

CASTLE NEWS

Serving the community leagues of
Baturyn, Caernarvon, Carlise,
Cumberland / Oxford, Dunluce, Loreliei / Beaumaris



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



Caernarvon Community Hall
14830-118 St. Edmonton

2023 Show Dates:

October 13, 14, 20, 21, 27, 28 November 3, 4, 10, 11

Tickets Available September 1st through eventbrite on the
CDRS Website: www.castledowns.ca/variety-show

Friday's \$10, Saturday's \$15 + Service Charge
Outside food encouraged! No outside beverages allowed.
Doors @ 6:30 Show @ 8:00 pm

Nightly 50/50 draws Pull Tickets
Nightly draw for table of 8 to next years show

This is a no smoking venue
Adult Entertainment 18+ only



INFO AT: (780) 406-9070
www.castledowns.ca
Join us on Facebook
Email: varietyshow@castledowns.ca



C.D.R.S. INTERNATIONAL

SILENT AUCTION AND DANCE

NOVEMBER 25, 2023 (SATURDAY)
CAERNARVON COMMUNITY HALL
14830 – 118 STREET (EDMONTON)

ADULT ONLY FUNDRAISING EVENT

No outside alcohol permitted

DOORS AT 7:00 P.M.

CASH BAR

LATE LUNCH SERVED

TICKETS \$20.00/PERSON

PLEASE CALL 780-456-6402

OR EMAIL CDRSINTERNATIONAL@CASTLEDOWNS.CA

All proceeds used towards our next
playground build in Cambodia!

DUNLUCE Community League News



**DUNLUCE EXECUTIVE P.O. Box 36050 Castledowns RPO
Edmonton AB T5X 5V9 Dunluce Hall: 11620-162 Ave.
780-456-3978 www.dunlucecl.ca**

PRESIDENT	Keoma McMurren	780-457-9101
VICE PRESIDENT	Murray Fletcher	780-484-3051
TREASURER	Loretta Wonitoy	780-457-9101
SECRETARY	Lorna Melnyk	780-456-4596
PAST PRESIDENT	Vacant	
CDRS REP	Denyse Ward Stephanie Chorney	587-983-9401 780-935-9114
VARIETY SHOW	Denyse Ward Sherri Morris	587-983-9401
CASINO	Maureen Ewart Mark Gross	780-457-0708 780-456-5700
MEMBERSHIP	Christina Fletcher	780-484-3051
PUBLICITY	Bev Gross	780-456-5700
SOCIAL	Lorna Melnyk	780-456-4596
BINGO DIRECTOR	Amanda Wentzell	780-977-7923
SOCCER	Dana Trendall	780-504-0701
SOFTBALL	Loretta Wonitoy	780-457-9101
PROGRAMS	Rhiannon Tuttle	780-218-4143
WAYS & MEANS	Lisa Love	
SOCCER EQUIP.	Arlene Pettifer	780-456-3978
BUILDING & ASSETS	Al Chapman	780-456-9292
PLAYSCHOOL	Registrar	dunlucepreschool@gmail.com
COMMUNITY SERVICES	Melanie Gizowski	
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)



DUNLUCE MEMBERSHIP FREE SWIM TIMES

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



DUNLUCE COMMUNITY LEAGUE 2023 HALL RENTAL RATES

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

hallrental@dunlucecl.ca

HALL IS NEWLY RENOVATED

*** SEATING CAPACITY 120 ***

WEEKEND RATES:

Dunluce Community League Members:

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

Non – Dunluce Community League Members:

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

DAILY RATES (WEEKENDS ONLY)

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

Dunluce Community League Members: \$250.00

Non – Dunluce Community League Members: \$350.00

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

Damage Deposit equal to rental cost.

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



2023-2024 Registration

3 days per week → 4-year-old programs

2 days per week → 3-year-old program

Spots are filling quickly – register online today!

<https://dunlucepreschool.com>

✉ EMAIL dunlucepreschool@gmail.com with any questions

Orange vegetables are healthy, delicious

Canada's Food Guide Plate encourages Canadians to make half their plate vegetables or fruit.

