

CASTLE NEWS

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

& Dunluce

June/July 2024



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

Visit a fire station this summer!

This summer, Edmonton Fire and Rescue Services (EFRS) invites Edmontonians to see the important work its fire-fighters and fire prevention officers do each day through a series of open houses.

Between June and September, eight fire stations open their bay doors and invite community members to meet local fire personnel, check out the fire trucks and learn

important fire safety information.

2024 Open Houses Schedule:

- June 1, University Station 3 (11226 - 76 Avenue NW)
- June 15, Rainbow Valley Station 13 (4035 - 119 Street NW)
- July 6, Castle Downs Station 17 (15505 Castle Downs Road NW)
- July 20, Callingwood Station 19

(6210 - 178 Street NW)

- August 10, Capilano Station 11 (6110 - 98 Avenue NW)
- August 24, Lauderdale Station 10 (12735 - 101 Street NW)
- September 7, Jasper Place Station 4 (10949 - 156 Street NW)
- September 21, Terwilliger Station 24 (131 Haddow Close NW)



Open houses run from noon to 4 p.m. and are free, fun and interactive opportunities for the whole family.

For more info:

edmonton.ca/EFRSopenhouses



Green Shack Program
Edmonton

FREE DROP-IN GREEN SHACK PROGRAM

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play!

This program is targeted for **children aged 6-12**, but all children accompanied by an adult are welcome to attend.

Dunluce

11620 162 Ave
2:30pm - 5:30pm
Monday - Friday
July 2 - August 22

The City of Edmonton would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.

Get in touch with us:
Email: greenshack@edmonton.ca
For more information, call 311 or visit:
edmonton.ca/Greenshacks



COCL Community Garden Beds

Available for Rent



COCL Members
Rental fees:

- \$20 for 5x5
- \$40 for 5x12

Membership Information found at: <https://www.cocl.org/Membership>

Non-COCL Members
Rental fees:

- \$25 for 5x5
- \$50 for 5x12

Rental Information
Rental fee is per gardening season.
Fee paid once per year.

Address: 13931 140 St., EDM, T6V1J7
Closest Landmark: Gateway Alliance Church

Sign up/More Information
For more information, to get involved or sign up for a space,
email communitygarden@cocl.org

Website
<http://www.cocl.org/>

Facebook
<https://www.facebook.com/COCLEdmonton>



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.**

Encouraging physical activity in children

Physical activity is key to lifelong health and well-being. Children as young as pre-school age benefit from exercise and fitness as much as adults do. Being active helps children and teens to feel stronger and have more energy to do all the things they like to do. It can help them feel, think, and sleep better. It allows them to focus when they're at school and perform better in sports. They can reach and stay at a healthy weight and build lean muscle. Being physically active lowers the risk for serious health problems, and keeps bones, muscles, and joints strong.

Tips for Getting Moving!

One of the best things you can do for your child's health is to help make physi-

cal activity a habit, something that will be a natural part of your child's daily life through adulthood.

Stay positive! It's important for children to have fun, so don't force them to exercise. Instead, find activities they like to do and will do without being asked.

Create ways for your child to be active for at least one hour each day. Try to break it up throughout the day so it adds up to one hour. Encourage your child to do things like running, jumping rope, or playing soccer.

Plan family activities that involve exercise. Hike, bike, wash the car, walk ... the options are endless. Try an online exercise video. Of-

fer choices, and let your child decide.

Have your child invite a friend over. This can be a weekly planned physical activity, such as a bike ride, water balloon toss, or building a snow fort in the yard.

Join other families and create neighbourhood time. Include group activities like touch football, basketball, or hide-and-seek.

Let your child try different organized activities. See what your child enjoys! Basketball, lacrosse, dance, soccer, martial arts ... again, the options are endless. Praise your child for doing exercise that they enjoy.

Talk to your child's caregiver or sitter.

Discuss ways they can encourage your child to be physically active throughout the day.

Get your child involved in activities at schools or clubs. Check local schools, YMCAs, and other community resources for exercise or sports programs. Take your child with you to your health club if it has a family exercise time or a swimming pool.

• Bone strengthening: Anything that uses the body to work against gravity, like running, jumping rope, playing hopscotch, and playing basketball are activities that help with bone growth and strength. Many bone strengthening activities are also aerobic and muscle strengthening exercises.



