

CASTLE NEWS

Serving the community leagues of Castledowns Recreation Society
(Baturyn, Caernarvon, Carlisle, Cumberland/Oxford)

& Dunluce

April/May 2024



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

Message from the CDRS board!

Well spring is upon us! With that comes outdoor activities!

Diamonds, fields, and parks will be busy with young and old enjoying our outdoors.

The community Leagues are the members of the Castle Downs Recreation Society (CDRS). Their volunteers support the efforts and programs sponsored by the CDRS or the years. Programs such as Canada Day, Variety show, our bingos and casino as well supporting our partners: YMCA, SOS Youth Day, Seahawks Football. In recent years the volunteer base has dwindled. Due in part to soccer central registration. And of course, covid drove people away from social gatherings and many have not returned.

The lack of volunteers has impacted our Canada Day Party and so, sadly, CDRS will not be hosting this community event this year. If your organization would like to host next year please contact us and we would be happy to share our experience with you.

As an organization we continue to communicate with community and city organizations in the planning of the Castle Downs Park. We welcome the development of the Blessed Carlo Acutis Catholic High school, future development of the LRT. growth of Football, little League, cricket, and park additions.

We are pleased to invite our member community league folks to the Area council swims!

Londonderry	Sunday	4:15 to 5:45pm
O'Leary	Saturday	4 to 5:45pm
Grand Trunk	Friday	7 to 9pm
	Sunday	4:15 to 5:45pm
	Wednesday	Aquasize 8 to 10am
YMCA	Saturday	6 to 7:45pm

DUNLUCE COMMUNITY LEAGUE



MEET YOUR NEIGHBOUR

JOIN US | 6:30 - 7:30 PM

THE 2ND THURSDAY OF THE MONTH

MAY 9 ~ JUN 13 ~ JUL 11 ~ AUG 8 ~ SEPT 12

FREE REFRESHMENTS & SNACKS

EVERYONE IS WELCOME

Dunluce Hall - 11620 162nd Ave



2024 Variety Show Not Continuing



CASTLEDOWNS VARIETY SHOW

"An Evening of Adult Comedy"

www.castledowns.ca

Box 31075 Namao Center, Edmonton AB T5Z 3P3

Phone (780) 406-9070

It is with great regret and sadness that we have to announce the 2024 Castle-

downs Variety Show will not be happening. We were not able to get people to sign

up for the community reps on the committee or the general public to sign up for the committee in general. Without volunteers to help get the background part of the show going, we are not able to hold a show.

We are officially pulling our call ad for writers and directors to submit shows for this coming season.

I would like to thank those on the committee who have helped out trying to keep the show going. I would also like to thank the volunteers who have come out each year to help make the shows we did have a success.

All inquiries should be forwarded to the Castledowns Recreation Society (CDRS).

Without volunteers many community programs can not happen.

A sub-committee of the CDRS

www.castledowns.ca/variety-show

www.castledowns.ca

Email:

president@castledowns.ca

TAPROOT EDMONTON

Don't miss out!

The Taproot Edmonton Calendar
is your guide to **local events**.



edmonton.taproot.events



**DUNLUCE EXECUTIVE P.O. Box 71554
Oxford Park RPO Edmonton AB T6V0E3**

Dunluce Hall: 11620-162 Ave. 780-456-3978 www.dunlucecl.ca

PRESIDENT	Keoma McMurren	780-457-9101
VICE PRESIDENT	Murray Fletcher	780-699-8842
TREASURER	Loretta Wonitoy	780-457-9101
SECRETARY	Lorna Melnyk	780-456-4596
PAST PRESIDENT	Vacant	
COMMUNITY SPIRIT DIRECTOR	Denyse Ward	587-983-9401
CIVICS	Stephanie Chorney	780-935-9114
VARIETY SHOW	Denyse Ward	587-983-9401
CASINO	Maureen Ewart	780-457-0708
	Mark Gross	780-456-5700
MEMBERSHIP	Christina Fletcher	780-699-8759
PUBLICITY	Bev Gross	780-456-5700
SOCIAL	Lorna Melnyk	780-456-4596
BINGO DIRECTOR	Amanda Wentzell	780-977-7923
SOCCER	Dana Trendall	780-456-3978
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	Melanie Gizowski	
HALL RENTALS	Al Chapman	780-457-4342



Soles for Soccer
Please look at your children's past soccer shoes (gently used) and donate them to EMSA North! We will clean, disinfect and repackage them to make them special for the next child to use. We will also take any gently used shin pads or black soccer shorts.

DONATE TODAY

ALL DONATIONS CAN BE DROPPED OFF AT THE EMSA NORTH OFFICE

TUESDAY- THURSDAY

12PM-4PM

12764-82ST

EMAIL: STAFF@EMSANORTH.CA



Soles for Soccer is our way of giving others a chance to play!



