Edmonton, AB T5X 4L9

WE OFFER SOFTBALL, INDOOR & OUTDOOR SOCCER

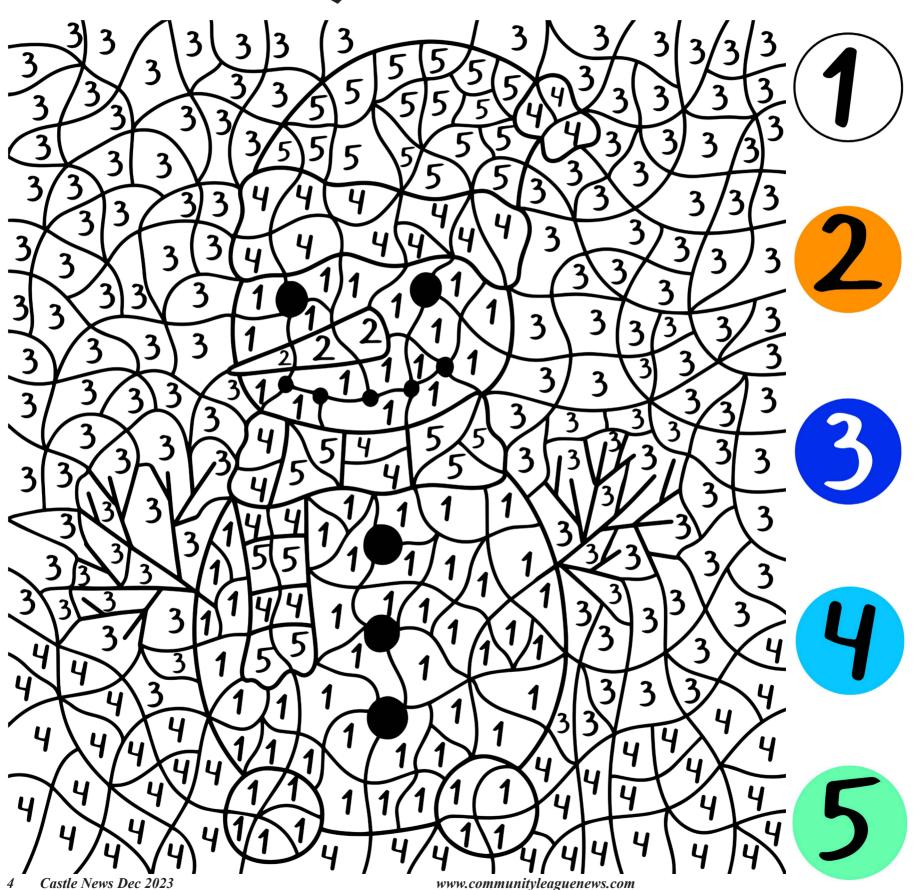
WWW.DUNLUCECL.CA

Find us on





Colour By Numbers

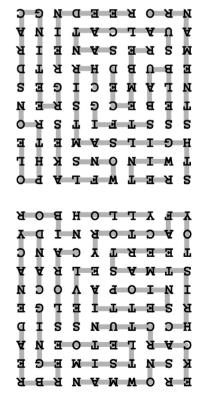




Words go left, right, up, down, not diagonally, and can bend at a right angle.



ANSWER:



WINTER

L

H

B

CAERNARVON Community League News



Caernaryon Community League Executive 14830 - 118 Street NW. Edmonton AB

Phone or Text (780) 456-3435 president@caernarvon.ca President Jennifer Schell Vice President Jason Desnoyers treasurer@caernarvon.ca Treasurer Teena Burrell Secretary Kati Hutt casino@caernarvon.ca Casino D'Arcy Sommer Danny Burrell CDRS Jennifer Schell Communications Sid Sadik D'Arcy Sommer Equipment Giovanni Borrelli Sandy Reda Hall Maintenance Ahmet Kaplan soccer@caernarvon.ca Soccer Jason Desnoyers social@caernarvon.ca Social Kati Hutt programs@caernarvon.ca **Programs** Lynne Hellyer Signs Matt Charrois Hall Rental Director rentals@caernarvon.ca Danny Burrell membership@caernarvon.ca Membership

Amanda Mevers

Hall Rental Information

Refundable damage deposit required at time of booking	\$500	\$50
Monday - Thursday Hourly (minimum of 3 hours) Daily	\$50/hr \$300	\$25/hr \$100
Friday Evening 10am - 3am	\$400	\$100
Saturday 10am - 3am	\$500	\$100
Sunday 12 (noon) - 11pm	\$350	\$100
Friday & Saturday 10am Friday - 3am Sunday	\$700	\$150
Saturday & Sunday 10am Saturday - 11pm Sunday	\$700	\$150
All Weekend - Friday through Sunday 10am Friday - 11pm Sunday	\$900	\$250
BBQ Rental	N/A	N/A
Popcorn Machine	\$50	\$50
Dishes	\$150	\$150

If you are looking for a site to host your next big event, give the Caernarvon Community Hall a try!

