

CASTLE NEWS

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

June/July 2023



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DUNLUCE COMMUNITY LEAGUE



MEET YOUR NEIGHBOUR

07.13.23 | 6:30 - 7:30 PM

JOIN US THURSDAY, JULY 13TH
FREE REFRESHMENTS & SNACKS
EVERYONE IS WELCOME

Dunluce Hall - 11620 162nd Ave



DUNLUCE COMMUNITY LEAGUE



MEET YOUR NEIGHBOUR

08.10.23 | 6:30 - 7:30 PM

JOIN US THURSDAY, AUG 10TH
FREE REFRESHMENTS & SNACKS
EVERYONE IS WELCOME

Dunluce Hall - 11620 162nd Ave



Caernarvon POST-SECONDARY SCHOLARSHIP

The purpose of the Caernarvon Community League Post-Secondary Scholarships is to recognize well-rounded individuals of any age who are active in their communities. The selection committee is looking for that person who is not necessarily the star of the sports team but shows up for every game and tries his/her best.

Caernarvon Community League invites applications for two (2) Awards of \$500.00 each. These scholarships are for use at any accredited Canadian university, college or post-secondary program. All monies will be paid directly to the institution. Candidates MUST:

- Be enrolled in a post-secondary institution for the 2023-2024 academic year;
- Be a member of an Edmonton community league; and
- Submit a written essay of 1000 words describing why they believe Community Leagues are important to the well-being of the community. The essay should demonstrate the candidate's positive attitude, good communication skills, and describe their involvement in their community (involvement may include volunteering, arts, and/or sports related activities).



There is no place for hate.



Report online at
edmontonpolice.ca/hatecrime

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Dunluce Community League News

**DUNLUCE EXECUTIVE 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 | 780-484-3051 |
| 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 Sherri Morris | 587-983-9401 |
| CASINO | Maureen Ewart Mark Gross | 780-457-0708 780-456-5700 |
| MEMBERSHIP | Christina Fletcher | 780-484-3051 |
| 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 | Rhiannon Tuttle | 780-218-4143 |
| WAYS & MEANS | Lisa Love | |
| SOCCER EQUIP. | Arlene Pettifer | 780-456-3978 |
| BUILDING & ASSETS | Al Chapman | 780-456-9292 |
| PLAYSCHOOL | Registrar | dunlucepreschool@gmail.com |
| COMMUNITY SERVICES | Rochelle Diederichs | |
| HALL RENTALS | 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 (@dclieg)



DUNLUCE SOCCER

EMSA Outdoor soccer summer league:

The league runs from July 10th to August 19th and you will play ONE GAME PER WEEK for six weeks. All games are held in the evening.

U5 + U7 teams will run a station rotation training format with a scrimmage at the end U9 + U11 teams will have refereed games

We Need Coaches! No Coaches = No Teams

If you're interested in coaching for the Summer League, please let us know by Wednesday May 10th for early access to the registration form. Coaches will be offered a free registration for their child until all coaching positions are filled. All coaches are required to complete a Police Information Check prior to the season start.

Please note: Once registration opens to the public, any remaining coaching spots will be filled on a first come first serve basis. If all coaching spots are filled for your child's age group, we are unable to provide free registra-



tion. You can register on emsanorth.com. For any more information please contact Dana Trendall through email at dtrendall@dunlucecl.ca



2022-2023 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

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.



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

Call for help with child development questions



Parents, guardians and caregivers who have concerns about their child's development and well-being can now receive free advice and guidance through a new phone service.

By calling Health Link at 811, Albertans with concerns about their child's development — including speech, movement and hearing — can be redirected to the new Pediatric Rehabilitation Line and speak with an occupational therapist or another appropriate allied health professional.

The new Pediatric Rehabilitation Line provides advice to parents and caregivers of infants, children and youth (birth to 18 years) who have concerns about developmental milestones in areas such as:

- Moving and playing (e.g., crawling, walk-

ing, coordination, playing with toys, using utensils).

- Talking and listening (e.g., babbling, using words and sentences, speech sounds, understanding directions, stuttering, voice quality).

- Taking care of self (e.g., dressing, toileting, sleeping).

- Managing emotions (e.g., calming self, becoming overwhelmed or overstimulated).

- Difficulty eating or swallowing (e.g., coughing, gagging).

- Hearing (e.g., responding to sounds, noise, voices, words).

The Pediatric Rehabilitation Line can also help callers who are looking for local services and/or current rehabilitation resources (e.g.,

Baturyn Community League

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

Get your membership and enjoy the special perks of being a member.

Annual Memberships are valid from September 1st to August 31st.

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.**

links to information or webinars), or need support to help a child or youth recover from COVID-19.

