

CASTLE NEWS

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

October 2021



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Baturyn Neighbourhood Renewal

Shape the future of Baturyn

More info on
Page 6

NOV 2021

Community Feedback
on Draft Design

Online from **November 5 - 21, 2021**
edmonton.ca/BuildingBaturyn

REFINE

DUNLUCE COMMUNITY LEAGUE

Babysitting Course

This 7 hour course will teach the following:

- The Business of Babysitting
- Your Role
- Family Expectations
- Caring for Babies
- Caring for Toddlers
- Caring for Preschoolers
- Caring for School-Aged Children
- Creating Safe Environments
- How to handle Emergencies and First Aid

Students will receive a certificate upon
successful completion of both written and
practical exam.

Saturday, November 6th

Dunluce Community League Hall

Cost: Members \$60, Non-Members \$75

Ages 12+

Proof of Vaccination Required

REGISTER ONLINE

www.dunlucecl.ca/babysittingreg



Caernarvon Ice Rink is Back!

We are pleased to announce that we will be having both sheets of ice again this winter! We will be welcoming back Dean the Icemaker and are looking forward to another great year of skating. Thanks to the generosity of the Edmonton Oilers Foundation, Caernarvon has lots of skates to loan to skaters of all ages and foot size, so be sure to come out even if you don't own skates.

HAUNTED FOREST IS COMING BACK

We are looking for volunteers who can help us to set up
and run this year's Haunted Forest event.

If you are interested in volunteering, please send an
email to Carol at carolc11@shaw.ca

More info page 10

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	Vacant	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	Yulia Shepel	communications@baturyn.ca
Communications Assistant	Angela Ferguson	
Facilities Director	Earl Archer	facilities@baturyn.ca
Membership Director	Claudia Gonzalez	membership@baturyn.ca
Playschool Director	Nicole Yankee	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	Nicole Yankee	volunteers@baturyn.ca

Board Meetings are generally held on the 1st Monday of the Month at 7pm
July & August: No Scheduled Meetings

Baturyn Community League

Proudly supporting the communities of
Baturyn, Elsinore/Chambery (Castlebrook),
Canossa (Castlewood), & Rapperswill (Newcastle)
Website: Baturyn.ca or find us on Facebook

Become a 2021 Member

Get your membership and enjoy the special perks of being a member.
Annual Memberships are valid from September 1st to August 31st.

Membership Fees:

Family \$25.00
Single (16+) \$25.00
Senior (55+) \$10.00
(\$5 service fee applies to purchases made through efcl.org or Servus Credit Union)

Membership Benefits:

- Access to community hosted events
- Free Access to all Community League ice rinks (with skate tags)
- Community League sports programs
- Free access to community swim times at the YMCA (Saturdays: 5:00 pm - 8:45 pm), Grand Trunk Fitness & Leisure Centre (Fridays: 7-9pm, Sundays: 4:15pm-5:45pm & Wednesdays: 8am-10am), O'Leary Fitness & Leisure Centre (Saturdays: 3:45pm - 5:45pm) and Londonderry Fitness & Leisure Centre (Sundays: 4:15pm-5:45pm)
- 20% discount on City of Edmonton Recreation Facilities Adult, Family, Child, and Youth/Senior annual passes or continuous monthly passes. 15% off Multi-Pass purchases. To learn more please call 311 or visit www.edmonton.ca/wellness
- 30% off all Cloverdale Paint products and up to 20% off all sundry items.

Memberships are required to access programs offered by your Baturyn Community League.

**Get your membership today by going to
EFCL.org or your local Servus Credit Union.
Your membership fees help support the delivery of various
community programs and events.**

Baturyn Community Playschool

2021-2022 Registration

We offer a fun, play-based program that builds your child's social and academic skills. Students will be introduced to the joys of learning by participating in field trips, both in and out of school. They will also take part in activities such as pre-reading, science, math, crafts, games, music, kinder-cooking and daily physical activity.

LOCATION: Baturyn Community Hall, 10505 172 Avenue

COST TO REGISTER: \$50 registration fee. Registration is available on a first come, first served basis.



For 3 year olds: Tuesdays and Thursdays
AM Class – 9:00am to 11:30am
(PM class may be offered if registrations allow)

For 4 year olds: Mondays, Wednesdays, and Fridays
AM Class – 9:00am to 11:30am
AM CLASS FULL
or
PM class – 12:45pm to 3:15pm

*Child must be 3 years of age at the start of the playschool year for the three year old class. ALL children must be fully toilet trained for any class.

Find us on Facebook  by typing www.facebook.com/BaturynCommunityPlayschool

For more information, please visit our website at
baturynplayschooledmonton.weebly.com or

email our Playschool Director at playschool@baturyn.ca
for more information on how to register.

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**conditions may apply

Craft Fair

Our holiday craft sale is back! Come and get your holiday shopping in early with neighbours and community businesses!

All vendors are welcome, but duplicates will not be so please sign up early.

