


CASTLE NEWS

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

October 2022



Published by Calder Publications. To advertise please call 780-434-9732 or email info@communityleagueneews.com



Castle Downs Recreation Society Fundraiser

36th ANNUAL CASTLE DOWNS VARIETY SHOW

• Adult Sketch Comedy • Live Band
• Licensed Bar & Snacks

Caernarvon Community Hall 14830-118 St. Edmonton

2022 Show Dates:

October 14, 15, 21, 22, 28, 29 November 4, 5, 11, 12

Ticket Sales at Caernarvon Community Hall
Sunday Nights: 7-9 PM @ 14830-118 St. Edmonton
Or online @

<https://castle-downs-variety-show.square.site/>

Reserved seating for groups of 8+. Outside food encouraged!
No outside beverages allowed. Doors @ 6:30 Show @ 8:00 pm

FRIDAY TICKETS \$10 SATURDAY TICKETS \$15

This is a no smoking venue
Adult Entertainment 18+ only

varietyshow@castledowns.ca



BOX OFFICE: (780) 406-9070

Dunluce Community League

FAMILY HALLOWEEN DINNER & DANCE



For more information visit www.dunlucecl.ca

Saturday, Oct 29th | Dinner 6:00pm

Early Bird Tickets \$8 Until Oct 15th 780-289-4596

Dancing ✨ 7.00 PM
Dunluce Hall 11620 162 Avenue

C.D.R.S. INTERNATIONAL

SILENT AUCTION AND DANCE

SATURDAY, NOVEMBER 26, 2022
Caernarvon Community Hall 7:00 p.m.
14830 - 118 Street (Edmonton)

**FEATURING
THE ORIGINAL
VARIETY SHOW BAND
"USED TO B^S"**

All proceeds used towards the 2023 trip to build a playground in Vietnam

Adult only function

Cash bar and late lunch served

(No outside alcohol permitted)

Tickets \$20.00/person

Call 780-456-6402 for tickets

Or email cdrsinternational@castledowns.ca



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

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 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.**

Teach children about fire safety

Fire Prevention Week takes place Oct. 9 to 15 in Canada. Preventing household fires is one way to prevent injury or death from burns. Here are a few tips on how to keep your family safe around fires and open flames.

- Teach children that only grown-ups use fire. Keep lighters and matches out of reach of children.
- Use at least one smoke alarm on every level of your home. Be sure to put an alarm outside sleeping areas and inside bedrooms. Test all smoke alarms monthly and change the batteries at least once a year if they are not lithium batteries. It may help to schedule a regular date, such as the first day of each month, to check alarms and to change batteries on the first day of fall or the first day of spring every year. Replace smoke alarms every 10 years.
- If you live in an apartment building or group living facility such as a dorm, make sure you know the number of doors between your room and the nearest emergency exit.
- Keep the multipurpose type of fire extinguishers in your kitchen, garage, and other areas where hazardous materials may be stored or used. These extinguishers are labelled with "ABC"—"A" is for wood, paper, and trash fires; "B" is for grease fires and flammable liquids; "C" is for electrical fires.
- Check and clean appliances regularly. Replace cords when needed.
- Ensure that space heaters, wood stoves,



and furnaces are regularly inspected and properly installed. Do not use space heaters while you are asleep or when you are not in the room. Keep all heating elements at least three feet away from items that can easily catch fire, such as curtains or rugs. Only use electric space heaters that turn off automatically if they tip over. Do not use an oven to heat a room.

- Have your fireplace and chimney inspected yearly and cleaned as needed.
- Be careful with lit candles. Always monitor their use and keep them out of children's

rooms. Use flashlights rather than candles if there is a power outage.

- If you smoke in the bedroom, be sure you have a smoke alarm there. It's safest if you do not smoke or allow smoking in your home. If you need help quitting, talk to your doctor about stop-smoking programs and medicines.

