

CASTLE NEWS

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

April/May 2023



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WHERE LITTLE ATHLETES
BECOME BIG STARS

DUNLUCE SOFTBALL


U7 (T-Ball) - Born 2016/2017/2018
U9 (Coach Pitch) - Born 2014/2015

\$45

DUNLUCE COMMUNITY LEAGUE AGM &
SPORTS REGISTRATION DAY
MARCH 12TH @ 1:00PM

softball@dunlucecl.ca
www.dunlucecl.ca

11620 162 Avenue



CASTLEDOWNS VARIETY SHOW

"An Evening of Adult Comedy"

www.castledowns.ca Box 31075 Namoo Center, Edmonton AB T5Z 3P3 Phone (780) 406-9070

CASTLEDOWNS VARIETY SHOW WRITERS AND DIRECTORS NEEDED

It's that time of the year already. We are looking for interested writers and directors for the 2023 CASTLEDOWNS VARIETY SHOW. The Castle Downs Variety Show is an Evening of Adult Comedy in the style of Saturday Night Live. **Your submission should include all of the following:**

- The show title
- 50% of the show content
- A running order for the entire show

Please submit package, including compensation expectations to:

Variety Show Chairperson
C/O Castle Downs Variety Show
P.O. Box 31075 Namoo RPO
Edmonton AB
T5X 3P3

The preferred method would be to receive your submissions digitally by sending it by e-mail to:

varietyshow@castledowns.ca

Submissions must be received no later than May 30th 2023

The variety Show Committee will then review the submissions and set up interviews with the candidates.

Building Great Neighbourhoods **Neighbourhood and Alley Renewal**

Construction is scheduled to begin in Baturyn this spring!

Construction bulletins will be distributed to affected residents whenever work is being done in your area.

To stay informed, and sign up for updates, visit: edmonton.ca/BuildingBaturyn or call 311.

Dunluce Neighbourhood and Alley Renewal

Ready to explore design options for the streets, sidewalks, parks and alleys in Dunluce? Share your thoughts and feedback!

COMING SOON!

April 25 – May 28

Explore Options and Tradeoffs

Review the **Exploring Options and Tradeoffs** design booklet for Dunluce, learn about the benefits and tradeoffs of each option and provide your feedback in the online survey.

To learn more and sign up for updates, visit: edmonton.ca/BuildingDunluce or call 311.

Stay informed and engaged

May 4 | 6:30 – 8:00 pm

Attend an online information presentation

May 11 | 5:30 – 8:30 pm

St. Lucy School

Attend a public engagement drop-in event

SHARE YOUR VOICE
SHAPE OUR CITY

Edmonton





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	Vacant	
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 (@dcljeg)



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:

May 6th, June 16th & July 4th 2023

All Bingos are at Kensington Bingo Hall unless otherwise stated

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, Sun.s 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 Edmonton Membership at Rec facilities, And 15% discount of Multi-Passes.

Dunluce Community League

Volunteer Program Director

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

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

The Program director would be responsible to book time with our hall manager, advertise and hire instructors, and oversee all activities in our hall.

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



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 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.

Baturyn Community League News



Community League Board Contacts

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

Position	Name	Email
President	Tricia Stettner	president@baturyn.ca
Vice President	Darke 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

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.**

The Drug Store Castledowns

11824-145 ave
780-456-0110

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local community pharmacy

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WALK-INS*

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Edmonton, AB

(P) 780.705.5005
(F) 780.705.5215

Can my home be sold without my knowledge?

You may have heard recent news stories out of Ontario where homes were sold without the homeowner's knowledge. Shocking, and rare as it is, all homeowners should be aware this kind of fraud can occur anywhere. Thankfully, there are things you can do to protect yourself.

How can a home sell without the homeowner knowing?

In the Ontario cases, fraudsters used fake identification and other documents to pose as both homeowners and potential tenants.

In one case, a property management company chose tenants for their landlord client, who were later discovered to have used fake identity documents, along with bogus references. The fraudsters, originally posing as the tenants, then impersonated the homeowner to sell their home.

Work With a Licensed Real Estate Agent

Through their education and training, real estate licensees are advised to build strong client relationships and lookout for any red flags. They are further obligated to verify their client's identification as part of providing competent service. When you work with a licensed professional to buy or sell your home, obtain a mortgage, or manage your property, it decreases the probability of fraud occurring.