Admission is free, member vendors are \$10/table and \$40 for non members. Please email social@baturyn.ca to register your table. (E-Transfer accepted: payments@baturyn.ca - please specify name, membership number and product type) More details regarding our vendors and possible concession will be coming!

****All guidelines from AHS, the City of Edmonton and EFCL will be strictly followed****

Baturyn Ice Rinks

We will be flooding our boarded rink again this year and are still looking for rink time volunteer supervisors so that the rink can be opened and accessible to the community. Please contact rinkmanager@baturyn.ca if you're interested.

The basketball snowbank rink in Baturyn Park will also be prepared and we are seeking approval for an additional snowbank rink in Chambery but this has not been confirmed at time of printing.

New Playground Development

Baturyn Park Playground is almost done but for the safety of all, PLEASE stay off the equipment until the fence is removed. We are awaiting information from the City of Edmonton as to the opening date.

Baturyn's Neighbourhood Renewal

Baturyn has been chosen for neighbourhood renewal through the City of Edmonton's Neighbourhood Renewal Program. Planning and design is currently underway with construction anticipated to start in 2023. Stay tuned for more engagement opportunities and please subscribe to our Baturyn mailing list on the project's website: edmonton.ca/BuildingBaturyn

New beginnings and new opportunities in Ward 72

Edmonton Catholic Schools Trustee Sandra Palazzo

Welcome to the 2021-2022 school year! With a new school year upon us, I wish to extend a heartfelt welcome to new and returning students, families and staff. The Edmonton Catholic School Division (ECSD) theme for this year is "God Calls Us Each By Name". At its core the theme is a message that instills our schools with a renewed sense of hope as we return to school this year.

The Division has created a Back to School Plan designed to support our schools in reducing the risk of transmission of illness through the community, and maintaining a safe and healthy environment for our students and staff. With our provincial government having allocated funds to address the gaps in literacy that have arisen due to the instability that arose last year, as we pivoted between in-person and remote learning, the Division is in the process of ensuring this initiative is supported in our schools.

At our September Public Board Meeting we were proud to share high stakeholder satisfaction results in both the ECSD Assurance Survey Results and Alberta Education Assurance. These amazing results given the many challenges and adversity our students may have faced during the pandemic affirms the needs of our students were addressed and nurtured and further validates the outstanding dedication and commitment of our staff along with the great efforts of all our students, parents, guardians and families.

Another beautiful testament of Edmonton Catholic Schools is our Social Justice Project 2021 which speaks volumes about our kind and caring staff who continue to carry out acts of social justice in their response to God's Call to Serve our community with compassion and love.

With the invitation from our provincial government to expand the School Vaccination COVID -19 clinics in our schools with students over the age of 12, ECSD is pleased to assist any students with parental consent, staff, and families to receive vaccines beginning the week of September 7. This will remove barriers to vaccine access and are a major support to keeping our schools safe and healthy for all.

We are further pleased to announce that our Genesis Catholic Online School for elementary and junior high students choosing an online environment is officially open to serve the families of Edmonton Catholic Schools. Our opening enrolment was 1,183 students.

The ECSD Division Plan for Continuous Growth 2020-2023 was prepared under the direction of the Board of Trustees in accordance with the responsibilities under the Education Act and the Fiscal Planning and Transparency Act. This plan was developed in the context of



Help keep our neighbourhoods safe!

Report all suspicious activity to EPS. Write down any many identifying details as possible – such as car make & license plate, what a person is wearing – to include in your report.

the provincial government's business and fiscal plans. The Board has used its performance results to develop the plan and is committed to implementing the strategies contained within the plan to improve student learning and results. Our work for this year is directed by our four priorities: Growing in Faith, Student Success, An Excellent Place to Work and Learn, and Building our Future Together. More details can be accessed at Division Plan for Continuous Growth.

The Government of Canada has proclaimed September 30th as the National Day for Truth and Reconciliation. The day serves to honour survivors of residential schools, their families, and their communities and to commemorate that the tragic and painful history and legacy of residential schools remains a vital component of the reconciliation process. At the June 23, 2021 Public Meeting, the Board of Trustees approved the 2021-2022 school year calendar, adding the new national day on Thursday, September 30th.

Every October 2, National Custodian Day, we take time to recognize the people who diligently

work to ensure our schools and workplaces are clean, spotless and in excellent shape. Custodians are our first line of defense that cause infectious diseases and we are thankful to them for their commitment to ensuring our schools and worksites are healthy, safe and welcoming places. As we begin a new school year, we are full of hope despite the continued uncertainty the pandemic imposes on us. I want to welcome all new and returning principals, administration, teachers, staff, students, and families in Ward 72 and Edmonton Catholic Schools this school year and for being incredible stewards and ambassadors of our Division during these extraordinary times.

I welcome the opportunity to engage with our school communities as I am committed to making decisions that are in the best interests of our students and ensuring the well-being of our Division is at the forefront of all we do!