Fire survival skills
Teach your children how to survive in a fire. Some very young children will not understand these concepts. But start discussing the issues early and repeat frequently.

Everyone needs to leave the home as fast as they can when a smoke alarm sounds.

- Plan and periodically practice escape routes. Make sure there are at least two escape routes from each area of your home, including upper stories and the basement.
- Firefighters in full gear frighten some children. Explain to your child why firefighters need equipment and show them pictures. Tell children not to hide from firefighters.
- Show your child how to stop, drop, and roll if any part of his or her body or clothing catches on fire.

Celebrating New School Beginnings in 2022-2023
Edmonton Catholic Schools
Trustee Sandra Palazzo

With a new school year upon us, I am delighted to welcome our students, families, teachers, administrators and staff to another year of learning and growing together. We extend a special welcome to our new students, families and staff, and congratulate our newly appointed school administrators.

We look forward to working together to enhance student learning and well-being. The Edmonton Catholic School Division (ECSD) theme for this year comes from Matthew 5:16: "Let Your Light Shine Forth." At its core the theme is a message that instills our schools with a renewed sense of hope as we return to school this year. What is most inspiring is how fitting this theme is for us as our ECSD family returns to schools and workplaces to strive to make a positive difference in our school communities and beyond. It is our hope that our students and staff will experience the joyful blessings that come through living our calling to shine our light.

The start to the school year has been a success. Over the summer months, the Division's central administrative staff moved into our beautiful new Lumen Christi Catholic Education Centre. The anticipated operational and administrative cost savings, increased synergies between departments, and staff workplace satisfaction will allow the Division to be in a stronger position to deliver on our mission and vision to provide the best Catholic education possible to our students.

In addition to the many school opening meetings for our administrators and staff, schools have been joyfully celebrating the many new playgrounds and outdoor classrooms at many of our sites. Schools also took the opportunity to celebrate and honor the life of her late Majesty, Queen Elizabeth II.

Life in our classrooms

has also been busy. With the new provincial curriculum being implemented across Alberta schools in Physical Education and Wellness (K-6), English Language Arts and Literature (K-3), and Mathematics (K-3), ECSD's Board of Trustees was proud to host a parent evening on September 20th along with our curriculum experts to walk parents through the changes happening in the classroom which can be accessed @ https://www.ecsd.net/_ci/p/46714

On September 30th, ECSD will recognize the National Day for Truth and Reconciliation and Orange Shirt Day. Our students and staff will be encouraged to wear an orange shirt to show their support for this grassroots, Indigenous-led event that raises awareness of the inter-generational impact of residential schools. Every Child Matters!

Every October 2, National Custodian Day, we take time to recognize the people who diligently work to ensure our schools and workplaces are clean, spotless and in excellent shape and we are thankful to them for their commitment to ensuring our schools and worksites are healthy, safe and welcoming places.

ECSD is once again excited to celebrate READ IN Week. Although literacy and learning events occur throughout the year, READ IN Week is a special time for our schools and city to celebrate reading. READ IN emphasizes sharing your love of reading with others and introducing friends and family to your favourite books. To increase awareness of the importance of reading, ECSD schools will be hosting READ IN from October 3-7, 2022 in honour of this year's theme, 'Choose Your Own Adventure.'

Our Division is committed



Building Great Neighbourhoods

Dunluce Neighbourhood and Alley Renewal

Building a Project Vision and Exploring Opportunities

Help Shape the Future of Dunluce!

Dunluce 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. Planning for this renewal has just begun.

We invite you to get involved early to share how you move, work, live, gather and play in Dunluce today, and how you would like to in the future.

To engage:

- + **Complete the online survey – October 12 to November 5, 2022**
What are the challenges? How can we improve them?
- + **Attend a community walk and workshop (Register online)**
Build a vision for your neighbourhood and discuss areas of concern and opportunities for improvement.
- + **Meet the project team at pop-ups at various locations in Dunluce**
 - + Castle Downs Park
 - + Civida Centre (11930-162 Avenue in Dunluce IV)
 - + Castle Downs YMCA
 - + Castle Downs Library

For more information and to sign up for project updates visit edmonton.ca/BuildingDunluce or call 311



SCAN ME!