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.

Community Safety Data Portal



Photo by Mack Male

The Edmonton Police Service (EPS) has an information sharing platform designed to increase transparency, facilitate community engagement, and support the safety of citizens and the city. The Community Safety Data Portal offers access to comprehensive data including crime statistics and trends occurring in Edmonton. Visit <https://communitysafetydataportal.edmontonpolice.ca>

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:

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

Real Estate Council Alberta

Ask RECA

The authority for a positive real estate experience.

I found out after I bought my condo that the parking stall wasn't included on the title! What can I do?

Navigating a condominium purchase involves some different considerations compared to the purchase of a single-family home. Among other things, you need to consider your condominium fees and what they include, details regarding who runs the condominium board, and any specific condominium by-laws that may not allow for certain activities, such as pets or a BBQ. There are many things you should review prior to signing a purchase agreement, and sometimes the property listing doesn't contain all the details.

Unfortunately, if a deal has already closed and the property has changed hands, there is little recourse for these issues outside of the courts. Consumers and licensees should be aware of possible problems and do their due diligence before making an offer.

One of the most overlooked details in condominium purchases involves the verification and documentation of parking spaces. Is the parking stall a deeded parking stall that is included in the purchase price for the condominium unit? Is it being sold separately from the condo unit or is it an assigned stall that is part of the common property?

The sellers are responsible for providing parking stall information to their licensee, and this should be detailed in the property listing. Yet it's important to understand that listing details might not always be included or accurate. There is always the possibility that an error occurred when the seller's licensee entered details on the listing database; a parking stall could be accidentally listed as a deeded parking space, when it really is an assigned stall. The seller may have also given incorrect information to their licensee, who took them at their word.

This is where communication and due diligence are crucial. Oversights in information can lead to buyers receiving what they thought was a titled parking spot or discovering that their parking space is not as conveniently located as they were led to believe.

It's imperative for the buyer licensee to proactively verify and document any aspects of a property purchase, including parking stall information, with the seller or their licensee and through their own due diligence, prior to making an offer.

Buyer licensees should view the property and the parking stall in-person preferably with the client, to ensure that it meets the client's needs (is it large enough? is it close enough? is it handicap accessible?). The buyer licensee should also speak with the seller's licensee to confirm any parking stall locations and any additional costs or fees that may be associated with them. These details should also be explicitly included in the condominium documents and/or title. Seller licensees should also do their due diligence and verify the information given to them by their seller clients. It pays to catch misunderstandings early, before any money changes hands or contracts are signed. When purchasing a condominium, you should always discuss your individual circumstances with your licensee so they may guide you as to what questions to ask, and any particulars that may need to be included in writing.

In the end, if something is missed through negligence or lack of due care on the part of a licensee, consumers can submit a complaint with RECA. The licensee(s) involved in the transaction could face sanctions for failure to provide competent service.

Buying and selling property, reviewing rental contracts and condominium management by-laws, 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 help consumers. We're experts when it comes to the province's Rules and Regulations when trading in real estate, dealing in mortgages, and managing property and condominiums. One of our roles is to ensure the professionals who work in these industries have the proper training, background, and licence to operate. But we're here for consumers too – in fact, our mandate is to protect consumers. Please reach out with any questions regarding the Real Estate Act and its Rules.



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.

Marrazzo Law Office

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

Call today
780-756-5500

5003 DeWolf Road (Griesbach)



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
Communibee
App!**



**Cumberland Oxford
Community League**



Summer events

Bootcamp
Yoga in the Park - Hudson Park
Community Walks - Older Adults
Green Shack - All parks - July & August



For updates on dates and times:
Website
<http://www.cocl.org/>
Facebook
<https://www.facebook.com/COCLEdmonton>

**Cumberland Oxford
Community League**



Volunteers NEEDED

Movie in the Park - TBD
Haunted Forest - Oct. 31

For updates on dates and times or
to **volunteer**:
Website
<http://www.cocl.org/>
Facebook
<https://www.facebook.com/COCLEdmonton>
Email
info@cocl.org





Cumberland Oxford Community League
*Representing Albany, Carlton, Cumberland,
Hudson, North Oaks and Oxford*

**Wishing our soccer and baseball
teams a great season!**

Special thanks to our volunteer coaches, managers and
community directors who make it happen.

www.cocl.org

info@cocl.org



Cumberland Oxford Community League
*Representing Albany, Carlton, Cumberland,
Hudson, North Oaks and Oxford*

Did you know the Hudson outdoor rink, playgrounds, community events,
portable toilets and more are organized and paid for by COCL?