Article Sponsored by Sandra Palazzo

FIND US ONLINE!

Want to know what's going on in your community? For community announcements and event information see:



www.baturyn.ca



www.facebook.com/BaturynCommunityLeague




[Baturyn_Community_League](https://www.instagram.com/Baturyn_Community_League)




[#BCLYEG](https://twitter.com/BCLYEG)

Crossword Answers (from front page)
1.Cauldron 2.Bat 3.Candle 4.Skull 5.Ghost 6.Candy



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What you need to know about edible cannabis

Edible cannabis products (edibles for short) are products containing cannabinoids that you eat or drink. Cannabinoids are chemical compounds found in cannabis that can affect your mind and body when consumed.

Safe storage

Edibles are deceiving as they may appear to look like everyday food items such as baked goods or candy. It is important to keep edible cannabis out of reach from children, animals, and anyone who should not have access to the products. Ensure that your edibles are:

- Properly labelled.
- Stored in child-resistant containers and resealed after use.
- Stored out of sight and reach of children and pets.

Read the label

All edibles are not made the same. It is important to read the label and ingredients. Make sure you:

- Read the instructions for use.
- Understand the amount of THC and CBD that each edible contains.
- Check the expiry dates.
- Check the ingredients to prevent allergic reactions.
- Be patient. Wait to feel the effects before taking more.

Understand the differences between inhaling and ingesting cannabis

If you consume cannabis, you will notice it affects you differently than smoking or vaping cannabis products. It is important to understand that:

- Your body requires a longer amount of time to absorb the THC from edibles compared to inhaling cannabis.
- The effects of cannabis last longer when ingesting edibles and may last 12 to 24 hours after consuming.
- Edibles can be more intense than smoking or vaping cannabis.
- Seek medical attention or contact Poison and Drug Information Service (PADIS) if you are not feeling well or if you consumed too much cannabis.
- The effects of consuming cannabis do not kick in immediately. Usually, the effects begin after 30 minutes to two hours after consumption and peak around four hours. When vaping or smoking cannabis, the effects usually kick in within a few seconds or minutes and will peak around 30 minutes.

- Avoid using cannabis daily and consume



products with lower levels of THC as overconsumption can affect your physical and mental health.

- Do not drive or operate heavy equipment after using cannabis.

Do not mix alcohol or other substances with cannabis

Consuming other substances or alcohol with cannabis can be dangerous because it increases the effects of cannabis. Mixing substances can cause serious health issues. Remember to:

- Choose between alcohol or cannabis, but not both.
- Do not mix other substances with cannabis such as nicotine or other drugs.
- Speak with a healthcare practitioner if you are using prescription medications and are planning on using cannabis.

Poison & Drug Information Service (PADIS) offers free and confidential telephone advice 24 hours a day, seven days a week to the public and healthcare professionals about poisons, chemicals, medicines, and herbal supplements. Call 1-800-332-1414. If it is an emergency, call 911 or go to the nearest emergency department.

If you are concerned about your own or someone else's use of cannabis, alcohol, or another drug, call Health Link toll-free at 811 or the Addiction Helpline at 1-866-332-2322. Help is available 24 hours a day, seven days a week.

Look both ways before crossing LRT tracks



It's Rail Safety Week in Edmonton! The City reminds people about the importance of always being safe around trains, tracks and rail crossings.

This year's campaign focuses on using designated rail crossings only, and looking both ways before safely crossing LRT tracks at designated rail crossings. LRT trains operate on two sets of tracks, so it's important to look both ways before crossing each one. Warning bells and lights are there to warn you, not protect you. Until they turn off, the safest place to be is behind crossing arms and gates. Just because a train clears one set of tracks, it does

not mean a second train isn't coming from the other direction on the other set of tracks.

The campaign also encourages transit riders to always walk their bike, scooter, skateboard, etc. on LRT platforms out of consideration for others when a train is approaching or stopped at a station.

Crossing and trespassing incidents are preventable. With increased LRT frequency this fall, another train is just minutes away. If you need to make a connection, consider giving yourself more time by leaving a little sooner.

For more information:
edmonton.ca/SafeRide

Run for the cure

This year marks three decades that the CIBC Run for the Cure has united and inspired people across the country to help make a difference for those affected by breast cancer.

We've made lots of progress, but we're not done yet. Every day, more than 75 people are diagnosed with breast cancer in Canada. By joining the CIBC Run for the Cure on October 3rd, 2021, you can help ensure no Canadian has to face breast cancer alone.

Once again, we've transformed Run Day into a one-of-a-kind experience with both physical and virtual components. These include a refreshed app and avatar, a live-streamed opening ceremony and a celebration kit for fundraisers who will run or walk in their own neighbourhoods.

Join us and run or walk your way on October 3. Register or donate at cibcrun-forthecure.com.

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COVID-19 Vaccine and Pregnancy

Is the COVID-19 vaccine safe during pregnancy?