Red Flags

- incorrect or inconsistent spelling of names across multiple documents
- employment references listed for companies that could not be found online or had no website

- phone numbers for personal references which, when attempted to be verified, are the wrong number or for out-of-service numbers
- potential clients who are unwilling to meet in-person

Check Your Land Title

It's not something most homeowners do on a regular basis, but checking your land title is a good fraud prevention tool. You likely wouldn't invest a large sum of money without checking in on how it's performing, so similarly, checking in on your land title to ensure it is still in your name is a good housekeeping measure for those who own property. Homeowners can check their land title through any registry office or directly through Alberta land titles.

Consider Title Insurance?

Even with the best client identification procedures in place, fraud can still occur. Title insurance can offer added protection.

Title insurance is relatively inexpensive and protects the policy holder against most losses associated with title fraud and other title-related issues, including challenges against ownership. All homeowners can purchase title insurance through various insurance companies. Title insurance policies typically cover legal expenses and other costs related to restoring title. Even homeowners who did not obtain title insurance at the time of their property purchase can purchase a homeowner policy at any time.

ASK RECA

Buying and selling property, reviewing rental contracts, and negotiating a mortgage, can be confusing – there's a lot of information to digest. That's where we come in.

The Real Estate Council of Alberta, RECA, as we are often called, is here to protect consumers. We're experts when it comes to Alberta's Rules and Regulations when trading in real estate, dealing in mortgages, and managing property and condominiums. We ensure the professionals working in these industries have the proper training, background, and licence to operate and ensure they follow the high standards of practice in the public interest. Please reach out with any questions regarding the Real Estate Act and its Rules.

United Conservatives
Alberta Strong & Free



VOTE
Jon Dziadyk

UCP CANDIDATE FOR EDMONTON-CASTLE DOWNS

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SCAN TO BOOK

Located in Newcastle Shopping Centre rivercityeyecare.ca

Celebrating ECSD in 2023 Edmonton Catholic Schools Trustee Sandra Palazzo

Happy Easter!!

March was another busy month for Edmonton Catholic Schools (ECS) as we continue to celebrate the joy of learning and we are delighted our students, families and staff have an opportunity to relax, rejuvenate and enjoy a well-deserved Spring Break.

As per usual, this month has continued to provide many opportunities to collaborate with various stakeholders to ensure the educational success of our students. It was a privilege to attend the Alberta Government's Throne Speech with our Vice Chair on February 27, 2023. We were honoured to represent ECS at this important event and to hear the priorities of government firsthand.

With the government's announcement of budget 2023, we are in the process of reviewing our funding profile to ensure we present a budget that will best serve the students of Edmonton Catholic Schools. Our Division is experiencing unprecedented growth and tremendous pressures including Ward 72. We believe all students deserve access to a quality learning environment regardless of the age of the building. In order to provide an excellent Catholic education in all areas of the city with suitable learning spaces we will continue to advocate for the building of new schools to address this growth in the most expedient manner possible.

Following a 37-year career serving Catholic Education, Chief Superintendent, Robert Martin has announced he will be retiring from Edmonton Catholic Schools. During his tenure, Chief Superintendent Martin has restructured the organization of the Division, resulting in greater efficiencies. He has also centralized most administrative services into one newer, more efficient Lumen Christi Catholic Education Centre. Both actions have resulted in more dollars being redirected to schools. He also undertook the extremely important work of formalizing an Equity, Diversity, Inclusion, and Anti-Racism Strategic Plan for the Division. All of this was accomplished while managing and responding to the incredible demands of COVID-19. In his time as Chief Superintendent, Martin has led the Division through what is arguably the most



challenging time ever faced by our society, a pandemic. Under his guidance, our Division has not simply managed, it has thrived, and the Board of Trustees of Edmonton Catholic Schools is grateful for his wisdom, calm demeanour, and faith leadership. We wish him abundant blessings in his new journey.

We recognize that our staff, administration, families, and students all play an important role towards ensuring the success of our students. We commend the outstanding efforts of all for ensuring we are creating meaningful and rich learning opportunities for all students.

Wishing you all a blessed and Happy Easter! I welcome the opportunity to engage with our community as I am committed to making decisions that are in the best interests of all and ensuring the well-being of our students is at the forefront of all that we do!

Paid by Sandra Palazzo

Ignite Centre for eLearning
...where community and connection IGNITE learning!