AHS also offers free webinars that cover developmental topics for children and youth from birth to 18 years. Topics range from toilet training and tummy time to emotional regulation and speech development.

Hosted by pediatric rehabilitation professionals, the AHS webinar series is designed for all parents and caregivers. It may be especially beneficial for those with children and youth who may be developing differently or have medical conditions that are affecting their development.

Most sessions are live, meaning partici-

pants can ask questions during the session. Some sessions are pre-recorded.

Each webinar is free of charge and will focus on a specific developmental skill such as walking, talking, listening and more. Parents and caregivers will build skills and gain confidence by learning practical ways to help children and youth improve their skills while supporting development.

The free webinars are delivered on Zoom and require registration in advance. Information and registration for the free webinars can be accessed at myhealth.alberta.ca/pediatric-rehabilitation/webinars. You may also find information by searching "pediatric rehab" at together4health.albertahealthservices.ca.

Summer Birthdays

AVAILABLE SATURDAYS
for only \$199

Summer Drop-Ins

FRIDAYS noon to 1 pm

DGC

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[www.https://dynamyx.uplifterinc.com/](https://dynamyx.uplifterinc.com/)

REMINDER
FALL REGISTRATION
starts June 14th

Summer Camps

daily-weekly-AM/PM-full day

2023 Fall Classes

- Family Class
- Tumblebugs - 3-5 yrs
- Recreational CanGym - 6 to 9 yrs
- Teen Recreational CanGym- 10+
- Achievers - Full Year

13 weeks-1 to 1.5 hrs a week

Dynamites

PLAY GYM

gym-crafts-social-play-fun

| | |
|------------------|--------------------------------------|
| 3 yr olds | Monday/Wednesday 9:30 to 11:30 am |
| 4 yr olds | Tuesday/Thursday 9:30 am to 12 pm |

runs September to June

DUNLUCE COMMUNITY LEAGUE PRESENTS

SENIOR SATURDAY OPEN MIC

July 15th

1-3 PM

Join us for an Epic Afternoon.
Whether you want to perform a few songs of your own, jam with other musicians, or just sit back and enjoy the music. Everyone welcome.

Dunluce Community League Hall
11620 162nd Ave
Light refreshments will be served.

Important Notice to Property Owners in the City of Edmonton

Edmonton

2023 Property Tax

If you own a property, you should have received your 2023 property tax notice in the mail. **Your property tax notice includes:**

- + Municipal taxes, which help pay for civic services like police, fire rescue, public transit, libraries, recreation centres, road maintenance and more.
- + Education taxes, which go directly to the Government of Alberta to fund education.

If you have not received your notice in the mail, contact the City of Edmonton by phone at 311.

Taxes Due by June 30

Property taxes are due in full by June 30, 2023. Property tax bills can be paid at most financial institutions, by telephone/online banking and by mail. The City also offers a monthly payment plan; for more information on paying monthly, please contact 311 or check out edmonton.ca/taxes.

Did your taxes go up or down? Find out more about how your property taxes are calculated and how your property assessment compares to overall assessment changes at edmonton.ca/taxes.

You can also view your property tax notices online at MyProperty.edmonton.ca. Sign up for your MyProperty account using the unique access code found on your tax notice.

For more information, call 311 or visit edmonton.ca/taxes.

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16957 127 St NW

SCAN TO BOOK

Located in Newcastle Shopping Centre rivercityeyecare.ca

Carlisle Community League 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 | carlisesoccerdirector@gmail.com |
| Program Director | Inza Bazzarelli | 780-977-8305, inzabazzarelli@gmail.com |
| Variety Show Representatives | Sharda Persaud Sharla Sagert | 780-340-7313 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 Community

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.

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River Safety – City of Edmonton

City of Edmonton Park Rangers, Edmonton Fire Rescue Services (EFRS), Edmonton Police Service (EPS), the City of Devon and Fort Saskatchewan RCMP are reminding everyone to be safe when on or near the North Saskatchewan River.

"We know the North Saskatchewan River is a popular destination so we're asking everyone to keep safety top of mind and learn about regulations and etiquette," said Zain Haji with the City of Edmonton's Park Ranger Marine Unit. "During our river safety checks with Edmonton Police Service, we continue to find that many people using the river are not in compliance with boating safety regulations which puts them and others at risk."

Under Transport Canada regulations, river users with a vessel of any kind must bring the required safety equipment along including a personal floatation device for each person, a throw bag, and whistle or sounding device. Any vessel found without personal floatation devices will be directed off the water for their own safety.

"Regardless of whether you are on an inner tube, paddle board, or floating island – if it floats, we treat it as a boat," said Constable Derek Jones with the EPS Marine Unit. "River conditions are always changing, so having the right safety gear will help you enjoy the

experience more fully, and keep your head above water in an emergency."