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DUNLUCE COMMUNITY LEAGUE



EVERYONE IS WELCOME
6:30-8:30

OPEN CRAFT NIGHT

Bring your craft & hang out with other crafters.

April 24th - May 8th - May 22nd - June 5th
6:30pm - 8:30pm

**WE'LL SUPPLY THE SPACE,
YOU BRING THE SUPPLIES.**



www.dunlucecl.ca

Dunluce Community League Hall 11620 162 Ave

DUNLUCE COMMUNITY LEAGUE 2024 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.**

Spring waste collection has begun

Spring waste collection schedule starts the week of April 2. Green food scraps carts switch to collection every week from every two weeks, while black garbage carts continue to be collected every two weeks. Recycling collection continues on a weekly basis. Collecting food scraps carts weekly throughout the spring and summer supports Edmontonians by reducing odours and allows for more space in carts during periods of time where residents look to dispose of increased yard waste.

Yard Waste Collection

The beginning of spring collection also means yard waste collection days are around the corner. Between April 22 and June 17, running each Monday, every curbside residence will receive two yard waste collection days. Edmontonians can find collection dates by downloading the WasteWise app or visiting edmonton.ca/WasteWise. Printed collection calendars can be printed from the website, by calling 311 to request a printed copy be mailed at no charge, or by visiting a local

Edmonton Public Library branch to have one printed for between \$0.10 and \$0.50. Please set out yard waste in see-through plastic or double-ply paper bags on your seasonal yard waste collection days in spring and fall. Keep bags light enough to lift with one arm, using additional bags to achieve this, if needed.

Eco Stations

Starting April 2, Eco Stations will move to summer operating hours and be open seven days a week from 8 a.m. to 6 p.m. until November. This year, Eco Stations are opening an hour earlier than previous years. The City made this data-informed change to accommodate higher levels of demand the stations see in the morning, allowing us to serve more Edmontonians.

Eco Stations are convenient waste drop-off sites for your batteries, electronics, household hazardous waste and more. For more information visit edmonton.ca/EcoStations.

For more information:
edmonton.ca/Waste



Upcoming Dunluce 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:

April 22nd & May 6th 2024

**All Bingos are at Kensington Bingo
Hall unless otherwise stated**

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)



**FIND 10
DIFFERENCES**



Dunluce Homeowners

Ready to Pay an EXTRA \$3000-\$5000

in additional  to the City?

Do you like Narrow Streets?
And LESS Parking?

Learn How You Can Get Involved and Have Your Say
on the Dunluce Neighbourhood Renewal Project!
Construction is set to begin Spring 2025



Our community deserves better.

Let's show them our voices matter.

Join us April 29th @ 6:30pm

11620 162 Ave - Dunluce Community League Hall
Visit www.dunlucecl.ca for more information
Or Contact us: 780 457 9101

Screening Tests For Better Health

Regular screening tests and checkups can help you stay healthy and are a preventative measure for certain diseases, even before any symptoms appear.

Often, the earlier a disease is diagnosed, the more likely it is that it can be cured or successfully managed. When you treat a disease early, you may be able to prevent or delay problems from the disease. Treating the disease early may also make the disease easier to live with.

What kinds of screening tests are available?

Adults may have several screening tests available to them, such as testing for heart attack, stroke risk, and certain cancers. Your doctor can help you determine the tests you may need and how often to have them.

Visit myhealth.Alberta.ca to find out more about screening tests or by clicking on the links below:

- Abdominal Aortic Aneurysm Screening
- Blood Pressure Screening

- Breast Cancer Screening
- CAGE Questionnaire for Alcohol Problems

- Cervical Cancer Screening
- Colorectal Cancer Test Recommendations

- Depression Screening
- AHS Wellness Articles
- Glaucoma Screening
- HIV Screening
- Osteoporosis Screening
- Prostate Cancer Screening
- Screening for Hearing Problems
- Screening for Weight Problems
- Sexually Transmitted Infection Screening
- Skin Cancer Screening
- Thyroid Screening Recommendations
- Tuberculosis (TB) Screening
- Type 2 Diabetes: Screening for Adults
- Vision Screening and Eye Exams for Adults

- When to Have a Cholesterol Test
- How do you decide when to get a screen-

DUNLUCE COMMUNITY LEAGUE PRESENTS
ANOTHER
SENIOR SATURDAY
OPEN MIC
May 18th

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.



ing test?

When and how often you get screening tests may depend on your age, your sex, your health status, and your risk factors. These are things you can discuss with your doctor, and, in some cases, testing is done as part of a routine checkup.

Your doctor may suggest screening tests based on expert guidelines. Sometimes different expert panels make different recommendations. In these situations, talk with your doctor to decide which guidelines best meet your health needs.