Caernarvon Hall is wheelchair accessible. The Hall includes a coat room, raised stage with sound system, full kitchen with brand-new Commercial gas stove and two

ovens, wet bar, glass door refrigerators, plenty of

kitchen prep space, choice of round and rectangular tables.

Seating Capacity - Main Hall - 220

Seating Capacity - Board. - up to 25 guests Please call or text our Hall Rental Agent Matt at 780 456-3435 if you have guestions or would like an appointment to view the facilities.





Apointments Available Gentle Dentistry for the whole family.



At Castledowns Dental Centre, We are more than glad to offer you the following services:
- Root Canal Treatment

- White Fillings
- Wisdom Tooth ExtractionsPartial Dentures
- Dental Implants
- Sedation
- Crown & Bridges
- In office Zoom Teeth Whitening



Dental Centre Hours

Monday to Friday 8 am to 5 pm Saturdays 9 am to 4 pm

We are closed on Sunday & Public Holidays

We Accept:









FAST FRIENDLY SERVICE **REASONABLE RATES**

Cold Weather Preparations

Alberta winters can be bitterly cold and when the temperature dips below -40 degrees Celsius, that's when "extreme cold warnings" occur. Wind gusts can be strong enough in our province to make it feel even colder. It's important to remember a few things during extreme cold warnings.

Try to stay indoors

Roads and other paved surfaces can be snowy or icy during extreme cold warnings. If you must go out, always let someone know where you are going and follow these instructions:

- Check 511.Alberta.ca, Environment Canada or download the WeatherCAN or AEA Alert app for current road conditions or emergency alerts.
- Try to cover as much exposed skin as possible. Wear warm, waterproof and windproof layers, scarves, neck warmers or protective face liners and waterproof footwear.
- If you are sweating, remove outer layers of clothing or open your coat to avoid getting your clothes wet. Learn how to prepare a vehicle emergency kit if you must drive.

Be careful!

Some people are more susceptible to the cold, particularly children, older adults, those with circulation issues,

those experiencing unstable housing or those experiencing extreme cold outdoors for long periods of time. Being cold over a long period of time or being exposed to cold air, water, wind, or rain, can cause a drop in body temperature and, in some serious cases, can cause hypothermia.

What is hypothermia?

Hypothermia occurs when the body gets cold and loses heat faster than the body can make it. A body temperature below normal can be a sign of hypothermia and can cause shivering, confusion and loss of muscular control (e.g., difficulty

walking). It can progress to a life-threatening condition.

If you think someone has hypothermia:

- Call 911 to get medical attention imnediately.
- Lay the person down and avoid rough handling, particularly if the person is unconscious.
 - Get the person indoors.
 - Gently remove wet clothing
- Warm the person gradually and slowly, using available sources of heat.
- Protect the person from further heat loss/eliminate contact with cold surfaces

If someone has symptoms of extreme cold, such as hypothermia, please seek immediate medical attention.

Support is available

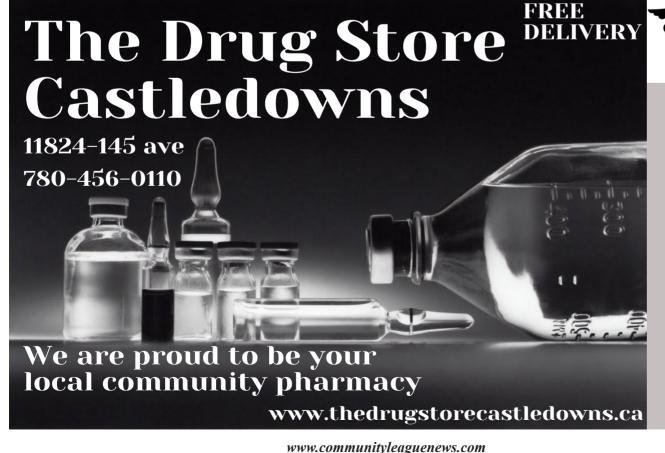
Other supports are available for those experiencing unstable housing. Call 211 and press 3 for non-emergency support for shelter, or visit www.alberta.ca/homelessness. If you work outside during an extreme cold warning, consider taking warm-up breaks or rescheduling your work if possible. Your employer may have options available to help you avoid being in the cold for too long.



