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DUNLUCE COMMUNITY LEAGUE PRESENTS

# COMMUNITY LEAGUE DAY

September 17th, 2022 1pm-4pm Dunluce Park - 11620 162 Avenue





FACE PAINTING, PETTING ZOO, CARNIVAL GAMES, BOUNCY CASTLE, FOOD & REFRESHMENTS, DOOR PRIZES

BEHIND THE COMMUNITY LEAGUE HALL Event will be cancelled in case of rain.



SCAN ME



Let us know what your experiences have been in your neighbourhood and what kinds of resources and activities you are interested in. By participating you will be entered into a draw for a **\$50 pre-paid credit card**.

Open your smartphone's camera app and hover over the QR code to participate now!

The City of Edmonton Castledowns Community Social Workers



### **Caernarvon Hall Rentals**

If you are looking for a site to host your next big event, give the Caernarvon Community Hall a try! It is wheelchair accessible. We are one of the only halls in the city that cleans up after your event.

The Hall includes a coat room, raised stage with sound system, full kitchen with brandnew 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

240 guests - Theatre-style seating 220 guests seated at tables, no dance floor 185 guests seated at tables with a dance floor

#### Seating Capacity - Boardroom

16 seated around boardroom tables 25 theatre style seating

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.

### Main Hall Rental Rates

Monday – Thursday Hourly: Main Hall \$35 | Boardroom \$25 Daily: Main Hall \$300 | Boardroom \$100 Weekend \$650: Fri-Sun \$550: Friday and Saturday \$550: Saturday and Sunday \$450: Saturday only \$400: Friday only \$300: Sunday and Statutory Holidays, 12 (noon) -11pm Add-Ons Large BBQ \$50, Popcorn machine \$50, Dishes Rental \$100 (plates, cutlery, glassware, some small wares)

#### Damage Deposits

Main Hall: Daily Rental: \$500, Hourly Rental: \$250

Boardroom: \$50

# 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

780-450-5978 www.dumuceci.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	Tyler Zutz	780-935-9114		
	Stephanie Chorney	780-955-9114		
VARIETY SHOW	Denyse Ward	587-983-9401		
VARIETT SHUW	Sabrina Jackson	780-232-1925		
CASINO	Maureen Ewart	780-457-0708		
	Mark Gross	780-456-5700		
MEMBERSHIP	Christina Fletcher	780-484-3051		
PUBLICITY	Bev Gross	780-456-5700		
SOCIAL	Lorna Melnyk	780-456-4596		
BINGO	Amanda Wentzell	780-977-7923		
DIRECTOR				
SOCCER	Dana Trendall	780-504-0701		
SOFTBALL	Loretta Wonitoy	780-457-9101		
PROGRAMS	Nena White	780-231-0663		
WAYS & MEANS	Lisa Love			
SOCCER EQUIP.	Arlene Pettifer	780-456-3978		
BUILDING &	Al Chanman	780-456-9292		
ASSETS	Al Chapman	760-450-9292		
PLAYSCHOOL	Registrar	dunlucepreschool@gmail.com		
COMMUNITY	Rochelle Diederichs			
SERVICES	Al Chapman	780-457-4342		
		700 137 1312		

### Welcome Back – A Celebration of New School Beginnings in 2022-2023

### Edmonton Catholic Schools Trustee Sandra Palazzo

Hoping everyone had an enjoyable and rejuvenating summer. As we begin a new school year, we wish to welcome all new and returning staff, students, and families to Edmonton Catholic Schools. We are thankful for each of you and for your commitment to being strong ambassadors of our Division.

We are grateful for the enthusiasm and effort displayed by all our students, staff, and families in upholding our vision of excellence in Catholic Education and look forward to experiencing all the joy that the new school year will bring.

As we embark on another successful year of learning and working

2



together, I welcome the opportunity to engage with our school communities as I am committed to making decisions that are in the best interests of our Division and ensuring the well-being of our students is at the forefront of all that we do!

to making decisions that are in the best interests of our Division and ensuring the well-being Best wishes for a safe, enjoyable and exciting 2022-2023 school year! Article Sponsored by Sandra Palazzo DUNLUCE COMMUNITY LEAGUE 2022 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.

### <u>Non – Dunluce Community League Members:</u>

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 <u>Dunluce Community League Members:</u> \$250.00 <u>Non – Dunluce Community League Members:</u> \$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.

### 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)





# **Baturyn Community League News**



### 2022-2023 REGISTRATION

3 days per week  $\rightarrow$  4-year-old programs 2 days per week  $\rightarrow$  3-year-old program

Spots are filling quickly – register online today!

https://pdf.ac/FtpZy

EMAIL dunlucepreschool@gmail.com with any questions

### Beat the heat by staying hydrated this summer



Staying hydrated is important in the summer months and throughout the year. It's especially important for seniors 65 years and older.

Staying hydrated means you are drinking enough fluid to replace the fluid you lose (example, through sweat and urine) and to feel alert and well.

Drinking enough fluids helps with digestion, regulation of body temperature, and organ function. It can prevent dehydration, constipation, and urinary tract infections.