Buy a COCL membership and get involved!

Membership perks include FREE swimming times at North
Edmonton pools and YMCA!

www.cocl.org/community-league-membership for details

www.cocl.org

info@cocl.org





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 Mark Gross	780-457-0708 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

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:

June 17th, July 12th & July 29th

All Bingos are at Kensington Bingo Hall unless otherwise stated

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



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

FOLLOW US! LIKE US!

Never miss another community event or announcement by liking our "Dunluce Community League" Facebook page and following us on twitter (@dclveg)



Mark Your Calendars!

Councillor Rutherford is coming to Dunluce to hear our concerns about the Dunluce Neighborhood and Alley Renewal.

June 27, 2024 6:30 p.m.
Dunluce Community Hall
(11620 – 162 Avenue)

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.

DUNLUCE COMMUNITY LEAGUE



MEET YOUR NEIGHBOUR

JOIN US | 6:30 - 7:30 PM

THE 1ST THURSDAY OF THE MONTH

JUN 6 ~ JUL 4 ~ AUG 1 ~ SEPT 5

FREE REFRESHMENTS & SNACKS

EVERYONE IS WELCOME

Dunluce Hall - 11620 162nd Ave



ARE YOU READY TO CRAFT?

**YOU BRING THE SUPPLIES,
WE SUPPLY THE SPACE**

**DUNLUCE COMMUNITY LEAGUE
6:30PM - 8:30PM
11620 162 AVE**

**JUNE 5TH & 19TH
JULY 3RD, 17TH & 31ST**



DUNLUCE PRESCHOOL

REGISTRATION
IS NOW
OPEN

**2024
2025**

DUNLUCEPRESCHOOL@GMAIL.COM
WWW.DUNLUCEPRESCHOOL.COM



Dunluce Community League Grief Support Group.

Are you navigating the challenging journey of grief and looking for a supportive community to share your experiences and find comfort?

Dunluce Community League Hall

7:00pm – 8:00pm

Last Tuesday of the Month

Apr 30 – May 28 – Jun 25 – Jul 30 – Aug 27

Confidential and free

Remember, you don't have to navigate grief alone. Our group is here to provide support, encouragement, and a shared journey toward healing.



Hydration and You

Water keeps every part of your body working properly. It helps your body flush waste and stay at the right temperature. It can help prevent kidney stones and constipation.

You lose water throughout the day, through your breath, sweat, urine, and bowel movements. If you live somewhere hot, you could lose even more fluid.

It is important to replace this lost fluid to stay healthy. If you don't get enough water, you could become dehydrated. If you get very dehydrated, your body no longer has enough fluid to get blood to your organs which can be very dangerous.

What is the right amount of water to drink each day?

All liquids help you stay hydrated, but water is usually the best choice. A common recommendation is to drink six to eight glasses of water of day (250-mL or 8 fl oz). Some adults may need more depending on



your overall health, how much you exercise, and how hot or dry the climate is.

Most people get enough fluid through the beverages they normally drink each day. You also get water through food. Some fruits and vegetables contain a lot of water, such as watermelon and lettuce.

Did you know? Experts say it is not true that beverages containing caffeine – coffee, tea, and cola drinks – are dehydrating. Healthy individuals who consume moderate amounts of caffeine do not lose more fluid than people who don't have any caf-

On behalf of the Committee formed at the request of concerned Dunluce residents, from the April 29th Open Meeting

Stop! The Destruction of Dunluce



Why are the City Council members failing to listen to our requests?

Spending our tax dollars that don't fulfill our wishes for Dunluce.

All the residents want to keep the roadways' footprint the same. Just replace.

The Revitalization Project needs to be stopped. It benefits no-one.

Has consideration been taken for snow removal on city streets and sidewalks, not just bicycle lanes?

Email Erin Rutherford erin.rutherford@edmonton.ca

Visit our Facebook page called

"Stop the Destruction of Dunluce"

We need your support and will update you on things as they transpire.

feine. A moderate amount of caffeine is about 200- to 300-mg per day which is about two to four cups (250-ml or 8 fl oz) of coffee.