One recommendation is to have orange vegetables a few times a week.

Orange vegetables contain carotenoids. These are plant compounds that convert into Vitamin A in your body. Vitamin A helps promote healthy vision and helps your eyesight in dark lighting. It also promotes the growth and health of cells in your body and it helps regulate your immune system.

Orange vegetables that grow in Alberta are car-



rots, peppers, pumpkins, squash and even sweet potatoes.

Here are a few ways to add orange vegetables to your meals:

Choose sweet potato instead of regular potatoes.

Serve roasted butternut squash.

Serve sliced carrots or peppers as a snack.

Roast carrots or peppers as a side dish.

Add pureed pumpkin to regular mashed potatoes, soups, and sauces. Or add into muffin or cookie batter when baking. For a fall treat, try it in a smoothie with cinnamon and nutmeg.

For a satisfying fall dish and other health recipes, you may want to try the Sweet Potato and Carrot Crisp recipe at ahs.ca/recipes.

18+

Make your own Gnome Planter

SATURDAY, DECEMBER 2ND
4:00PM & 7:30PM

SIGN UP AT WWW.DUNLUCECL.CA

ALL SUPPLIES INCLUDED

\$55 - EFCL MEMBERS
\$60 - NON-MEMBERS

DUNLUCE COMMUNITY LEAGUE PRESENTS

Volunteer Program Director

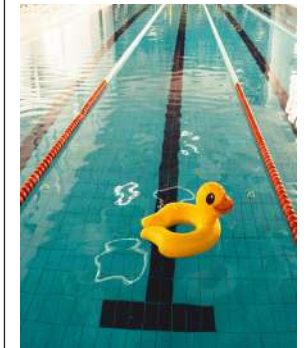
We are looking for someone interested in arranging both adult and youth programs for our community.

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

DUNLUCE MEMBERSHIP FREE SWIM TIMES



**With membership, enjoy free swimming:
Grand Trunk, 4:15 – 5:45 p.m. on Sundays.
O'Leary 3:45 – 5:15 p.m. on Saturdays, and
Castle Downs YMCA, Sundays 4-6pm (until April 30)

Saturdays 4-6pm starting May 6.

Drop-in aqua size Grand Trunk 8 – 10 a.m. on Wednesdays.

20% discount City of Edmonton Membership at Rec facilities,

And 15% discount of Multi-Passes.

2024 Quilters Retreat

February 29th - March 3rd

Dunluce Community League

Cost \$275

Thursday - Saturday 9-5
Sunday 9-3

Includes: 6' Table, Light Breakfast, Lunch & Beverages

Contact Amanda
780-977-7923

snapwithamanda@gmail.com
www.dunlucecl.com

11620 162 Avenue
Edmonton, AB T5X 4L9

DUNLUCE COMMUNITY LEAGUE PRESENTS

The 4th Annual Make your own Grinch Tree

SATURDAY, DECEMBER 2ND
2:00PM & 5:30PM

\$69 FOR EFCL MEMBERS
\$74 FOR NON-MEMBERS

SIGN UP AT WWW.DUNLUCECL.CA

1 A POEM ABOUT
SPRING
It's muddy
It's smelly
It hasn't stopped raining
But winter is gone
so I'm not complaining.

2 Have a **HOLLY JOLLY**
Christmas

3 April
SHOWERS
bring May
FLOWERS

4 This House is
Under
Elf
Surveillance

5 A POEM ABOUT
WINTER
It's cold.
I hate this shit.
THE END

**12"x 18" Double Sided Sign
\$40 (choose # for each side)**

DUNLUCE COMMUNITY LEAGUE
Annual Paint Day
NOVEMBER 18, 2023
1:00 PM

6 HELLO

7 Merry
CHRISTMAS

8 WELCOME

9 BELIEVE

3FT Double Sided Sign \$50 (choose # for each side)

