

# CASTLE NEWS

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

& Dunluce

August/September 2024



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## A message from CDRS

June 8 we lost long time Castle Downs volunteer, Ted Grand. Ted was a committed community volunteer, with a passion to improve life for the people of Castle Downs.

Ted started volunteering with Lorelei Beaumaris community league, eventually holding the office of President.

He then went on to Baturyn community League, and was the project manager for the building of Baturyn Community Hall. Ted volunteered for years with the Castle Downs Variety show, was one of the founding members of CDRS International and served as president of the Castle Downs Recreation Society (CDRS). He was instrumental in securing much needed funding to bring the YMCA into Castle Downs and played a key role in building of the Castle Downs District Park Phase one and two. Ted, you always found a way to make great things happen,

and for people of all ages to enjoy. Thank you for your incredible volunteer time to make Castle Downs great.

Our thoughts are with Ted's family and friends. The current Park Development Committee will continue this work and finalize Phase 3. Please see our web site for proposed ideas.

As you know Canada day celebrations did not happen in the Castle downs Park. The CDRS is looking for outside community partners to plan this event. Please contact us. [Castledowns.ca](http://Castledowns.ca).

Construction is fast and furious for the new High School!! Neighbourhood Renewal continues through out Dunluce and Baturyn. The new Park in Baturyn is having warranty work completed. And a new pocket park is under construction in Canossa. Have a safe summer! The Board of CDRS

## Community League Day

As organizations, Edmonton's Community Leagues aren't really ones to draw attention to themselves. Leagues and the people who run them are all about supporting others. Whether it's maintaining the neighbourhood rink that welcomes everyone with a pair of skates — and has some you can borrow if you need — or giving local greenthumbs a place to swap seeds and stories, Leagues are fulfilling their highest purpose when they're allowing people to reach higher, see further, and do more than they would alone.

So it shouldn't be any surprise that Community League Day, which takes place this year on September 21, is less about patting on the back and more about shaking hands and seeing new faces. Though the parties themselves are as diverse as the people that plan them and the neighbourhoods they take place in, every celebration is ultimately about the one thing that's at the heart of everything a Community League does: bringing people together.

"We always have some amazing and creative people at our Leagues who come up with ways to get their community engaged, but whether it's a sports tournament or celebrating a hall renovation or just eating together, it's the conversations that happen in between everything that really make the day worthwhile," explains Edmonton Federation of Community Leagues (EFCL) Executive Director Laura Cunningham-Shpeley. As the umbrella organization for Edmonton's 163 Community Leagues, the EFCL helps support the dozens of parties that take place on Community League Day. "Neighbours make neighbourhoods, and making good neighbours so often starts with just getting out in the community and having a great experience together."

Though the Community League movement has more than a century of history in Edmonton, the idea of setting aside a day just to celebrate the work of Leagues is a relatively recent invention — albeit one inspired by that history. Organizing city-wide events has almost always been a function



of the EFCL: beginning with amateur sports tournaments in the 1930s, it extended everywhere from beauty pageants, to soap box races and even Community League parades in the heydays of the 1950s and '60s. Over the years, though, much of that had fallen by the wayside, either because the events grew enough to be taken over by dedicated organizations or, as some at the time argued, the community spirit just wasn't what it used to be.

Enter Community League Day in 2006. Combining the best of the neighbourhood-driven ethos that has made Leagues such an integral part of their communities with Edmonton's well-known love of a city-wide celebration, the Day was designed to remind us that even when we're in different corners of the city, ultimately we're all still in this together. As it's grown into a staple of the city calendar — and the most important membership drive for Leagues city-wide — it's become proof that coming together never really goes out of style.

"We have had mayors come out of the Community League movement, councillors, MLAs and a whole lot of community builders of all stripes, and they all started that journey just by getting to know the people who lived in their community," says Cunningham-Shpeley. "There's so much we can accomplish just by meeting each other and having some fun together."

You can find out what your League has planned for Community League Day by visiting the EFCL's website at [efcl.org/community-league-day/](http://efcl.org/community-league-day/).

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the  
Right  
Call



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## 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](mailto:president@baturyn.ca) to inquire about vacancies and opportunities.