SHARE YOUR VOICE
SHAPE OUR CITY



REFINE

to ensuring that our students feel safe, welcome and included, and become successful learners. We know that we cannot do this alone and we look forward to our continued collaboration with our partners and stakeholders as we embark on another academic year filled with positive outcomes. We are excited to continue building on our successes as we strive to make a difference in the world by shining our light forth. We wish you all a rewarding and inspiring journey during the year ahead.

Wishing you all a Happy Thanksgiving, with the hope that you and your loved ones take time to reflect on the blessings in your life as we embark on another successful year of learning and working together.

I welcome the opportunity to engage with our community 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!


Best wishes for a safe, enjoyable and exciting 2022-2023 school year!

Paid by Sandra Palazzo



HAPPY Thanksgiving

MICHAEL COOPER MP
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The housing market has softened and rates are still increasing as we head into Winter

Are you thinking of buying or selling and not sure if the timing is right? I'd be happy to help you through the process of deciding what's best for you.

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Scott@StevensonRealty.ca
StevensonRealty.ca

City of Edmonton takes pledge to advance women in enforcement

September 22, 2022

On September 19, 2022, the City of Edmonton signed the 30x30 Pledge to increase the recruitment, retention and promotion of women in law enforcement in the City of Edmonton's Community Standards and Neighbourhoods branch to 30 per cent by 2030. Currently, 19 per cent of the City's Community Standards Peace Officers are women. This is below the national average of 22 per cent and below the demographic breakdown of Edmonton's population.

"Our enforcement officers play a critical role in the city and I'm delighted that we're committing to ensuring we have a diverse representation of officers," said Jennifer Flaman, deputy city manager for Community Services. "It's important that officers in enforcement be reflective of the communities they serve. Encouraging women to pursue careers in law enforcement is a critical step in our recruitment efforts."

"We need more women on our team and the innovative ideas they can bring," said David Jones, branch manager for Community Standards and Neighbourhoods. "At its core, being a peace officer is about listening to people, building trust and problem solving. Our focus over the next few years will be to improve recruitment and hiring practices, and break down barriers for women getting into enforcement in our branch."

"My friend nudged me to apply for a role with the City and ever since taking the position I've loved the job and the work-life balance it offers," said Blackmore. "One day I'm doing patrols by bike and another day, I'm walking a downtown festival."

I like the aspect of helping people and being the boots on the ground. My experience has shown that being a woman in uniform can be very powerful. People find me approachable and someone safe to talk to. It's a challenging role but very rewarding."

There are approximately 190 Peace Officers and 40 Municipal Enforcement Officers at the City of Edmonton. City of Edmonton Peace Officers and Municipal Enforcement Officers are trained in Indigenous awareness, mental health awareness, de-escalation techniques and how best to work with youth and Edmontonians experiencing homelessness.

The 30X30 Initiative is hosted by New York University's Policing Project and has a mission of increasing the representation of women in law enforcement in the United States and Canada to 30 per cent by 2030.

Agencies who sign the 30x30 Pledge agree to:

- take measures to increase the representation of women in all ranks of law enforcement.
- ensure that policies and procedures are free of all bias.
- promote equitable hiring, retention and promotion of women officers.
- ensure the culture is inclusive, respectful and supportive of women in all ranks and roles of law enforcement.

Those interested in learning more about joining the Community Standards and Neighbourhoods Branch are urged to visit https://www.edmonton.ca/city_government/bylaws/enforcement-officers

Involved in a Collision?

Report to a Collision Reporting Centre



Edmonton
Accident Support Services Ltd.

edmontonpolice.ca/ReportACollision

EDMONTON
POLICE
SERVICE

Find 10 differences.