REGISTER AT: DUNLUCECL.CA
E-TRANSFER PAYMENTS
PROJECTS WILL NOT BE MADE UNTIL PAYMENT IS RECIEVED

DUNLUCE COMMUNITY LEAGUE PRESENTS
ANOTHER
SENIOR SATURDAY

OPEN MIC

October 21st

1-3 PM

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

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



DUNLUCE COMMUNITY LEAGUE DAY

thank you

TO THOSE THAT CAME OUT, TO THOSE THAT DONATED,
TO THOSE WHO VOLUNTEERED, TO EVERYONE WHO HAD FUN,
WE WANT TO THANK YOU FOR YOUR SUPPORT
SEE YOU IN 2024

A VERY SPECIAL THANK YOU TO OUR MAJOR SPONSOR:
ELSAFADI MEDITERRANEAN SUPERMARKET
11316 134 AVE NW, EDMONTON

SHOUT OUT TO:

MELANIE GIZOWSKI, CITY OF EDMONTON
ERIN RUTHERFORD, ANIRNIQ WARD COUNCILLOR
NICOLE GOEHRING, MLA CASTLEDOWNS
MICHAEL COOPER, MP ST. ALBERT-EDMONTON

SERVUS CREDIT UNION

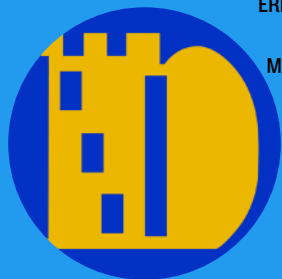
POWERPLAY SPORTS

FINNEGAN FARMS

RONDA LISOWSKI'S FACE PAINTERS

BIG BOUNCE THEORY

THE CAPED MARVEL



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.**

Halloween Word Search

S	Y	M	C	J	H	L	N	M	T	Y	X	M	M	T
T	C	R	Q	F	N	P	Z	B	P	X	N	X	I	M
W	I	T	C	H	D	P	U	M	P	K	I	N	O	A
B	K	N	C	J	I	K	Z	O	M	B	I	E	G	S
O	K	H	Y	F	A	Y	F	O	H	B	V	R	H	K
H	C	W	D	O	C	O	S	T	U	M	E	O	O	D
B	A	S	K	E	L	E	T	O	N	K	F	J	S	S
S	T	O	J	H	A	L	L	O	W	E	E	N	T	P
T	O	H	D	T	M	S	N	B	R	M	I	X	M	O
E	Z	X	C	J	G	G	E	A	X	O	G	Q	Q	O
G	W	G	E	M	O	N	S	T	E	R	U	W	K	K
M	Z	X	D	N	W	C	J	V	M	P	A	R	T	Y
E	V	U	N	R	M	C	V	U	O	J	G	T	R	U
K	O	U	X	C	A	N	D	Y	Q	L	P	O	G	B
S	P	L	A	N	T	E	R	N	M	R	J	K	B	R

MONSTER
PARTY
LANTERN
CAT
ZOMBIE
BAT
CANDY
HALLOWEEN
COSTUME
GHOST
PUMPKIN
SKELETON
SPOOKY
MASK
WITCH



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 medical 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.

AHS also provides a range of programming and treatment options for children and youth, including counselling services for youth through community mental health clinics, as well as specialized and hospital-based services that help to treat mental health issues.

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/helpin-toughtimes 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.



Caernarvon Community League Executive

14830 - 118 Street NW, Edmonton AB

Phone or Text (780) 456-3435

President	Jennifer Schell	president@caernarvon.ca
Vice President	Jason Desnoyers	
Treasurer	Teena Burrell	treasurer@caernarvon.ca
Secretary	Kati Hutt	
Casino	D'Arcy Sommer	casino@caernarvon.ca
CDRS	Danny Burrell Jennifer Schell	
Communications	Sid Sadik	
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 – Board. – 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.

Fire survival skills

Teach your children about 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.

SNOW REMOVAL

Residential

Please Call Joe

587 334 4578

FAST FRIENDLY SERVICE
REASONABLE RATES

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:

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 classes!