Position	Name	Email
President	Tricia Stettner	<a href="mailto:president@baturyn.ca">president@baturyn.ca</a>
Vice President	Darko Brkin	<a href="mailto:vicepresident@baturyn.ca">vicepresident@baturyn.ca</a>
Treasurer	Paul Petersen	<a href="mailto:treasurer@baturyn.ca">treasurer@baturyn.ca</a>
Secretary	Laura Bots	<a href="mailto:secretary@baturyn.ca">secretary@baturyn.ca</a>
Castle Downs Rec. Society Rep.	Vacant	<a href="mailto:CDRS_1@baturyn.ca">CDRS_1@baturyn.ca</a>
Castle Downs Rec. Society Rep.	Vacant	<a href="mailto:CDRS_2@baturyn.ca">CDRS_2@baturyn.ca</a>
Communications Director	Chelsey Sarfinchan	<a href="mailto:communications@baturyn.ca">communications@baturyn.ca</a>
Communications Assistant	Vacant	
Facilities Director	Earl Archer	<a href="mailto:facilities@baturyn.ca">facilities@baturyn.ca</a>
Membership Director	Claudia Gonzalez	<a href="mailto:membership@baturyn.ca">membership@baturyn.ca</a>
Playschool Director	Janine Dale	<a href="mailto:playschool@baturyn.ca">playschool@baturyn.ca</a>
Programs Director	Angela Ferguson	<a href="mailto:programs@baturyn.ca">programs@baturyn.ca</a>
Soccer Director	Candice Bevan	<a href="mailto:soccer@baturyn.ca">soccer@baturyn.ca</a>
Social Director	Erin Atwell	<a href="mailto:social@baturyn.ca">social@baturyn.ca</a>
Volunteer Director	Vacant	<a href="mailto:volunteers@baturyn.ca">volunteers@baturyn.ca</a>

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

## All about low blood pressure

Blood pressure is a measure of how hard blood pushes against the walls of your arteries as it moves through your body. Low blood pressure means that your blood pressure is lower than normal. It's also called hypotension.

In healthy adults, low blood pressure may not cause problems or symptoms. In fact, it may be normal for you. But if your blood pressure drops suddenly or causes symptoms like dizziness or fainting, it is too low.

In general, low blood pressure symptoms happen when blood pressure is less than 90/60.

### The causes of low blood pressure

Often people learn that they have low blood pressure when their doctor checks it. Or you may find that you have low blood pressure when you check it at home. To check for the causes of your low blood pressure, your doctor will ask about your past health, your symptoms, and the medicines you take. You will have a physical exam, and other tests may be done. Your doctor may check for another health problem that could

be causing your low blood pressure.

Some causes of low blood pressure include:

- Getting up quickly after you sit or lie down. This can cause a quick drop in blood pressure called orthostatic hypotension.
- Standing for a long time.
- Not drinking enough fluids (dehydration).
- Medicines. Examples are high blood pressure medicine or other heart medicines.
- Health problems. Examples are thyroid disease, severe infection, and neuropathy.
- Trauma. Examples are major bleeding and bad burns.

### Symptoms of low blood pressure

Many people with low blood pressure don't have any symptoms. Symptoms to watch for include:

- Feeling dizzy, light-headed, or faint.
- Feeling sick to your stomach or vomiting.

If you have symptoms of low blood pressure, especially dizziness or fainting, call your doctor. Watch for symptoms of low blood pressure. Tell your doctor when the symptoms happen so they can be treated.

## Baturyn Community League

Proudly supporting the communities of Baturyn, Elsinore/Chambery (Castlebrook), Canossa (Castlewood), & Rapperswill (Newcastle)

Website: [Baturyn.ca](http://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](http://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](http://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](http://EFCL.org) or your local Servus Credit Union.**  
**Your membership fees help support the delivery of various community programs and events.**



## “MEAT” AND GREET END OF SUMMER BBQ

**DATE:** Saturday, August 24<sup>th</sup>

**TIME:** 11:30 am-1:30 pm

**LOCATION:** Giroux Crossing Shopping Centre  
Parking Lot  
5 Giroux Road, St. Albert



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20 PERRON STREET, SUITE 220  
ST. ALBERT, ALBERTA T8N 1E4  
[MICHAEL.COOPER@PARL.GC.CA](mailto:MICHAEL.COOPER@PARL.GC.CA)  
[MICHAELCOOPERMP.CA](http://MICHAELCOOPERMP.CA) • 780-459-0809