CABBAGE ROLLS FOR SALE

\$7 A DOZEN

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Caernarvon Medical

Family Physicians
NOW ACCEPTING WALK-INS

Clinic

Dr. H. Alshgagi 11812 145 Ave NW Edmonton, AB

- (P) 780.705.5005
- (F) 780.705.5215

BATURYN

Community League News





Community League Board Contacts

Positions are filled on a voluntary basis.

If you are interested in board positions or would like to get involved, please contact the Board President at president@baturyn.ca to inquire about vacancies and opportunities.

Position	Name	Email
President	Tricia Stettner	president@baturyn.ca
Vice President	Darko Brkin	vicepresident@baturyn.ca
Treasurer	Paul Petersen	treasurer@baturyn.ca
Secretary	Laura Bots	secretary@baturyn.ca
Castle Downs Rec. Society Rep.	Vacant	CDRS_1@baturyn.ca
Castle Downs Rec. Society Rep.	Vacant	CDRS_2@baturyn.ca
Communications Director	Chelsey Sarfinchan	communications@baturyn.ca
Communications Assistant	Vacant	
Facilities Director	Earl Archer	facilities@baturyn.ca
Membership Director	Claudia Gonzalez	membership@baturyn.ca
Playschool Director	Janine Dale	playschool@baturyn.ca
Programs Director	Angela Ferguson	programs@baturyn.ca
Soccer Director	Candice Bevan	soccer@baturyn.ca
Social Director	Erin Atwell	social@baturyn.ca
Volunteer Director	Vacant	volunteers@baturyn.ca

Board Meetings are generally held on the 1st Monday of the Month at 7pm

July & August: No Scheduled Meetings

Marrazzo Law Office



- Wills Notary
- Enduring power of attorney
- Personal directives
- Mobile visits available

Call today 780-756-5500

5003 DeWolf Road (Griesbach)

Baturyn Community League

Proudly supporting the communities of Baturyn, Elsinore/Chambery (Castlebrook), Canossa (Castlewood), & Rapperswill (Newcastle) Website: Baturyn.ca or find us on Facebook

Membership Fees:

Family \$25.00

Single (16+) \$25.00

Senior (55+) \$10.00

(\$5 service fee applies to purchases made through efcl.org or Servus Credit Union)

Membership Benefits:

- Access to community hosted events
- Free Access to all Community League ice rinks (with skate tags)
- Community League sports programs
- Free access to community swim times at the YMCA (Saturdays: 5:00 pm 8:45 pm),
 Grand Trunk Fitness & Leisure Centre (Fridays: 7-9pm, Sundays: 4:15pm-5:45pm & Wednesdays: 8am-10am), O'Leary Fitness & Leisure Centre (Saturdays: 3:45pm 5:45pm) and Londonderry Fitness & Leisure Centre (Sundays: 4:15pm-5:45pm)
- 20% discount on City of Edmonton Recreation Facilities Adult, Family, Child, and Youth/Senior annual passes or continuous monthly passes. 15% off Multi-Pass purchases.
 To learn more please call 311 or visit www.edmonton.ca/wellness
- 30% off all Cloverdale Paint products and up to 20% off all sundry items.

Memberships are required to access programs offered by your Baturyn Community League.

Get your membership today by going to EFCL.org or your local Servus Credit Union. Your membership fees help support the delivery of various community programs and events.

Where are we headed after the pandemic? New online course takes a hard look

Dr. Anne Fanning has been a volunteer committee member, attendee, and course organizer for the Edmonton Lifelong Learning Association (ELLA) ever since she retired. With a background in infectious diseases, she became immersed in global health issues. Her latest course tackles broad issues.

After the Pandemic: what have we learned to help us deal with the coming crises? is one of nearly 20 courses offered as part of ELLA's online winter session.

She's assembled quite a who's who of the health and government world, including the WHO's current Director General for COVID and Special Envoy, David Nabarro – discussing what went well and what didn't globally.

"This course is a tremendous opportunity to contemplate big issues assisted by the reflections of experts" Says Dr. Fanning.

After the Pandemic plus many other ex-

citing courses are available to members of ELLA for a reasonable cost. Memberships are \$25/year. All courses are listed at my-ella.com, and registration opens December 5 with classes underway January 15 – March 8.