Last summer, Edmonton Fire Rescue Services rescued 75 people and animals on or near the river. In addition, last year the Park Ranger Marine unit conducted 11 rescues. As of May 18 this year, EFRS has already had 44 rescue events on or near water in Edmonton.

"The North Saskatchewan River is unpredictable and flow rates change rapidly, without notice," said Ed Pitman, Acting Chief of Special Operations with Edmonton Fire Rescue Services. "This presents a variety of dangers for those in or near the river, including dogs. It's important to wear lifejackets, have a safety plan before you head out and take into account possible weather changes and currents, temperature and depth of the water."

"No one plans for things to go wrong on the water, planning ahead can save your life," stated Inspector Barry LaRocque, Fort Saskatchewan RCMP. "Check the weather and the AB Rivers App before you go, tell friends where you're going and always wear a personal floatation device (PFD)."

Marine units from several agencies in and around Edmonton will be on the river this summer educating boaters on river safety and enforcing bylaws.



L

C

D

S

Preschool & Kindergarten

Now accepting registration for 2023/2024. Spots fill quickly

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6

Castle News

www.communityleagueneews.com

June/July 2023



Caernarvon Community League News

Caernarvon Community League Executive
14830 - 118 Street NW, Edmonton AB
Phone or Text (780) 456-3435

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

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 guests

Seating Capacity – Boardroom – up to 25 guests

Please call or text our Hall Rental Agent Matt at 780 456-3435 if you have questions or would like an appointment to view the facilities.



CASTLEDOWNS Dental Centre



Dr. Tarek Tarchichi

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Dental Centre Hours

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We are closed on Sunday & Public Holidays

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

We Accept:



Upcoming Casino – Help Needed!



We have a casino coming up on July 4 & 5. Can you help us out by working a shift? Sign up at <https://volunteersignup.org/HJ48D> and help the League provide recreation and fun free events!

Did you know that your Community League membership gives you access to free swimming at Grand Trunk Recreation Centre and the Castle Downs YMCA? Check out our website <https://www.caernarvon.ca/> for more details!

Keep in touch with us on Facebook

Keep up to date in our community with registrations, events, sports, and so much more! Look up "Caernarvon Community League" and select "Like" and "Follow."

Wildfire smoke and your health

When wildfire smoke enters a community, it can cause problems for the people who live there. Smoke contains small particles, which are a big health risk. These particles can get in your eyes, breathing (respiratory) system, and bloodstream. They can cause:

- burning eyes
- a runny nose
- coughing
- trouble breathing or illnesses such as bronchitis.

If smoke is a problem where I live, what can I do to lower my health risk?

Stay inside as much as possible and keep all windows and doors closed. Here's what else you can do to keep your indoor air clean:

- Close fresh air intakes from furnaces, fireplaces, or stoves.
- If you have air conditioning, turn it on and set it to recirculate. Keep it running to help filter the air and keep your family cool. (Just remember that some air conditioning systems don't filter the air or improve indoor air quality.)
- If you have room air cleaners with high-efficiency particulate air (HEPA) filters, turn them on. Don't use air cleaners that may produce ozone. For portable air cleaners, follow all the manufacturer's instructions for changing the filter, where to place the device, and the size of room it's meant to be used in.
- Use humidifiers, which may remove some of the smoke. The humid air can also help keep your nose and mouth moist.
- Don't use wood stoves, gas stoves, or candles because they make the indoor air quality worse. If you can, prepare foods that you don't have to cook. Cooking (especially frying and broiling) can affect the air quality in your home.
- Don't use spray air fresheners or electric

fragrance dispensers because they can affect air quality.

- Don't vacuum because it stirs up particles that are already inside your home.
- Don't let anyone smoke, vape, or use e-cigarettes in your home.

What can I do if it's too warm inside my home?

When you keep doors and windows closed to keep smoke out and you don't have air conditioning, your house may get very warm. If you need to cool down, you could visit a place that is more air-tight with cooler filtered air. Examples include a shopping mall, library, community centre or movie theatre.

If you can't leave your home, watch for signs of heat-related illness such as heat exhaustion or heatstroke. Turn on the furnace fan or standalone fans to move air around in your home. If the air quality gets better, you can air out your home by opening doors and windows.

Smoke can also be harmful to pets. Try to keep your pets inside as much as possible and make sure they have lots of water. If your pet has trouble breathing, contact your vet.

How can I stay aware of what's going on in my community?

When wildfire smoke is in your community, regularly check for air quality updates on local media (TV, radio or online). If you have neighbours, friends, or relatives who live alone, check on them to make sure they're OK.