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, Family, 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.

Community league members who purchase one of the above passes will be issued a photo access card to be swiped at each admission.

* 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>



Leisure Access Program



The City of Edmonton is accepting applications for the expanded Leisure Access Program for low-income Edmontonians to access recreational facilities and the Ride Transit Program. Income thresholds and the application form are available at https://www.edmonton.ca/programs_services/leisure-access-program

New Permanent Residents and refugees living in Canada less than one year, and Ukrainian nationals arriving on or after February 24, 2022 are also eligible to apply.



Emergency
Medical
Services



Halloween
Safety



Alberta Health Services EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31st approaches. Take some time to review these simple tips and reminders to help ensure that your Halloween is a fun and safe night for everyone.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within, and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.

www.albertahealthservices.ca

Screen Time: Finding a Balance

Many families enjoy watching a favourite television show or movie together, but it is easy for children to spend too much time alone with a TV, computer, or video game. How do you know when it's time to cut back screen time?

The Canadian Pediatric Society recommends: No screen time for children under two years old, less than one hour of screen time daily for children between the ages of two and four, and less than two hours of screen time per day for older children.

Too much screen time can limit time for physical activity, reading, schoolwork, and talking with family and friends. But you can help your children develop healthy habits by monitoring screen time and teaching them to use media safely and wisely.

Keeping track of screen time

- Have a central spot in your home to keep all your devices. This will help keep track of screen time.

- Make a family TV show schedule together and post it where everyone can see it (e.g. on the fridge).

- Make sure that you all agree on the plan. For example, agree on no screens during meals so everyone knows what's OK to watch and when it's OK to watch it.

Lead by example

- When someone is talking to you, stop looking at the screen and look at the person. Encourage your children to do the same.

- When you play or read with your child, turn off the TV and other screens. Even a show playing in the background matters. It distracts you and your child from learning the most from the activities you share.

- Show your children how to lead a balanced life between screen time and other activities.

- Make screen time active—play during commercials and choose shows that get your family up and moving.

Focus on family time

- Make a list of other activities so your family doesn't rely on screens for entertainment. Include outdoor activities, playing, and reading in your family's daily routine.

- At mealtimes, put your media devices aside. Use the time to talk to each other.

- Make at least one night each week a family night. That means no screens. Play card or board games, read together, or go to an event.

- Go for a walk or bike ride as a family.

- Go to the library for a story time or to check out a book.



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	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	

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."

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 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

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



Dr. Tarek Tarchichi

www.castledownsdentalcentre.com

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the whole family.***



Dental Centre Hours

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

We are closed on Sunday & Public Holidays

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

- Root Canal Treatment
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- Partial Dentures
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- Sedation
- Crown & Bridges
- Veneers
- In office Zoom Teeth Whitening

We Accept:



Be "Rail Safe" around LRT tracks

The City of Edmonton recognizes Rail Safety Week, from September 19 to 25, and reminds residents about the importance of being safe around trains, tracks and rail crossings.

Transit riders are encouraged to be aware of their surroundings when in the presence of LRT crossings and tracks. By minimizing your distractions when approaching the LRT, you improve your personal safety. Cross at a designated spot and pay attention while crossing as LRT trains can come from either direction at any time. Avoid texting, lis-

tening to loud music or other distractions that may prevent you from seeing or hearing an oncoming train.

The City also encourages transit riders to be vigilant at all rail crossings. Not every crossing has gates, bells and lights to warn you of an oncoming train. Look both ways and, if the warning lights are flashing, do not cross.

By crossing responsibly, and being aware of LRT tracks, we can all do our part to avoid preventable injuries and incidents.

For more information:
edmonton.ca/SafeRide

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Baturyn Neighbourhood and Alley Renewal

Shape the future of Baturyn

As part of the Building Great Neighbourhoods program, the City of Edmonton will be replacing aging roadways, alleys, street lights and sidewalks in Baturyn.