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

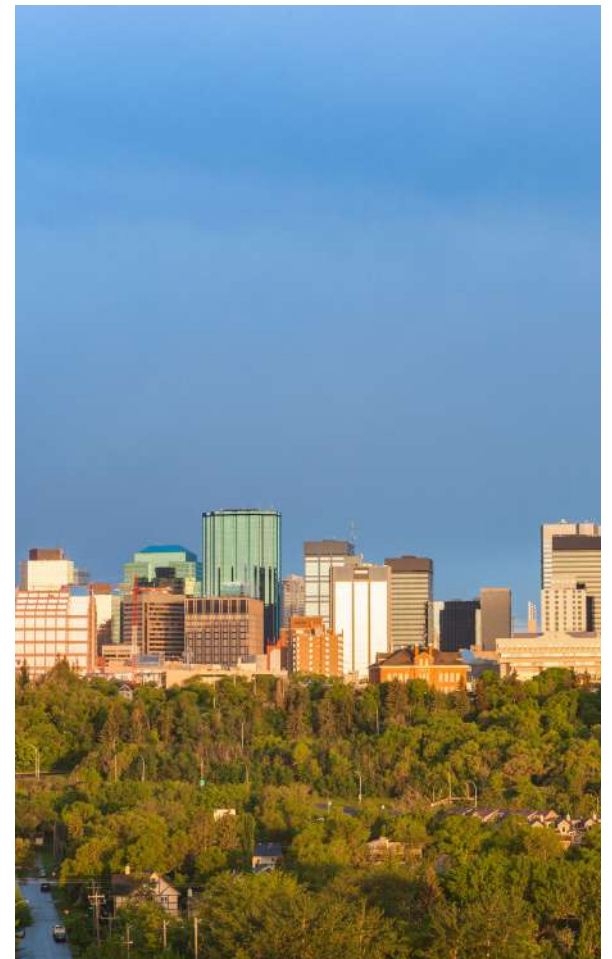
Visit our website for more workshops for children, youth teens, parents or other caregivers!



Connect with a Navigator

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

780-377-3730
infohub@ymcanab.ca
ymcanab.ca/frn



The Drug Store Castledowns

11824-145 ave
780-456-0110

FREE
DELIVERY



Caernarvon Medical Clinic

Family Physicians

NOW ACCEPTING WALK-INS

Dr. H. Alshgagi

11812 145 Ave NW
Edmonton, AB

(P) 780.705.5005

(F) 780.705.5215

We are proud to be your
local community pharmacy

www.thedrugstorecastledowns.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

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.**

Marrazzo Law Office

10%
OFF
WITH
THIS AD

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

Call today
780-756-5500

5003 DeWolf Road (Griesbach)

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.

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.



Carlisle Community Executive List

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



Let's keep our neighbourhood SAFE



We encourage everyone to get to know your neighbors, get to know who should be in your neighborhood and who shouldn't be, it is up to us to keep our neighborhoods

safe for our friends and families. To report all crimes, suspicious activities or people in your neighbourhood, you can call to non emergency line 780 423 4567

Come join the conversation

Join our "Private chat group for neighbors from Cumberland Oxford Community" (This is a closed group for residents of neighbourhoods of Cumberland, Oxford,

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

Volunteers

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



Get your
COCL
membership
today on
CommuniBee
App



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

Carlisle Membership

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

Membership benefits include:

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

nity League rink.

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

Denture Specialist - Over 35 Years Experience

Londonderry Denture Clinic



FREE CONSULTATION

M. Lucyshyn DD

R. Lucyshyn DD

780-476-2529

- New dentures in one day
- Repairs in 30 minutes
- Emergency after hours appointments

SENIORS
Ask how you
may receive your
dentures
**AT NO COST
TO YOU***

*Some conditions and restrictions apply.

www.londonderrydentureclinic.com 13594 Fort Rd. Northeast Edmonton

WEISS-JOHNSON
HEATING, AIR CONDITIONING & PLUMBING SERVICES

WEISS-JOHNSON.COM
780-463-3096

OUR FAMILY HELPING YOUR FAMILY SINCE 1977.
OVER 45 YEARS IN BUSINESS!



**GET AN AIR CONDITIONER OR FURNACE
FROM DAIKIN!**

NO PAYMENTS, NO INTEREST FOR 1 FULL YEAR!