You also may need some screening tests earlier or more often if:

- You have a higher risk for a certain disease, such as diabetes, heart disease, or colon cancer.
- You have a long-term health problem, such as diabetes.
- When you are thinking about getting a screening test, talk with your doctor. Find out about the disease, what the test is like,

and how the test may help you or hurt you. You may also want to ask what further testing and follow-up will be needed if a screening test result shows a possible problem.

AHS Wellness Articles

• Ask your doctor about the limits of the test and treatment. For example:

• Ask your doctor how likely it is that the test would miss a disease (false negative), show something that looks like you have a disease when you don't (false positive), or find a disease that will never cause a problem.

• Ask your doctor about the treatment for the disease that the test looks for. There may be no treatment that helps with symptoms or helps you live longer. In this case, you may decide that you don't want the screening test.

Regular screening tests and checkups can help you stay healthy. Talk with your doctor whenever you have concerns about your health.



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.

Alcohol in Moderation

Many people enjoy drinking alcohol, and it may have a place in cultural and family traditions. Most people usually do it safely. But it's important to remember that drinking alcohol is not risk-free.

If you choose to drink alcohol, the key is to keep your intake at the lowest levels possible to reduce your risk of harm.

Alcohol and You

Alcohol is a depressant that impacts the whole body, including the central nervous system (the brain, cardiovascular system (the heart), and respiratory system (the lungs and breathing). When someone drinks too much alcohol or too quickly, it can overwhelm or suppress the healthy performance of these systems in the body. This can lead to a person passing out or having alcohol poisoning which includes symptoms such as vomiting, throwing up while passed out, not waking up after throwing up, not responding when being talked to or shouted at, fast heart rate, and other symp-

oms which are found by searching Alcohol Poisoning on MyHealthAlberta.ca.

What are the health risks associated with drinking alcohol?

When you drink alcohol, you may be putting your health and safety at risk. Your risk of harm increases with each drink that you have.

Drinking alcohol may:

- Harm your liver, pancreas, nervous system, heart, and brain.
 - Cause high blood pressure, depression, stomach problems, or sexual problems.
 - Contribute to the development of some cancers, such as cancers of the mouth, throat, esophagus, liver, colon, and breast.
 - Cause memory loss and affect your ability to think, learn, and reason.
- AHS Wellness Articles
- Cause harm to your developing baby (fetus) if you drink during pregnancy.
 - Lead to problems at work, school, or home.

DUNLUCE COMMUNITY LEAGUE

Community Spirit ~ A willingness and desire to participate in activities that promote a community.

NOMINATE & CELEBRATE

DUNLUCE COMMUNITY SPIRIT

We want to recognize the people of Dunluce all year long!

Open to residents or businesses within Dunluce.

No age limits!

Nominations can be for, but not limited to:

- Seasonal Outdoor Decorations, Gardens in Bloom
- Providing individual or family oriented services to Dunluce Residents
- Recognizing Business contributions to support Community League initiatives

Every successful recipient will receive a Dunluce Community Spirit plaque, be acknowledged on our website and receive a \$100 grocery gift card or a \$100 donation to any organization.

Nominate someone today!
Email: DunluceSpirit@dunlucecl.ca or Phone: 780-457-4342



- Increase the risk of car crashes and violent behaviour.
- Cause you to develop an alcohol use problem.

Using alcohol or other substances can affect your health, work, school, and relationships. It can change how well you make decisions and control your actions, how you think, and how quickly you can react. Alcohol patterns may vary. Some people drink large amounts of alcohol at specific times, such as on the weekend. Others may be sober for long periods and then go on a drinking binge that lasts for weeks or months. Some people drink and may be intoxicated every day.

If you think you are drinking too much, you may want to seek help. Talk to your doctor about whether you need to withdraw from alcohol under medical care.

What can you do?

Less is best! Research shows that drinking any amount of alcohol can have risks.

Canadian health experts say your risk of harm from alcohol is:

- Low if you have two standard drinks or less per week
- Moderate if you have between three and six drinks per week
- High if you have seven or more drinks per week

Having more than two drinks in one sitting increases your risk of harm to yourself and others. Keep in mind that age, sex, weight, and health history can cause alcohol to impact people differently.

In Canada, a standard drink is equal to:

- A bottle of beer (12 oz., 341 ml, 5% alcohol)
- A bottle of cider (12 oz., 341 ml, 5% alcohol)
- A glass of wine (5 oz., 142 ml, 12% alcohol)
- A shot glass of spirits (1.5 oz., 43 ml, 40% alcohol)



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.