Thank you to everyone who participated in engagement opportunities for this project to date. As we prepare for construction, the project team is developing construction drawings and conducting technical analysis.

Decorative street lights update

The City of Edmonton mailed out *Expression of Interest* forms to all property owners during the summer, and we heard from the Baturyn community that you prefer to proceed with standard street lights.

We are currently working with the community on decorative street blade designs that will be shared at a later date.



Example of street blades



Next steps

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

The construction scope includes reconstruction of roads, sidewalks, curbs, pathways, alleys and some improvement to open spaces. We expect construction will take place until 2025. The Local Improvement* process for sidewalks will begin early next year, as assessment notices will be mailed out to each property owner.

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 as we move into the **Preparing for Construction** stage will be Sherry Ibrahim, Delivery Project Manager. Her contact information is sherry.ibrahim@edmonton.ca. More information 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**

Edmonton

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
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	Moiria Hennigar	780-616-3898
Website	Tim Shupe	780-722-8724

DanceAbility Movement Therapy

Drop In Classes

Sundays 12-2 pm

at Carlisle Community League
14240-117 ST NW

Registration fee: \$25 per child
WE ARE ABLE TO SIGN FOR
FSCD RESPITE HOURS

COME AND GET YOUR WIGGLES OUT
AND PLAY IN A NEW WAY!

For more information:
call 587-988-8105

DANCEABILITY IS A
MOVEMENT AND ART
PROGRAM FOR
CHILDREN WITH
LEARNING
DIFFERENCES.

NO COMMITMENTS



Hall Rental

Members \$300 and Non-Members - \$350 *Carlisle is currently not renting out at this time*

Carlisle Community is excited to announce our following fall programs starting October 2022

Zumba - A fitness class for adults at any age. This program fuses Latin rhythms and easy to follow moves to create a dynamic fitness program. Come join us every Tuesday & Thursday starting October 4, 2022 for a total of 10 weeks.

Cost: 1 day a week \$40.00 or 2 days a week \$80.00.

Gymnastic: With high demands we are offering a second class for children ages 5 – 12, every Wednesday starting October 5, 2022 at 6:30 – 7:30 for 10 weeks. With limited spaces please call the programs administrator Inza Bazzarelli.

Cost: \$50.00

Yoga: A great form of exercise that will challenge your body in order to quiet your mind. Join us every Wednesday, starting October 5, 2022 at 7:00 pm to 8:00 pm for 10 weeks.

Cost: \$40.00

For all programs available we require a community membership. This can be purchased on the first day of the program for an additional cost \$25.00. If you have a membership please bring with you for our records.

If you have any questions please feel free to reach out Inza Bazzarelli (780) 977.8305 or email at inzabazzarelli@gmail.com Please add the attached picture to the programs as well.

Denture Specialist - Over 35 Years Experience

Londonderry Denture Clinic



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Carlisle Membership

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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.



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" (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/

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

Get your COCL membership today on Communibee App

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What is monkeypox?

Monkeypox is a rare disease caused by the monkeypox virus. It can infect humans. It's usually mild and most people recover on their own after a few weeks. However, some people can get very sick and even die. Early symptoms may include:

- fever
- chills
- swollen lymph nodes
- headache
- muscle pain
- joint pain
- back pain
- exhaustion (feeling very tired)

Most people with monkeypox infection will get a rash or sores on their hands, feet, mouth, and genitals. The rash can last 14 to 28 days. You can spread monkeypox to others from the time your symptoms start until the rash goes away and your skin heals.

How does it spread?

Monkeypox spreads through close contact with someone who has monkeypox. It may

also spread if you have contact with bedding, sheets, or clothing that touches the rash and has virus on it. The virus enters the body through broken skin or your eyes, nose, or mouth.

How can I prevent monkeypox from spreading?