RE-IGNITE YOUR CHILD'S LOVE OF LEARNING!
Spaces for the 2023-24 school year are limited, learn more today!

Join us for an info session to learn more about our gold-standard, inclusive online school for grades 1 to 12.

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Preschool & Kindergarten

Now accepting registration for 2023/2024. Spots fill quickly

Please contact the LCDS office for an appointment

A comprehensive early education program for 3 to 5-year olds.

- Small Class Sizes • Professionally Qualified Teacher (B.Ed.)
- Trained Teaching Assistants • A Fun, Friendly, Safe Environment

13931 – 140 St, NW Edmonton 780.473.7216



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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	
Communications	Jennifer Schell	
	Sid Sadik	
Equipment	D'Arcy Sommer	
	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

www.castledownsdentalcentre.com
780-456-2990
11816-145 Ave



***New Patients Welcome.
Emergency & Walkins.
Apointments Available
Gentle Dentistry for
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
- White Fillings
- Wisdom Tooth Extractions
- Partial Dentures
- Dental Implants
- Sedation
- Crown & Bridges
- Veneers
- In office Zoom Teeth Whitening

We Accept:



Save The Date: Mother's Day Event and AGM

Join us on Saturday, May 13 for a fun and free Mother's Day Event and AGM! Enjoy family-friendly activities and learn a little bit about what your Community League does in the community!

Craft and Chat

Need a night out? Looking to meet new people in your community? Like to sew/knit/paint or do any other type of craft? Join Caernarvon Community League's Free Craft and Chat Night!

1st and 3rd Wednesday of every month from 6:00-9:00 PM! Upcoming nights:
April 19

May 3
May 17
June 7
June 21

Bring your supplies and join like-minded individuals while you work at your own project. Chairs, tables, outlets, coffee, and tea provided. Drop in anytime between 6:00-9:00pm!

Check out our Website for Free Recreational Opportunities

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!

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!

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."



Language Growth in Preschoolers with Language Difficulties



Do you have a child who is 4, or turning 4 soon?

Are you concerned about their talking or listening?

Speech-Language Pathology researchers at the U of A are looking for research participants!

Who Can Participate?

Children who:

- ✓ Have challenges with language (either diagnosed or parent concerns)
- ✓ Have not been receiving regular speech-language therapy in the past year

Benefits of Participating!

- Learn about your child's language development
- 3 language assessments over the course of a year
- You will receive a gift card for participation

Contact Us To Learn More!

The Language Development and Disorders Lab


(780) 492-4098

lddi@ualberta.ca

bit.ly/LangStudyInfo



Ethics ID: Pro001114948
Version: January 2023





1 IN 4 CANCER RELATED DEATHS IN NORTH AMERICA ARE FROM LUNG CANCER.

WHAT RADIOACTIVE ODOURLESS, COLOURLESS GAS IS THE LEADING CAUSE OF LUNG CANCER IN NON-SMOKERS?

RADON

THE ONLY WAY TO KNOW IF YOU ARE AT RISK IS TO TEST YOUR HOME.

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Have your own reasons for healthier eating

Your reasons for healthy eating are really important. Don't do it just because your spouse, friend, or someone else wants you to eat healthier. What makes you want to change how you eat? Do you:

- Want to feel better and have more energy?
- Want to improve your health?
- Want to prevent or treat health problems, such as high blood pressure, high cholesterol, or diabetes?
- Have another reason for wanting to do it?

Whatever your reason, you may already know what areas you want to work on. Maybe you want to cut back on high-fat snacks or eat more high-fibre foods.

If you aren't sure where to start, keeping a

food diary can help. For a week or two, write down everything you eat. It will help you see which foods you need to eat more of and which foods you eat too often. Then compare what you are eating to Canada's Food Guide.

Set goals you can reach. Ask yourself if you feel ready to begin taking steps toward big goals. If you're not ready yet, try to pick a date when you will start making small changes. Any healthy change—no matter how small—is a good start.

When you are clear about your reasons for wanting to make a change, it's time to set your goals.

• Long-term goals: These are goals that you want to reach in six to 12 months. A long-term goal might be to eat plenty of veg-

etables and fruits every day.

• Short-term goals: You may not be ready to eat more vegetables and fruits every day. What are the short-term goals that will help you get there? Your first small goal might be to eat fruit at breakfast each day. As soon as you've reached that goal, you can set a new one by adding vegetables or fruits to your lunch or dinner. Or you could try eating a piece of fruit as a snack every day. • Update your goals: It will help you stay motivated if you track your progress and update your goals as you move forward.