Caernarvon Community League Executive		
14830 - 118 Street NW, Edmonton AB		
Phone or Text (780) 456-3435		
President	Jennifer Schell	<a href="mailto:president@caernarvon.ca">president@caernarvon.ca</a>
Vice President	Jason Desnoyers	
Treasurer	Teena Burrell	<a href="mailto:treasurer@caernarvon.ca">treasurer@caernarvon.ca</a>
Secretary	Kati Hutt	
Casino	D'Arcy Sommer	<a href="mailto:casino@caernarvon.ca">casino@caernarvon.ca</a>
CDRS	Danny Burrell	
	Jennifer Schell	
Communications	Sid Sadik	
Equipment	D'Arcy Sommer	
	Giovanni Borrelli	
	Sandy Reda	
Hall Maintenance	Ahmet Kaplan	
Soccer	Jason Desnoyers	<a href="mailto:soccer@caernarvon.ca">soccer@caernarvon.ca</a>
Social	Kati Hutt	<a href="mailto:social@caernarvon.ca">social@caernarvon.ca</a>
Programs	Lynne Hellyer	<a href="mailto:programs@caernarvon.ca">programs@caernarvon.ca</a>
Signs	Matt Charrois	
Hall Rental Director	Danny Burrell	<a href="mailto:rentals@caernarvon.ca">rentals@caernarvon.ca</a>
Membership	Amanda Meyers	<a href="mailto:membership@caernarvon.ca">membership@caernarvon.ca</a>

## 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](http://www.castledownsdentalcentre.com)

780-456-2990

11816-145 Ave

***New Patients Welcome.  
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At Castledowns Dental Centre, We are more than glad to offer you the following services:

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- White Fillings
- Wisdom Tooth Extractions
- Partial Dentures
- Dental Implants
- Sedation
- Crown & Bridges
- Veneers
- In office Zoom Teeth Whitening

Dental Centre Hours

Monday to Friday 8 am to 5 pm  
Saturdays 9 am to 4 pm

We are closed on Sunday & Public Holidays

We Accept:

## Vending machines and healthy food choices

From going to work, attending school, or running errands, having a busy schedule can lead to eating more meals and snacks away from home. Foods eaten out of the house may include homemade dishes and snacks brought from home, or foods purchased from places like vending machines, convenience stores, cafes, and restaurants.

Often many of the foods prepared in restaurants and cafes or packaged foods like those found in vending machines contain higher amounts of salt (sodium), fat (saturated), and added sugars. Consuming these types of foods frequently and in large amounts may increase your risk of developing health conditions such as hypertension (high blood pressure), Type 2 Diabetes and heart disease.

Planning ahead and being prepared for the days when you know you will be eating outside of the house can help support a healthy



eating pattern. If you can, bring a packed meal from home and try to have easy and nutritious snacks on hand such as vegetable sticks with hummus or No Bake Trail Mix. For these and other healthy snack recipes, visit [ahs.ca/recipes](http://ahs.ca/recipes) and search 'snacks'.

We know sometimes it is not possible to bring snacks and meals from home. However, it is important to make sure you are eating and staying hydrated throughout the day to keep your body energized. To provide food options for many workplaces, schools, and recreational facilities will have food and beverages available to buy from vending machines or concession stands.

# 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 Moirra Hennigar	780-554-7037 780-616-3898
Social Director	Kara Henebury	780-995-2444
Newsletter/Facebook	Moirra Hennigar	780-616-3898

## Congratulations to our U13 Boys winning Gold in Outdoor Provincials



## Carlisle Programs

New to Carlisle and North Edmonton

### Carlisle Men's Shed

Carlisle Men's Shed is a place where men over 18 can network, share ideas, and discuss men's issues. Home - Men's Sheds Edmonton (mensshedsyeg.ca) Feel free to come check it out and meet the guys.

Carlisle Men's Shed meets Thursdays 7-9pm

starting September 19th.

### YOGA

Wednesdays 6:30pm-7:30 pm starting Oct 2nd for 8 weeks

### ZUMBA

Tuesdays 6:30-7:30 pm starting Oct 1st for 8 weeks

Do you have dance, gymnastics or other experience and want to run a program in Carlisle?

Are you a Senior with a talent or seniors program idea?

Carlisle is looking for new programming.

Do you have any program ideas you want to see in Carlisle?

Carlisle is looking for new programming ideas.

Contact Inza (780)977-8305 our programs director with your ideas.

## Carlisle Community League Day

Family Fun Day And Fall Programs Registration SATURDAY SEPTEMBER 21ST FROM 1pm-4pm

Jumpy Thing, Glitter Tattoos and Fat Franks. Can't wait to see you there!

## Volunteer Opportunities

Do you live in Carlisle and want to volunteer?

We are always looking for volunteers and new ideas.

Contact Krista if you are interested (780) 951-7627

## Are You Moving?

Do you need boxes or packing paper?

Carlisle has boxes and packing paper from our renovation. Free for pick up.