- The COVID-19 vaccine is safe for pregnant individuals and their babies.
- It is much safer to get the vaccine than to get COVID-19 disease.
- You can get the vaccine at any time (any trimester) during pregnancy.
- The mRNA vaccines are the safest type of COVID-19 vaccine to get during your pregnancy.
- The COVID-19 vaccine is also safe, and recommended, for those who are trying to get pregnant.
- The National Advisory Committee on Immunization and the Society of Obstetricians and Gynecologists of Canada recommend that those who are pregnant get a complete series of vaccine.

What are the benefits of getting the COVID-19 vaccine?

- The vaccine prevents illness and lowers your chance of becoming seriously ill from COVID-19.
- Vaccines also lower your chance of you having complications of severe illness, which could result in delivering your baby prematurely if you become very sick.
- Immunization can reduce the spread of the virus to others, including your baby.

Does the vaccine protect my baby from COVID-19?

- Vaccines make your immune system stronger by building antibodies to help prevent disease.
- Vaccination allows immunity to be passed from mother to infant, helping to protect your baby for the first few months of life.

What are the risks of being infected with COVID-19 if I'm pregnant?

- If you're pregnant and have COVID-19:
 - o You're at higher risk of being admitted to hospital and developing complications that need intensive care.
 - o You're more likely to have a premature birth and this may put your baby's health at risk.
- Serious complications related to COVID-19 are more common if you're pregnant than if you're not pregnant (for individuals of child bearing age).

Does the vaccine cause fertility problems?


- There is no evidence that COVID-19 vaccines cause fertility problems.
- Studies evaluating male and female fertility metrics after COVID-19 vaccines have not identified any harms to reproductive health.

What's right for you?


- Different people have different feelings and concerns about COVID-19 immunization, and that's OK. But we should all have the same information and support each other to learn more.
- Review current evidence in order to make the best and most informed decision about your health and the health of your baby.
- Speak with your healthcare provider if you have questions or concerns. In consultation with them, you can determine if the benefits of immunization outweigh potential risks based on your health and circumstances.

Getting the vaccine

- Book your immunization appointment at an AHS clinic or participating pharmacy at <https://bookvaccine.alberta.ca/vaccine/s/>, at a walk-in, a doctor's office, or call Health Link at 811.
- Learn more at ahs.ca/vaccinepregnancy



Alberta Health Services



Emergency Medical Services

Halloween Safety

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

Trick-or-Treaters

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

Parents

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

Costumes

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

www.albertahealthservices.ca

There is no health without mental health

As the pandemic continues to impact the health of many around the world, Alberta Health Services wants to remind Albertans to take care of their physical health and their mental health as we celebrate Mental Illness Awareness Week Oct. 3 to 9 and World Mental Health Day, Oct. 10.

By the age of 40, about 50 per cent of Canadians will have or has had a mental illness. Remember, if you are struggling you are not alone. There are supports in place to help you.

Many things can help improve a person's mental health.

Building a healthy routine, limiting social media use, and learning to manage worries as well as mindfulness and other coping skills all can have a positive impact.

Create a healthy routine that can include physical activities such as a walk around the neighbourhood and a regular sleep schedule, as well as self-care strategies such as mindfulness or meditation. Connecting with others can have a positive impact on a person's mental health.

Resources and supports, such as Text4Hope and Togetherall, are available to help you or someone you know.

Go to www.albertahealthservices.ca/helpin-toughtimes.

You may also wish to talk about your concerns with your partner, your family health-care provider or someone else you trust.

Or call the Mental Health Helpline toll-free at 1-887-303-2642, 24 hours a day, seven days a week.



Caernarvon 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	
Bingo	Lynne Hellyer	
Casino	D'Arcy Sommer	casino@caernarvon.ca
CDRS	Danny Burrell	
	Jennifer Schell	
Communications	Rochelle Harasimov	
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	Sid Sadik	programs@caernarvon.ca
Signs	Kody Overacker Alanna Niehaus	
Hall Rental Director	Danny Burrell	rentals@caernarvon.ca
Membership	Amanda Meyers	membership@caernarvon.ca

Caernarvon Post Secondary Scholarships

Caernarvon Community League is thrilled to announce the winners of this year's Post Secondary Scholarships: Rebecca Chorney and Tombe Andrea-Santos. Both recipients are terrific community members and we wish them well in their future academic endeavours!

Community Garden at Caernarvon

We didn't have a lot of uptake for our first ever Community Garden, but we are hoping to do it again next year! Please connect with us on Facebook or visit our website often to see what new community initiatives we are doing.

Hall Rentals

Caernarvon Community League is accepting Hall Rental requests again! Please note that all renters are required to participate in the Restriction Exemption Program and all attendees over twelve years of age must be vaccinated. Here are the rental rates.

Calling all crafters!

Looking for a place to sell your crafts this fall? Two Sisters' first annual craft sale would love to have you as one of its vendors.