If you are feeling well, you urinate every few hours during the day, and are not feeling thirsty often, you are likely drinking enough water.

People with certain health problems, especially heart and kidney problems, need to speak with a doctor about how much water to drink.

Ways to consume more water during the day

If you struggle with consuming water or

remembering to drink enough throughout your day, these suggestions may help:

- Drink a glass of water when you get up in the morning, before drinking coffee or tea

- Keep a cup or water bottle by your desk at work. Take several sips of water each hour. If you don't have a desk job, carry a container of water with you and take sips throughout the day

- Take a sip whenever you pass a drinking fountain

- Mix it up! Add sugarless flavouring to your water or a slice of lemon/lime. Alternate with sparkling water.



Just Another Quilters Retreat
August 19th - 22nd

Dunluce Community League



**Cost \$225 - Members
\$275 - Non-Members**

Monday - Thursday 9-5
Includes: 6' Table, Light Breakfast,
Lunch & Beverages

Contact Amanda
780-977-7923

awentzell@dunlucecl.ca
www.dunlucecl.ca

11620 162 Avenue
Edmonton, AB T5X 4L9



Card Making with Pat
Join us on the first Tuesday
of each month from
2:00pm-4:00pm at the
Dunluce Community League Hall.
11620 162 Ave

Supplies Provided - \$5 Fee
Jun 4 - Jul 2 - Aug 6 - Sep 3 - Oct 1 - Nov 5
Register by calling 780-457-9101
or www.dunlucecl.ca

*Stay inspired.
Never stop creating.*



Building Language Skills in Toddlers

Toddlers, or children from ages one to three-years-old, communicate in many ways. They make sounds, say words, use short sentences, or point to tell you what they need or want. Recognizing and encouraging all attempts toddlers make to communicate helps in building language skills. When you respond, toddlers realize that what they've done is important and are likely to do it again!

Teaching your toddler new words

New words help toddlers talk about the things they see and do. Building their vocabulary can be achieved by talking about many kinds of words, including the names of things (e.g., spider, car), actions (e.g., painting, running), feelings (e.g., sad, happy) and words that describe things (e.g. soft, hot).

Here are some ways you can draw attention to new words and help toddlers build their vocabulary:

- Use daily routines to introduce new words, ideas, feelings, and concepts. Routines such as dressing and mealtime are natural times to talk with your toddler. Use these routines to emphasize and repeat words that may be new for them. Talk with them about what's happening in the moment.

- Talk slower and sound out the new word

- Talk about what you're doing as you're doing it. Hearing words combined with actions makes the new words easier to learn (e.g., "I'm mixing the cookie dough. The cookie dough is very sticky. Let's put them in the oven. The oven is very hot. I'll be careful not to touch it.")

- Talk about what the toddler is doing. This will help them learn words that describe activities or things that interest them (e.g., "That's a nice red truck. It's driving really fast. It's going up the ramp

and around the corner.")

- Toddlers say many words, but not always clearly. You can help them speak clearly by repeating back the words they say, using correct pronunciation. Exaggerate the missing or mispronounced sound. Listening

to these correct models will gradually help the toddler to improve their speech.

- Use new words many times throughout the day. To learn new words, most children need to hear the words spoken many times before they start to say them (e.g., "Look, the wheels on the truck roll." "Roll the ball to Daddy." "I'm going to roll the cookie dough." "Let's roll a snowball.")

- Use short, simple sentences to help them learn to say a new word (e.g., "Let's buy pie.")

- Let them experience new things. Go on field trips to the zoo, museum, gro-

cery store, and playground. Use educational videos, television, songs, and books to help them hear new words (e.g., "Put the sand in the bucket.")

- Link new words to things and experiences the toddler already knows (e.g., "The dinosaur is very big. It's huge! Remember the huge dinosaurs we saw in Drumheller? We also saw dinosaurs in the movie The Land Before Time.")

Get down to their level

Kneel, bend down, sit on small chairs, or stretch out on the floor when talking to a toddler. Do whatever works to get down to their level to make it easier to imitate the actions and words of toddlers. It also lets them know that you are interested in what they're doing or saying. Make sure you're able to look into each other's eyes when you're speaking to one another.

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