- Wash your hands with warm water and soap or use an alcohol-based hand sanitizer often.
- Don't touch your face, nose, or mouth with unwashed hands.
- Cover your cough or sneeze into your arm or a tissue, not your hand.
- Stay home when you're sick or have skin sores.
- Practice safer sex (use condoms or other barriers against skin-to-skin contact).
- Avoid close contact with people who have monkeypox and their clothing, towels, or bedding.

Who should get Imvamune?

You may be able to get this vaccine if you are 18 years old, or older, and have a higher

risk of being exposed to monkeypox. You may have a higher risk if you belong to the gay, bisexual, or men who have sex with men (gbMSM) community and:

- You have more than one sexual partner.
- You attend or work at places where people may have sexual or skin-to-skin contact with more than one partner (such as bath houses,

sex clubs, or sex parties).

- You have had a sexually transmitted infection in the last six months.

For more information about the monkeypox vaccine, go to ahs.ca/monkeypox or go to immunizeAlberta.ca or call Health Link at 811.

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Dunluce Community League News

**DUNLUCE EXECUTIVE P.O. Box 36050 Castledowns RPO
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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	Tyler Zutz Stephanie Chorney	780-935-9114
VARIETY SHOW	Denyse Ward Sabrina Jackson	587-983-9401 780-232-1925
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	Nena White	780-231-0663
WAYS & MEANS	Lisa Love	
SOCCER EQUIP.	Arlene Pettifer	780-456-3978
BUILDING & ASSETS	Al Chapman	780-456-9292
PLAYSCHOOL	Registrar Rochelle	dunlucepreschool@gmail.com
COMMUNITY SERVICES	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)



Upcoming Bingos

If you have an upcoming Bingo, please see dates below.

You will also be receiving a call as a reminder. If you have any questions or you have not received a registration bingo date, call:

Amanda: 780-977-7923

Dates are as follows:

November 19th, December 8th, 2022 & January 3rd 2023

All Bingos are at Kensington Bingo Hall unless otherwise stated.

Reach out if you need help

World Mental Health Day takes place Oct. 10, 2022.

It is estimated that one in five Canadians will experience a mental illness throughout their lifetime. World Mental Health Day gives Albertans an opportunity to talk about mental health issues and the importance of early recognition, proper diagnosis and access to effective medi-

cal treatments and support.

If you or someone you know is struggling, you are not alone. Help is available, 24 hours a day, seven days a week, by calling Health Link toll-free at 811 or the Mental Health Helpline at 1-877-303-2642.

If you are in crisis, please do not wait. Connect with your healthcare provider today or call 911 if it is an emergency. Your doctor or care provider can give you immediate support, and can also connect you with a range of programs and other supports.

And embrace the power of connection. If you are struggling, reaching out to someone you trust. Talk to a family member or friend, who may be able to help you work through day-to-day concerns.

Go to ahs.ca/helpintoughtimes to learn more and to find reliable information on steps you can take to take care of yourself or others, including:

- Text4Hope is a free text messaging service that offers supportive texts based on cognitive behaviour therapy to help people identify and adjust negative thoughts and behaviours associated with the pandemic.

- Transform Your Stress is a virtual course on stress management/emotional resilience to help Albertans identify and transform their stress.

- Wellness Exchange is a series of skill-building workshops designed to increase our ability to cope with change, build resilience, and improve our overall well-being.

Topics include problem-solving, positive activities, managing reactions, helpful thinking and healthy connections.



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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.**



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://pdf.ac/FtpZy>

✉ EMAIL dunlucepreschool@gmail.com with any questions

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CHRISTMAS SIGN PAINTING
SUNDAY, NOV.27 AT 12:00

background
choices red,
green or white

visit www.dunluceCL.ca to
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Registration
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REMINDER
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Registration opens to the Public November 24th



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Saturday
October 29th
3 to 5 pm

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12 noon to 1 pm