Where? 16220-103st (Lorelei/Beaumaris Community League). When? November 13th (hours 10:00am - 4:00pm). How much for a table? \$50.00

Please contact us to reserve a table. Deby at deby_a@yahoo.com or Carol at cpacula@telus.net

Refundable damage deposit required at time of booking	Main Hall \$500	Boardroom \$50
Monday-Thursday Hourly (under 4 hours) Daily	\$35/hr \$300	\$25/hr \$100
Friday Evening 5pm-3am	\$400	\$100
Saturday 10am-3am	\$450	\$100
Sunday & Statutory Holidays 12 (noon)-11pm	\$300	\$100
Friday Evening & Saturday 5pm Friday-3am Sunday	\$550	\$150
Saturday & Sunday 10am Saturday-11pm Sunday	\$550	\$150
All Weekend - Friday through Sunday 5pm Friday-11pm Sunday	\$650	\$250
BBQ Rental	\$50	\$50
Popcorn Machine	\$50	\$50
Dishes	\$50	\$50

Baturyn Neighbourhood Renewal

Shape the future of Baturyn

NOV 2021

Community Feedback on Draft Design

Online from **November 5 - 21, 2021**
edmonton.ca/BuildingBaturyn

Starting in 2023, Baturyn will see the replacement of its aging roadways and alleys, street lights and sidewalks as part of the City of Edmonton's Building Great Neighbourhoods program for mature neighbourhoods.

Thank you to those of you who have shared your ideas and feedback with us over the past year. We have reviewed and explored potential options and considered your feedback for changes and improvements in Baturyn.

You are invited to help us **REFINE** the draft design to reflect the Vision and Guiding Principles for **Baturyn's Neighbourhood Renewal**. The design includes the areas of:

- + **Movement** - Driving, Walking, Biking and Rolling
- + **Parks** - Baturyn Park, Carrol and Henry Paszek Park and Harry Farmer Park
- + **Placemaking** - Creating spaces that promote people's health, happiness and well-being in their community

ONLINE Engagement Opportunities

1. Review the Draft Design

- + Watch the draft design *video*
- + Browse the draft design *booklet*, showing the proposed changes to your neighbourhood

2. Complete the Online Survey

- Tell us what you think about the proposed changes in the draft design

3. Questions?

- Submit your questions online through an online form and our project team will respond

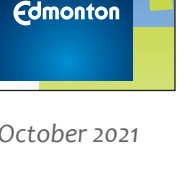
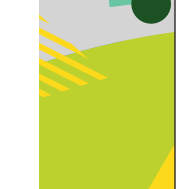
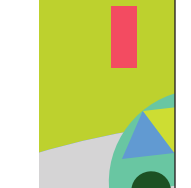
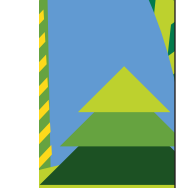
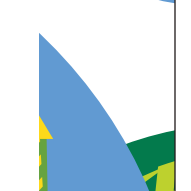
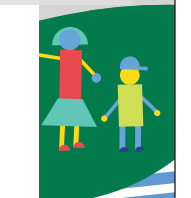
Your feedback will be considered in the development of the Final Design, which will be shared in the spring of 2022.

No Online Access? - Please contact 311 to connect with a project team member to arrange for paper copies to be delivered to you.

For information and to sign up for updates visit edmonton.ca/BuildingBaturyn

SHARE YOUR VOICE
SHAPE OUR CITY

REFINE



Carlisle Community League News



Carlisle Community Executive List

Position	Filled By	Contact
President	Krista Hennigar	780-951-7627
Vice-President	Heather Magnes	780-903-3583
Treasurer/Grants	Myer Valeriano	780-907-1198
Membership	Heather Magnes	780-903-3583
Secretary	Tara Pohl-Gobeil	780-218-3399
Buildings and Grounds	Rob Jarowka	jrrhino79@gmail.com
Volunteer Co-ordinator	Krista Hennigar	780-951-7627
Casino Chairperson	Krista Hennigar	780-951-7627
Soccer Director	Rob Lewis	carlisesoccerdirector@gmail.com
Program Director	Diane Neiman	780-457-6239
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

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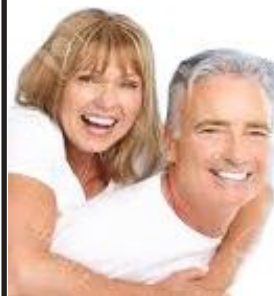
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CARLISLE PROGRAMS

Gymnastics, Yoga and Zumba classes are at full capacity at the moment.

We are taking names for our waiting list.

Please note that we will be following COVID-19 restrictions and guidelines for all our programs.

For all programs, you will require a yearly membership from a community league within Edmonton or you can purchase a yearly membership from Carlisle Community League at a cost of \$25.00. If you have any suggestions or questions about Programs, please call Diane Neiman, Program Director at 780-457-6239.

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Carlisle Membership

Download our FREE APP 'CommuniBee' on your smart device to purchase our membership or contact Heather Magnes - call or text 780-903-3583

Membership benefits include:

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

League rink.