**INDUSTRY LEADING
12 YEAR PARTS LIMITED WARRANTY**

Newborn Screening Awareness



September is Newborn Screening Awareness month in Alberta. If you are a new or expecting parent, newborn screening is the best way to find out if your baby has a condition that you, your doctor or midwife might not know about.

It's possible to have one of the screened conditions, such as cystic fibrosis, spinal muscular atrophy, or congenital hearing loss, even if there is no obvious family history. Finding these conditions early means babies get the treatment they need when it can help the most. The tests are quick and safe, and they can be done shortly after birth.

If you are a new or expectant parent, it is important to know about newborn screening and the provincial programs available for Alberta babies. You will be offered to have your baby screened in hospital before discharge or be given information on where to get screening done in the community.

AHS provides these services free of charge through two provincial newborn screening programs.

The Alberta Early Hearing Detection and Intervention (EHDI) Program identifies permanent hearing loss as early as possible in a baby's life. Finding permanent hearing loss early gives your baby the best opportunity to develop language and learning skills and prevent possible developmental delays.

It's best for your baby to be screened for permanent hearing loss by one month of age. Visit ahs.ca/ehdi to learn more.

The Alberta Newborn Screening Program (ANSP) uses blood spot screening to find certain serious conditions soon after birth that can't be seen just by looking at your baby. Finding these conditions early ensures that treatment can

begin sooner to help prevent irreversible problems, improve health and maybe even save your baby's life. It is best for your baby to have newborn blood spot screening between 24 and 72 hours after birth. Visit ahs.ca/ansp to learn more.

Learn more about newborn screening in Alberta at ahs.ca/newbornscreening.



Castledowns Dental
General Dentistry

Dr. Matthew G. Ploboda D.D.S.

Family Dentistry Just Minutes Away

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



#202, 15961 - 97th Street NW

780-456-4441



**EYE EXAMS
GLASSES & CONTACTS**

**WE
DIRECT
BILL**

(587) 520-8821

16957 127 St NW



SCAN TO BOOK

Located in Newcastle Shopping Centre rivercityeyecare.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.

Fall Open Gyms

**PARENT & TOT
FRIDAYS 12-1 pm**

**TEENS
FRIDAYS 7-9 pm**

**FAMILY
October 14th
6:30 - 8 pm**



780-458-3153

www.https://dynamyx.uplifterinc.com/

**4 YR OLD
PLAY GYM SPOTS
AVAILABLE
Tues/Thurs - PM**

Fall Birthdays

AVAILABLE Sat & Sun
starting at \$219

Kids Night Out

Saturday, October 28th
5:30-9:30 pm

2023 PD Camps

November 9th & 10th

HALLOWEEN PARTY!

28 October 2023
3-5 pm

Bring your costume and enjoy a family event with us!

Crafts, Activities & Prizes to be won!



**the
Gutter
Doctor**



- Gutter Fix, Clean, Install
- Downspouts
- Soffit
- Siding
- Roofing
- Cladding
- Fascia
- Leaf Screens
- Heat Cables

780-709-6825 • gutterdoctor.ca



TAILORED CLEANING SERVICES

DISCOVER THE TAILORED CLEAN DIFFERENCE

Use Code **CN2023** for a **10% discount on your first clean** (Code Expires Nov 30, 2023)

Stress free cleaning with Tailored Cleaning Services. Spend more time on the things that matter most and let us take care of the clean-up.

Give us call @ 587-987-1353 to book your next clean!

Email: office@tailoredcleaningservices.ca

URL: www.tailoredcleaningservices.ca



Get Comfortable With Big Savings!

Bundle and Save On A New Lennox Furnace and Air Conditioning System



LENNOX Air is life. Make it perfect.™

Receive up to \$1,900 in rebates when you purchase the Lennox Ultimate Comfort System

AND Do Not Pay for Up to 9 Months!



firstcallheating.ca | 780.464.3337



PLAN YOUR VISIT TODAY!

Discover the Visitor Centre, take a tour of the Legislature Building and Celebrate the Season.



LEGISLATIVE ASSEMBLY OF ALBERTA

Always free! For more information visit assembly.ab.ca.    