- What if I need to leave my home?
- If you are in your vehicle, and the air quality is poor, keep the windows closed.
- Put the air system on recirculate so smoky air doesn't get inside.
- When driving through an area with low or no smoke, switch the circulation system to let



outside air into your vehicle.

- If you're in the wildfire area, be ready to evacuate. Follow all public service announcements.
- Create an emergency kit and have it ready by the door.

Can I still be active when there's wildfire smoke in the air?

- Pay attention to the local air quality health index (AQHI). Adjust your activities according to the AQHI messages.
- Move outdoor activities indoors and keep your indoor air as clean as possible. Reschedule or cancel outdoor events (such as sports) if smoke levels are too high. Don't do any heavy activity or exercise outside. Heavy activity and exercise can make you breathe 10 to 20 times more than you do while you're

resting. Stop or slow down if what you're doing makes you cough or feel tired.

- Drink lots of water to stay hydrated. This will keep your nose and mouth moist, which makes it easier to breathe. This is important when you're inside and outside.
- When there is a lot of haze in the air, don't let your children play outside for a long time.
- If you have heart or lung problems, the smoke can make it worse. If you have chest tightness, chest pain, shortness of breath, or another health emergency, call 911 or go to the nearest emergency department right away.
- For 24/7 nurse advice and general health information, call Health Link at 811.

The Drug Store Castledowns

11824-145 ave
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Are you struggling with gambling?

Gambling is risking money or something else of value on an activity that has an uncertain outcome. That can mean a lot of things. Playing cards or videogames for money, buying raffle tickets, betting on who's going to win a pool match, or betting your in-game video purchases or digital currency on a hockey game—it's all gambling.

People with gambling problems may also have trouble in other areas of their lives where they need support. These could include health concerns, financial problems, feeling lonely, mood swings, school issues, using digital technology too much, or, in the case of young people, school issues or conflicts with parents or guardians.

Where to get help

If you are worried that you or someone you know may be having problems with gambling, there is help available. Addiction treatment services are voluntary and confidential. For more information and to find an addiction services office near you, call the Addiction Help Line at 1-866-332-2322. Help is available 24 hours a day, seven days a week.



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Backyard Play Safety



Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure that their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

Water hazards

- Drowning contributes to unintentional injury-related death among young children;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres(*) high and have a self-latching, self-closing, lockable gate.

(*Alberta Building Code)

Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors;
- If your child has received an 'EpiPen Junior' prescription from your physician (for anaphylactic reactions) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

Sudoku -- Difficulty: Normal (Answer on back page)

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| 5 | | | 9 | | 2 | | | 8 |
| | 8 | | 6 | 1 | | | 2 | |
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Fire station open houses coming this summer

Edmonton Fire Rescue Services is excited to open its bay doors to visitors this summer. Between June and September, eight fire stations will open their bay doors and invite all interested community members to meet local personnel, check out the fire trucks and learn important fire safety information.

- Schedule:
- June 3, Kaskitayo, Station 20
 - June 17, Norwood, Station 5
 - July 8, Clareview, Station 18
 - July 22, Mill Creek, Station 6
 - August 12, Lake District, Station 25
 - August 26, Ellerslie, Station 27
 - September 9, Heritage Valley, Station 28
 - September 16, Lewis Farms, Station 29

Open houses run from noon to 4 p.m. and are free, fun and interactive opportunities for the whole family.



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

Volunteers



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

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/

Get your COCL membership today on Communibee App



FREE PARENT SUPPORT CLASSES

North Central Edmonton Family Resource Network (FRN) "HUB" is here to support parents and caregivers, who have children ages 0-18, to receive extra support and learn new skills related to all things parenting. Connect with one of our Navigators for support, questions and information

Did you know? At the HUB the Caregiver Education program offers FREE parenting support class!

- Rainbows: to support grief, loss, divorce, separation.
- Triple P: Positive Parenting Program
- Circles of Security: support to attachment, healthy relationships, emotional regulations...
- Nobody's Perfect: needs of parents who are young, single, socially, or geographically isolated
- Active Parenting: for all ages 0-18

Visit our website for more workshops for children, youth, teens, parents and other caregivers!

Connect with a Navigator

Castle Downs Family YMCA
11510 153 Avenue, Edmonton, AB T5X 6A3

780-377-3730

infohub@ymcanab.ca
ymcanab.ca/frn



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| 2 | 9 | 5 | 1 | 4 | 7 | 6 | 8 | 3 |
| 7 | 6 | 3 | 5 | 9 | 8 | 4 | 1 | 2 |
| 5 | 3 | 4 | 9 | 7 | 2 | 1 | 6 | 8 |
| 9 | 8 | 7 | 6 | 1 | 4 | 3 | 2 | 5 |
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