- University of Alberta (Software Education, large format printing, bookstore)
- Discounts at Acclaimed Heating & Cooling, Cloverdale Paint, House of Wheels, Orbis Sports, Urban Poles, Yardley (snow removal)

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



Lorelei-Beaumaris Community League News

Edmonton Election official candidate list now available



The official candidate list for the 2021 Edmonton Election was published today on edmonton.ca/forvoters. The nomination period ended on September 20 and a total of 133 candidates are running:

11 Mayoral candidates

74 City Councillor candidates

8 Edmonton Catholic School Board Trustee candidates (including six acclamations)

40 Edmonton Public School Board Trustee candidates

The following Edmonton Catholic School Board Trustee candidates have acclaimed their positions since no other candidates in their

ward filed nomination papers.

Terence (Terry) Harris, Ward 71

Sandra Palazzo, Ward 72

Carla Smiley, Ward 73

Debbie Engel, Ward 74

Alene Mutala, Ward 75

Lisa Turchansky, Ward 76

All eligible voters can cast their ballot for Mayor, Councillor and School Board Trustee as well as their ballot for the senate election and referendum vote during Advance Voting from October 4 to 13 or on Election Day on October 18. Voters can find their voting station for both voting opportunities at edmonton.ca/wheretovote.

K9 Marshal joins the Edmonton Fire Rescue family

Edmonton Fire Rescue Services (EFRS) welcomes its newest recruit to the Fire Investigations team, K9 Marshal.

Marshal, a 21-month-old Belgian Malinois, is a fully trained Accelerant Detection Canine who received his initial training from Alberta K9.

"Marshal is a great asset to our Fire Investigations team," said Canine Handler Captain Ian Smith, with EFRS. "He has unique scent abilities to help us detect accelerants at structure fires and is trained to detect the presence of 12 ignitable liquids."

Marshal and Ian became a Certified Accelerant Detection Canine Team in July. This certification is valid for one calendar year and must be renewed annually.

"To become certified, an Accelerant Detection Canine Team must complete five tests including: Pinpoint Accuracy, Open Area Search, Building Search, Clothing Search and Scent Discrimination," said Kelsey Boettcher with Alberta K9.

K9 Marshal is EFRS' first food reward canine and as such, must follow a strict regime during his working hours. This means that no one except his handler, Ian, can give him food or treats.

If members of the public see K9 Marshal on duty, they are encouraged not to pet or feed him; however, they can still take photos and wave.

For more information:
edmonton.ca/boards



Hall Rentals

Lorelei-Beaumaris Community League has the largest Hall facility in Castle Downs.

- Hall dimensions are approximately 60 ft x 52 ft (bar to wall)

- Accommodation for 448 guests (non-fixed seats), 354 (non-fixed tables & seats), 280 (dining and beverage).

- Air conditioned, pot lighting, coatroom, wheelchair accessible washrooms

- Raised stage setting (stage dimensions 13 ft x 20 ft wide)

- Stage risers for the floor area (Risers consist of 5 units (ea 4' x 8') for a total raised floor stage setting of 20' x 8', grey carpeted & black skirting - \$100 with main hall rental)

- Black Lectern (podium)

- 30 - 5ft round tables, 40 - 6ft rectangular tables 2 - 3ft accent tables

- Full, commercial kitchen with natural gas stove & ovens

- Spacious wet-bar area with bar-fridge and ice machine

- Large BBQ available (cooks up to 65 burgers or 126 hotdogs all at once)

- Multimedia system available for power-point, slideshows, videos, etc...

- We do not have linens or chair covers. Event rental companies will be able to assist you with these items.

NEW HALL RENTAL RATES:

- \$1000 - full weekend: Friday, Saturday, Sunday

(Note: Sept - May full weekend bookings must be made at least 8 weeks in advance)

- \$400 - Friday, \$600 - Saturday

- \$350 - Sunday

- \$50 - extended hourly rate / week day hourly rate

- Sound System INCLUDED into all rentals

- \$35 - music (if recorded music of any sort is played - Socan & Resound tariff)

- \$100 - 20'x8' floor level stage risers (carpeted and skirted)

- \$100 - Large BBQ (cooks up to 65 burgers or 126 hot dogs at once)

- \$50 - dishes rental (plates, cutlery, glassware, limited small wares)

- Deposits: for single day or hourly rentals - \$500; for full weekend rental - \$750

All Rates include GST

* Discounts may be available to LBCL Members who are booking for their use. Please talk to the hall manager for more information.

Feel free to call Maria 780-686-4415 for questions regarding hall rentals or to make an appointment to view the hall. Leave a detailed message or email hallrentals@lbcl.ca for more information.

For more photos of our hall please visit our website at www.lbcl.ca or our Facebook page at <https://www.facebook.com/loreleibeumaris>

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Taking smart risks



Risks are a part of life.