Tips for setting goals:

• Focus on small goals. This will help you reach larger goals over time. With smaller goals, you'll have success more often, which

will help you stay with it.

• Write down your goals. This will help you remember, and you'll have a clearer idea of what you want to achieve. Make a personal action plan where you can record your goals. Hang up your plan where you will see it often. It will remind you of what you're trying to do.

• Make your goals specific. Specific goals help you measure your progress and adjust your plan. For example, setting a goal to eat vegetables two times each day is better than a general goal to "eat more vegetables."

• Focus on one goal at a time. By doing this, you're less likely to feel overwhelmed and then give up.

• As soon as you reach a goal, set a new one.

Cooking Basics for Beginners

There are many benefits to cooking. It may save you money because you may order out less. It can also help you manage how much salt, sugar or saturated fat you eat. If you are a beginner at cooking, here are some tips. Keep reading to learn a few cooking terms, how to measure ingredients, plus some tips on kitchen and food safety.

Common cooking terms:

- Pre-heat – Turn on the oven so it reaches the required temperature before baking.
- Beat – Stir quickly.
- Blend – Stir until all ingredients are mixed evenly.
- Dash – Very small amount, measured by

pinching an ingredient between your thumb and finger.

- Dice – Cut into small cubes.
- Fold – Gently stir two or more ingredients to combine.
- Grease – Put oil or cooking spray on pan or baking sheet to prevent sticking.
- Mince – Cut into very small pieces.
- Simmer – Cook on a stove top at a low temperature (one to three on the range), below the boiling point.

Measuring:

- Use measuring spoons for spices, baking powder and oils typically used in small amounts.



• For dry ingredients used in large amounts, such as flour or sugar, scoop into a measuring cup.

• For dry ingredients used in large and small amounts, level each measurement with the back of a knife to ensure you get the exact amount needed.

• For yogurt, nut butters, and cottage cheese, use dry measuring cups.

Safety tips:

• Open pot lids or tinfoil away from you to prevent burns.

• It may be beneficial to purchase a meat thermometer to cook foods to the proper internal temperatures.

• After handling raw meat, wash your hands with hot soapy water for 15 seconds.

• Use separate cutting boards for raw meat and vegetables or fruits.

• To prevent the growth of bacteria that can cause food poisoning, keep cold foods cold and hot foods hot.

Bicycle Helmet Safety



Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent significant injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride need to wear helmets;
- Parents can lead by example – always wear a helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To assess the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a “Y” below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

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	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 B	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	Moirra Hennigar	780-616-3898
Website	Tim Shupe	780-722-8724



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- Please see efcl.org for more information about discounts available.

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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



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 are 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



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2023 Summer Camps registration happens in May 2023

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Limit sugar for a sweet smile

April is Oral Health Month in Canada. Regular brushing and flossing are good habits to help reduce tooth decay. However, limiting added sugar is also an important way you can prevent tooth decay and protect overall health.

The good news is that when we eat and drink less sugar, we lower the risk of tooth decay. Here are some tips to limit added sugar for healthy teeth and overall health:

At the grocery store:

- Read the ingredient list. Words ending in "ose" such as sucrose and fructose, or words such as syrups, honey, molasses, fruit juice and puree concentrate are sugars. When they appear at the beginning of the list, the food is higher in sugar. Choose these foods less often.

When cooking and baking:

- Choose recipes with little or small amounts of added sugar.
- Try cutting down on the sugar, syrup, molasses and honey in your recipes. For example, instead of 1 cup (250 mL) use 1/2 or 3/4 cup (125 or 175 mL).
- Flavour foods with spices, herbs, lemon or vinegars, such as balsamic and cider, instead of bottled, premade sauces.
- Ready-made sauces such as sweet and sour, honey garlic, and ketchup contain sugar. Use them less often and in smaller amounts.

At home and when eating away from home:

- Drink water to quench your thirst.
- Limit the amount of sugar you add to foods and drinks during preparation or at the table.
- Limit the number of sugary drinks you have, such as pop, fruit-flavoured drinks, flavoured milks, sport drinks and specialty coffees.
- When choosing a snack, pick vegetables or fruit that do not contain added sugar.

April is Oral Health Month. Limit sugar for a sweet smile! Learn more at ahs.ca and search "all about sugar."