Signs of dehydration include:

Headaches, confusion, dizziness, feeling light-headed, fatigue

Thirst, dry mouth, difficulty swallowing Dry or fragile skin that breaks down easily Poor appetite and weight loss Constipation

Passing small amounts of dark-coloured, strong-smelling urine

The amount of fluid you need to drink per day depends on your diet, health, body size,

environment, and activity level. Most seniors need at least six cups (1.5 L), and up to 10 cups (2.5 L) of fluid each day.

Examples of fluids include water, tea, coffee, milk or fortified soy beverage, broth, 100 per cent vegetable or fruit juice, pop, and oral nutrition supplements such as Ensure or Boost.

Some foods, such as vegetables and fruits, soups, puddings, gelatin desserts, ice cream, sauces or gravies, smoothies and shakes have higher amounts of fluids.

Some ways to increase your fluid intake • Sip on fluids throughout the day.

• Keep a pitcher of water in the fridge or on the table. This will remind you to drink water.

Drink fluids at meals and between meals.
Fill a water bottle and carry it with you.

Include foods with higher fluid content

such as vegetables and fruits.
Take medications with a full glass of water.
If you need extra calories, drink milk or oral nutrition supplements with your medications



### 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				

Board Meetings are generally held on the 1st Monday of the Month at 7pm July & August: No Scheduled Meetings

### **Baturyn Community League**

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

### Become a 2022 Member

Get your membership and enjoy the special perks of being a member. *Annual Memberships are valid from September* 1<sup>st</sup> 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.

# The Drug Store **FREE** Castledowns

11824-145 ave 780-456-0110

We are proud to be your

we are proud to be your local community pharmacy www.thedrugstorecastledowns.ca

### **Caernarvon Medical**

Clinic Family Physicians \*ACCEPTING NEW PATIENTS AND WALK-INS\*

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

(P) 780.705.5005 (F) 780.705.5215



# Caernarvon Community League News

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

Edmo	nton AB; Phone or Text	(780) 456-3435
President	Jennifer Schell	president@caernarvon.ca
Vice President	Jason Desnoyers	sports@caernarvon.ca
Treasurer	Teena Burrell	treasurer@caernarvon.ca
Secretary	Kati Hutt	
Casino	D'Arcy Sommer	
CDRS Representatives	Danny Burrell	
	Jennifer Schell	
Equipment	D'Arcy Sommer	
	Giovanni Borrelli	
	Sandy Reda	
Hall Maintenance	Ahmet Kaplan	
Soccer	Jason Desnoyers	sports@caernarvon.ca
Social	Kati Hutt	
Programs	Sid Sadik	
Signs	Lynne Hellyer	
Hall Rental	Danny Burrell	rentals@caernarvon.ca
Membership	Amanda Meyer	membership@caernarvon.ca
Communication	Sid Sadik	
Variety Show (2)	Christine McMurran VACANT	



CASTLEDOWNS Dental Centre



www.castledownsdentalcentre.com

780-456-2990

11816-145 Ave



New Patients Welcome. Emergency & Walkins. Apointments Available Gentle Dentistry for the whole family.



- Root Canal Treatment
- White Fillings
- Wisdom Tooth Extractions
- Partial Dentures
   Dental Implants
- Sedation
- Crown & Bridges
- Veneers
- 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

### 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."

### Simple precautions reduce West Nile virus risk

Summer is here, and so are mosquitoes. Albertans are urged to take precautions to protect themselves against West Nile virus infection.

Exposure to mosquitoes brings a risk of West Nile Virus.

Some carry the virus, so it's important to avoid being bitten.

Whenever engaging in outdoor activities, or even just relaxing outside, all Albertans can take these simple steps to prevent bites and protect themselves from West Nile virus:

 $\hfill \cdot$  Wear a long-sleeved, light-colored shirt, pants, and a hat.

• Use a Health Canada-approved insect repellant (e.g. products containing DEET or Icaridin).

• Consider staying indoors at dawn and dusk when mosquitoes are most active.

After being bitten by a mosquito carrying West Nile virus, humans can develop West Nile non-neurological syndrome (formerly known as West Nile fever) or the more serious West Nile neurological syndrome.

Symptoms of non-neurological syndrome can be uncomfortable, including fever, chills, nausea, vomiting, fatigue, skin rash, swollen glands and headache. For people who develop neurological syndrome, symptoms can be more severe, including tremors, drowsiness, confusion, swallowing problems, high fever, unconsciousness, paralysis and even death.

Albertans can learn more about West Nile virus and the precautions necessary to reduce risk at www.fightthebite.info or by calling Health Link at 811.