Taking smart risks means knowing an activity's risks and then managing those risks to prevent injuries. The smart risk approach includes six steps:

Look first

Think ahead and know the risks. You can only choose to take a smart risk if you know what the risks are. Prepare and plan before the activity so you can make smart choices.

Before you do an activity like cross the street, ski down a hill, or climb a ladder, understand the risks and know how to manage them.

Wear the gear

Use protective equipment, like helmets and elbow and knee pads. Wear the right clothing and gear such as safety glasses. Wearing the right gear lowers the risk of an injury at home, work, or play.

It's also important that you wear or use the right size of gear for your body. No matter what you're doing—riding a bike, using tools, or going for a walk—wear the right gear.

Get trained

Training and practice help you learn how to do an activity and get better at it. This helps to lower your risk of an injury.

Training includes job safety training, ski lessons, and driver education.

Buckle up

Wear a seat belt (a type of safety buckle) when you're in a vehicle, no matter how short the trip is. Seat belts and child safety seats save lives and stop injuries from happening.

Safety buckles aren't just for using in cars. Make sure to use the safety buckle on your helmet and life jacket too. Buckle up every time.

Stay sober and avoid distractions

Staying sober means no alcohol or drugs in your body. Staying sober allows you to be in full control of your mind and body while doing an activity or driving any type of vehicle, such as a car, truck, boat, all-terrain vehicle (ATV), or snowmobile.

To lower the risk of an injury or accident when you drive, it's also important that you're not tired or distracted, for example, by your cell phone or other people in your vehicle).

Remember that children under 16 should not drive a snowmobile or any size of ATV.

Get help

Find support when you or someone you know needs help or support. It can be hard to deal with issues and challenges in your life when you face them alone. It's OK to ask for help. Ask your family healthcare provider for help or call Health Link at 811 to speak with a registered nurse.

Coping with stress

Summer and early fall are times when people get out and enjoy the nice weather and warm sun.

However, it's not that way for everyone. This time of year can be very stressful on many, especially agricultural producers who may be struggling with harsh weather conditions, including drought.

Stress can be overwhelming, but understanding what you can do to help reduce stress is important.

Simple steps can make a big difference.

Here are some positive ways to help you reduce your stress:

Start by talking to someone you trust — your spouse, a family member or close friend.

Get enough sleep.

Find an exercise or activity that

helps you relax.

Eat healthy foods.

Reduce consumption of alcohol and/or drugs.

Take up a hobby such as gardening or making home repairs.

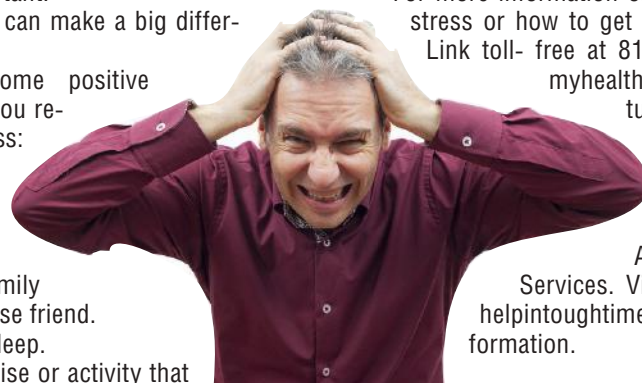
Practice deep breathing, meditation, or muscle relaxation.

Listen to music.

Seek counselling if you continue to struggle.

For more information on how to reduce stress or how to get help, call Health Link toll-free at 811 or visit www.myhealth.ab.ca.

Free virtual courses such as Transform Your Stress are also available through Alberta Health Services. Visit www.ahs.ca/helpintoughtimes for more information.





Find us on the App

Do you know that you find COCL Community on CommuniBee app? Join Cumberland Oxford Community League on CommuniBee app for MEMBERSHIP PURCHASE, most up-to-date information, get notification for upcoming events, important news and much more.

COCL Membership (Individual & Family) for 2020/2021 can be purchased ONLY on CommuniBee app

<https://communiBee.ca/>

Summer Programs!

Community League is working on some summer programs for you. Follow COCL on facebook page for all updates and upcoming events during this summer.

Come join the conversation

Join our Private Chat group where neighbours can connect, share ideas and etc. (This is a closed group for residents of neighbourhoods of Cumberland, Oxford, Carlton, Hudson, Skyview, North Oaks and Albany). www.facebook.com/groups/coclneighbourhood/

Forests planted by Edmontonians for Edmontonians



Root for Trees is safely returning in 2021, inviting volunteers of all ages to take part in expanding the beauty of Edmonton's urban forest by planting 45,000 trees and shrubs each year.

"The City of Edmonton is proud to have adapted volunteer programs, such as Root for Trees, to be able to operate safely during the pandemic," said Lydia Fialka, Community Greening Coordinator. "As our planting teams are following all COVID-19 safety precautions we encourage everyone to sign up and learn about Edmonton's urban forest."