Deborah Forst

CARLISLE News



Carlisle Community Executive List

•				
Position	Filled By	Contact		
President	Krista Hennigar	780-951-7627		
Vice-President	Sharla Sagert	780-903-3583		
Treasurer/Grants	Myer Valeriano	780-907-1198		
Membership	Sacha Brodie	780-237-4506		
Secretary	Tara Pohl-Gobeil	780-218-3399		
Buildings and Grounds	Jerry Neiman	780-270-8656		
Volunteer Co-ordinator	Krista Hennigar	780-951-7627		
Casino Chairperson	Krista Hennigar	780-951-7627		
Soccer Director	Rob Lewis	carlislesoccerdirector@gmail.com		
Program Director	Inza Bazzarelli	780-977-8305, inzabazzarelli@gmail.com		
Variety Show Represen-	Sharda Persaud	780-340-7313		
tatives	Sharla Sagert	780-717-3689		
CDRS Representatives	Kerri-Lynn Parker	780-554-7037		
Social Director	Kara Henebury	780-995-2444		
Newsletter/Facebook	Moira Hennigar	780-616-3898		
Website	Tim Shupe	780-722-8724		



Hall Rental

Members \$300 and
Non-Members - \$350
Due to renovations,
we are not renting out at this time

Carlisle Membership

Download our FREE APP 'CommuniBee' on your smart device to purchase our membership or contact Sacha Brodie - call or text 780-237-4506

Membership benefits include:

- Reduced rates to City of Edmonton Rec. Facilities
 - FREE skating at any outdoor Commu-

nity League rink.

- University of Alberta (Software Education, large format printing, bookstore)
- Discounts at Acclaimed Heating & Cooling, Cloverdale Paint, House of Wheels, Orbis Sports, Urban Poles, Yardley (snow removal). Please see efcl.org for more information about discounts available.

Cumberland/Oxford

Let's keep our neighbourhood SAFE



We encourage everyone to get to know your neighbors, get to know who should be in your neighborhood and who shouldn't be, it is up to us to keep our neighborhoods safe for our friends and families. To report all crimes, suspicious activities or people in your neighbourhood, you can call to non emergency line 780 423 4567

Come join the conversation

Join our "Private chat group for neighbors from Cumberland Oxford Community"

(This is a closed group for residents of neighbourhoods of Cumberland, Oxford,

Carlton, Hudson, Skyview, North Oaks and Albany) where you can post and share information with your neighbours www.facebook.com/groups/coclneighbourhood/

Volunteers

We are always looking for Volunteers. If you interested in volunteering for your community please send an email to president@cocl.org



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Dental Implants



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780-456-4441

ETS fall service changes start December 3



Beginning Sunday, December 3, Edmonton Transit Service (ETS) winter service changes take effect.

Service adjustments are made across the transit network to help improve schedule reliability. Riders will see more service during off-peak hours on some of ETS' most popular routes, including busy school routes. Extra service added throughout September and October is now permanent. Improved and expanded service will continue to help riders get to their destinations, conveniently and reliably, this winter season.

Key Updates

Valley Line Southeast - The newest LRT line opened on November 4 and is a significant addition to the City's integrated transit network. It runs 13 kilometres from Downtown to Mill Woods, making it easier for riders to access the entire city via public transit. In alignment with previous line extensions, bus service (Route 73) will continue to operate along the Valley Line Southeast LRT route until February 2024 in order to allow riders time to transition to the LRT service.

Routes 52, 53, 54, 55 and 56 - These routes will see additional weekday evening and weekend morning and evening trips added to address overloads and growing travel demand. Route 56 will have more trips extended to the Meadows Transit Centre during morning peak hours.

On Demand Transit

Glenridding On Demand Transit stops will move from Rabbit Hill Road to Glenridding Ravine Road SW with the completion of new roads in the neighbourhood.

On Demand Transit bus stops near Strathearn LRT stop will activate for the Cloverdale and East Seniors hubs.

Other service changes

Routes 2 and 101 - These routes went back to their original routing at the end of October due the completion of the Latta Bridge construction.

Route 998 was also concluded.

Routes 106, 150X, 613, 624 and 625 - These routes went back to their original routing at the beginning of November.

Route 112 - Midday service added to its Sunday schedule.

Route 500X - Frequency improvements for both morning and evening peak times.

Route 907 - All evening trips are now extended to Westmount Transit Centre.

Route 923 - Additional service during midday and early evening times.

More information on December holiday seasonal service adjustments will be announced in mid-December.

Riders are encouraged to plan their trips early by using the trip planner on edmonton.ca/transit or Google Maps and selecting a date after December 3.



Emergency Medical Services

Sledding Safety





Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair.
 Inspect it for any damaged or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times:
- Wear a ski helmet designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences;
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged;
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill;
- Children should be supervised by an adult; try not to toboggan alone;
- Sledding at night is not advised.

Plan ahead

- Anticipate weather changes and plan accordingly;
- Wear warm, insulating layers closer to the body, and wind and water proof layers on the outside;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks out of the cold to warm up;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin at all times;
- If frost bite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind-chill;
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm not hot - water, until re-warmed.

www.albertahealthservices.ca