We Accept:

VISA

# 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	carlislesoccerdirector@gmail.com
Program Director	Inza Bazzareli	780-977-8305
Variety Show Represen- tatives	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

Carlisle is currently 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

6

#### 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.



### **Carlisle Programs**



### **YOGA CLASSES**

For anyone who wants to stretch and learn basic yoga postures ending in relaxation. beginners are always welcome! Wednesdays 7pm-8pm starting Oct 4 Prepaid registration is \$40 for 10 weeks or \$10 for drop in Classes to restart in the fall **GYMNASTICS** Ages 5-12 years old Wednesdays 5:30pm-6:30pm

prepaid registration \$50 for 10 weeks

### Classes to restart in the fall **ZUMBA**

There are plenty of ways to stay active, some are more fun then others! Join the ultimate dance-fitness party that beats a boring work out any day Tuesday and Thursdays 7:30pm-8:30pm Prepaid registration is \$80 for 10 weeks or \$10 for drop in Fall registration Sept 10 Sat from 2-4pm

Plese contact Inza B Programs director for more information at 780-977-8305

## Cumberland/Oxford Community League News



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, Hud-

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

### 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



### **Community League Wellness Program**

By becoming a member of your Community League, you have demonstrated your commitment to your community. To honour your commitment and support your families' health and well-being, the Edmonton Federation of Community Leagues has teamed up with the City of Edmonton to form the Community League Wellness Program. Current Community League members receive admission incentives to enjoy the City's world-class sports and recreation facilities. Present your valid Edmonton Community League membership card, showing expiry date (payment receipts will not be accepted) at any one of the City of Edmonton's sports and fitness facilities. Choose from the following Community League Wellness Products:

Annual Pass\*- 20% discount on Adult, Fam-

ily, Child, and Youth/Senior Annual Passes Multi Admission Pass\*- 15% discount on our already discounted multi admission pass (5+ visits)

Continuous Monthly Pass - 20% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program.

\* Applies to new purchases only.

Facilities and amenities include swimming pools, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton and tennis courts, indoor running tracks, gymnasiums, cafeterias and pro shops. Hours of operation are from 5:30 a.m. to midnight (hours vary according to facility). For more information, please call 311 or visit http://www.edmonton.ca/wellness



# Castledowns Dental storage and water this so There's nothing que with family and frie picnics and barbecular and picnic a

General Dentistry

Dr. Matthew G Sloboda DDS.

### Family Dentistry Just Minutes Away

New Patients Always Welcome Direct Billing • Invisalign Cerec • Nitrous Oxide Dental Implants

#202, 15961 - 97th Street NW



### Remember safe food storage and safe drinking water this summer

There's nothing quite like coming together with family and friends to enjoy camping, picnics and barbecuing in summer. Outdoor barbecuing and picnics may mean limited access to refrigeration and clean water. High temperatures and humidity are ideal conditions for bacterial growth, which causes food-borne illnesses such as E.coli and Salmonella. Simple precautions can prevent illnesses:

• Keep cold foods cold. Pack perishable foods in a cooler with ice or freezer packs to maintain a temperature below 4 C.

• Never use the same plate for cooked and uncooked foods.

• Always cook meats until the internal temperature has reached a safe temperature, measured with a meat thermometer.

Get your COCL membership today on Communibee App



### **Baturyn Neighbourhood and Alley Renewal**

### Shape the future of Baturyn

Baturyn will see the replacement of its aging roadways and alleys, street lights and sidewalks as part of the City of Edmonton's Building Great Neighbourhoods program for mature neighbourhoods.

Thank you to everyone who engaged with us during the **Community Feedback on Final Design** stage of the project. The project team has reviewed all of the feedback provided, along with technical information and City policies and programs. Over the summer and fall, we will be considering the new feedback provided and completing the construction drawings.

### Decorative street lights<sup>\*</sup> update

Standard street lights will be replaced as part of the Neighbourhood Renewal process. Your neighbourhood has submitted a choice for a standard street light, powdercoated black, to be considered as a decorative street light upgrade for Local Improvement. *Expression of Interest* forms were mailed out to all property owners in July and are to be returned to the City by September 20, 2022.



street light

### Decorative street blades update

Neighbourhood Renewal also includes the replacement of the street blades in your neighbourhood with a style similar

to the sample image on the right. Your community can pursue decorative street blades. There is no additional cost to property owners to install decorative street blades. Decisions required from the community on

decorative street blades include the shape, colour and font for the signs, as well as any additional graphics or historical images and names.

For more information on decorative street blades and to provide suggestions, please contact your project manager at **sherry.wallace@edmonton.ca**.

# 129 AVENUE

Example decorative street blades from Calder neigbourhood

### Next steps

### Construction is scheduled in Baturyn for three years, starting in 2023

Construction consists of removals and replacement of sidewalks<sup>+</sup>, curbs and reconstruction and paving of the roads. Construction will take place until 2025. The Local Improvement<sup>\*</sup> process for sidewalks and decorative street lights will begin in late 2022, with a decision by early 2023.

A Preparing for Construction event will be held in early 2023. Prior to the start of construction, bulletins will be distributed to all residents. Your main point of contact moving into the Preparing for Construction stage will be Sherry Ibrahim, Delivery Project Manager. Her contact information is **sherry.ibrahim@edmonton.ca** and can be found at edmonton.ca/**BuildingBaturyn**.

\* For more information on the Local Improvement process visit edmonton.ca/LocalImprovements

SHARE YOUR VOICE SHAPE OUR CITY