Root for Trees aims to increase tree planting in Edmonton through continued partnerships with corporations, residents and community groups. Volunteers will not only participate through planting, but will learn more about naturalization and the benefits to our city.

Public registration for this year's Root for Trees program is open and residents of all ages are invited to participate. Bookings can be made through a submission form at edmonton.ca/rootfortrees.

To ensure greater resiliency and sustainability in a changing climate, Edmonton continues to expand and preserve our extensive urban forest with a goal of planting two million trees in the coming years.

We are always looking for Volunteers

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

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."

Haunted Forest is coming back to our community!!!

We are looking for Volunteers who can help us to set up and run this year's Haunted Forest event. If you are interested in volunteering, please send an email to Carol at carolc11@shaw.ca

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/

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

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Hall Rentals

If you are looking for a site to host your next big event, give the Caernarvon Community Hall a try! It is wheelchair accessible, and we are one of the only halls in the city that cleans up after your event.

The Hall includes a coat room, raised stage with sound system, full kitchen with brand-new Commercial gas stove and two ovens, wet bar, glass door refrigerators, plenty of kitchen prep space, choice of round and rectangular tables.

Seating Capacity

250 guests for Theatre-style seating

220 guests seated at tables, no dance floor

185 guests seated at tables with a dance floor

Hall Rental Rates

Hourly (Mon-Thurs):

Boardroom \$20, Hall \$35

Daily Sun-Thursday: Hall \$300

Weekend Rates

\$650: Fri-Sun

\$550: Friday and Saturday

\$550: Saturday and Sunday

\$450: Saturday only

\$400: Friday only

Add-Ons

Large BBQ \$50, Popcorn machine \$50, Dishes Rental \$100 (plates, cutlery, glassware, some small wares)

Damage Deposits

Daily Rental: \$1000, Hourly Rental: \$250

Please contact our Hall Rental Representative Lynne Hellyer at 780-456-3435 (call or text) or rentals@caernarvon.ca if you have questions or would like an appointment to view the facilities.



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Dunluce Community League News

DUNLUCE EXECUTIVE

PRESIDENT	Keoma McMurren	780-457-9101
VICE PRESIDENT	Mark Gross	780-456-5700
TREASURER	Loretta Wonitoy	780-457-9101
SECRETARY	Lorna Melnyk	780-456-4596
PAST PRESIDENT	Nadine Meads	780-982-6260
CDRS REP	Loretta Wonitoy Stephanie Chorney	780-457-9101 780-935-9114
VARIETY SHOW	Denyse Ward Sabrina Jackson	587-983-9401 780-232-1925
CASINO	Maureen Ewart Mark Gross	780-457-0708 780-456-5700
MEMBERSHIP	Christina Fletcher	780-484-3051
PUBLICITY	Bev Gross	780-456-5700
SOCIAL	Lorna Melnyk	780-456-4596
BINGO DIRECTOR	Amanda Wentzell	780-977-7923
SOCCER	Dana Trendall	780-504-0701
SOFTBALL	Loretta Wonitoy	780-457-9101
PROGRAMS	Registrar	780-914-1775
WAYS & MEANS	Lisa Love	
SOCCER EQUIP.	Arlene Pettifer	780-456-3978
BUILDING & ASSETS	Al Chapman	780-456-9292
PLAYSCHOOL	Registrar	780-499-0232
COMMUNITY	Rochelle	
SERVICES	Diederichs	
HALL RENTALS	Al Chapman	780-457-4342

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

DUNLUCE PRESCHOOL FALL 2021

Dunluce Preschool is pleased to offer two different morning classes throughout the 2021-2022 school year in a safe and fun environment. Registration is NOW OPEN.

Classes run from mid-September to the end of the 1st week of June.

We made slight changes to our traditional parent-supported preschool program to en-

sure our little ones and teachers stay healthy during this time.

For more information, questions and registration packages, visit our website at: <https://dunlucepreschool.com> or contact us directly at dunlucepreschool@hotmail.com

Sincerely,
Dunluce Preschool Executive Team

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:

December 18th 2021,
January 11th & February 25th 2022

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)



DUNLUCE COMMUNITY LEAGUE 2021 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

NOVEMBER ADULT SIGN NIGHT

Saturday, November 20

afternoon class 1:30 pm max 30 people

evening class 7:00pm max 30 people

COST: \$25/CL Members, \$35 Non Members

4 background choices
numerous welcome/hello font choices



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Registration and Payment

Visit: www.dunlucecl.ca

Registration is not complete until payment is received

Proof of Vaccination will be required.

Registration Deadline: Nov. 1, 2021



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Keltie Marshall

Edmonton Public School Board Ward B

Will work to:

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- ✓ Get school funding restored
- ✓ Lower class sizes
- ✓ Improve early intervention
- ✓ Ensure equity for all kids



 keltiemarshall.com

 [@KeltieMarshall](https://www.facebook.com/KeltieMarshall)

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THEN THERE'S THE WAY FORWARD.



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