CASTLEDOWNS Dental Centre



Dr. Tarek Tarchichi

www.castledownsdentalcentre.com

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11816-145 Ave



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Dental Centre Hours

Monday to Friday 8 am to 5 pm
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We are closed on Sunday & Public Holidays

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University of Alberta Campus



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ELLA Expands Learning Options

Harry Wagner, a retired teacher, has always been interested in learning. When his cousin recommended that Edmonton Lifelong Learners Association (ELLA) had some interesting courses, he registered for his first spring session. That was 10 years ago, and what he liked about it then, he still likes about it now: the diversity of courses available.

"I took Tai Chi, a class on the oil sands, social media, and photography... and just loved it" claims Harry. "You can follow your heart and take courses in areas that interest you, or delve into subjects that you have no background or experience in, just to find out more. Last year I took a course on insects, and I have no science background."

Now Harry is the Chair of the Program Development Committee that determines the courses offered during the winter online and upcoming spring session at the University of Alberta. "I think what sets ELLA apart is it's entirely a volunteer-driven organization. Our committees look at suggestions from our members to identify topics that might be possible. The speakers are people in our community who have interesting things to say."

New to the ELLA's spring session is a class on Archeology in Alberta, plus Introduction to Cults, and Inuit Literature and Arts. Returning favourites are What's Behind the Barn Door?: issues in animal agriculture in Alberta complete with field trips, and Wonders of the Night Sky for people curious about the stars above. There are nearly 40 courses available covering intellectual, artistic, and physical-activity realms.

Harry acknowledges it's a bit of a commitment to travel to the University to take classes, but the payoff is the positive social aspect. "It's a chance to socialize with people who have similar interests. And we've responded to people's needs. Maybe you can't commit to a full day, but the morning is available. Now you can register for 2, 3 or 4 courses – whatever works for you."

What works for Harry is the continuing opportunity to learn. "It's so important for all of us to remain curious and engage in lifelong learning. At least it is for me."

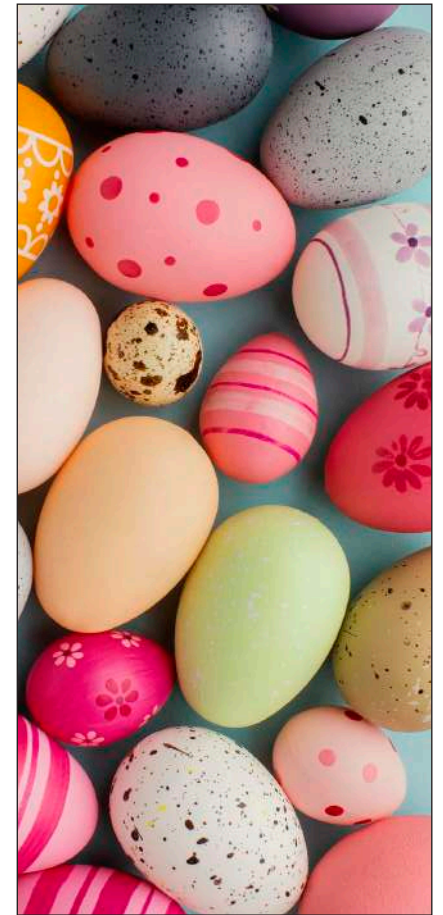
The Edmonton Lifelong Learners Association (ELLA) Spring Session runs weekdays from April 29 to May 17 at the University of Alberta campus. To register, and for more information, visit myella.com.



Paid by
Edmonton
Lifelong Learners
Association

kids
GAME

Connect the dots!



Be Ready For Whatever Mother Nature Sends Our Way This Spring!



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- Lounge/Dinning Area
- Guest Suite
- Exercise Room
- Safe & Secure

FOR LEASING INQUIRIES, CONTACT:

Southwoods@cdlhomes.com, or call 780-760-3400

CDLhomes.com



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	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.**

Cumberland/Oxford



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're interested in volunteering for your community please send an email to president@cocl.org



**Get your
COCL
membership
today on the
Communiee
App!**

CARLISLE Community League News



Carlisle Community Executive List

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

Carlisle Programs

Carlisle Community is excited to announce our following spring programs starting March 4, 2024.

Location: 14240 117 St, NW, Edmonton T5X 4N6

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 joins us every Monday & Friday starting March 4, 2023 at 7:00 - 8:00 pm for a total of 8 weeks.

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

Gymnastics: Unfortunately Carlisle will not be hosting gymnastics for the spring session

Senior Fitness: Due to lack of registra-

tion Carlisle is unable to host Seniors Fitness

Yoga: A great form of exercise that will challenge your body in order to quiet your mind. Join us every Wednesday, starting March 6 at 7:00 pm to 8:00 pm for 8 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) 472.8373 or email at inzabazzarelli@gmail.com



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

Carlisle Membership

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

Membership benefits include:

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



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