Please contact Jerry at (780)270-8656

COMMUNITY SOCCER

## 2024/25 INDOOR SEASON U9-U19

Tentative Season Start Date: October 19  
Refund Deadline: September 26

PROGRAM	YEAR OF BIRTH	DIVISION	REGISTRATION FEE Aug. 1 - Sept. 3	LATE REGISTRATION FEE After Sept. 3	TENTATIVE TRAIN/PLAY DATES*	PLAY LOCATIONS	EQUIPMENT REQUIRED
U9	2017/2016	BOYS/GIRLS	\$430	\$455	SATURDAY	EDMONTON + AREA	<ul style="list-style-type: none"> <li>Indoor soccer shoes</li> <li>Shin Pads</li> <li>Socks that cover shin pads</li> <li>Shorts</li> <li>Water Bottle</li> <li>Ball (preferred not required)* U9-U11 - Size 4 ball U13+ - Size 5 ball</li> </ul>
U11	2015/2014	BOYS/GIRLS	\$430	\$455	SATURDAY	EDMONTON + AREA	
U13	2013/2012	BOYS/GIRLS	\$450	\$475	SATURDAY and/or SUNDAY	EDMONTON + AREA	
U15	2011/2010	BOYS/GIRLS	\$450	\$475	SUNDAY	EDMONTON + AREA	<p><b>EFCL MEMBERSHIP</b></p> <p>All families are required to provide proof of a community membership from the Edmonton Federation of Community Leagues. Please visit <a href="http://www.efcl.org">www.efcl.org</a> for more information.</p>

Skill Building!  
For Fun!

## EMSA North Community Soccer

# Timbits Kickers

### 2024/25 INDOOR SEASON U5/U7

Tentative Season Start Date: October 19  
Refund Deadline: September 26

PROGRAM	YEAR OF BIRTH	DIVISION	REGISTRATION FEE Aug. 1 - Sept. 3	LATE REGISTRATION FEE After Sept. 3	TENTATIVE TRAIN/PLAY DATES*	PLAY LOCATIONS	Equipment Required
U5	2021/2020	MIXED	\$240	\$265	SATURDAY MORNINGS	EAST SOCCER CENTRE	<ul style="list-style-type: none"> <li>Indoor soccer shoes</li> <li>Shin Pads</li> <li>Water Bottle</li> </ul> <p>Jersey, socks, shorts, and balls are provided by Timbits Soccer!</p>
U7	2019/2018	BOYS/GIRLS	\$280	\$305	SATURDAY MORNINGS	EAST SOCCER CENTRE	

Visit [emsanorth.com](http://emsanorth.com) for registration information.

First session includes parent information session and jersey handout

Register through TeamSnap ONLY (no EMSA Soccer Portal registration required!)

**PARENT FACILITATORS**

2 Parent Facilitators per group  
**NOTE: A Police Information Check is required and provided at no cost**

- Attendance at ALL events is required
- Additional training is optional
- Volunteer commitment will be waived!

**FORMAT**

- Expertly qualified technical trainers to lead every third session, providing guidance, refinement and training to players and parent facilitators.
- Weekly professional lesson plans provided to parent facilitators who will carry out sessions with oversight by the technical assistant.
- 55 min sessions that follow a skills and drills station rotation model like a mini game.
- Goal is to foster general movement, coordination of soccer technique and building a foundational love of the game.

**VOLUNTEER DEPOSIT/COMMITMENT**

All players are required to provide a \$250 volunteer deposit via cheque or credit card pre-authorization form.

Families are required to complete ONE volunteer shift per child they have registered. Failure to complete will result in the loss of the \$250 Volunteer Deposit.

## 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](http://efcl.org) for more information about discounts available.



## COCL Soccer Update

COCL wrapped up a successful outdoor soccer season for 8 teams between U5 and U13.

Thank you to all players, parents, and especially the coaches and team officials.

Without volunteers, there is no soccer.

A special congratulations to the COCL All Stars (Lyseng) U13 girls team which completed a magical season.

They went 13W 6T 3L & +41 goal differential winning GOLD at the Drizzler tournament, GOLD in their EMSA league and capped it off with GOLD at Tier 4 Provincials July 19-21.

Provincials summary:

Game 1 COCL fell behind 2-0 after 12 minutes but came back to tie it 2-2

Game 2 due to air quality issues the game went straight to a penalty kick shootout with COCL winning 5-4

Game 3 due to air quality issues game went straight to a penalty kick shootout with COCL winning 3-2

Game 4 COCL played a previously undefeated Calgary team with a convincing 3-0 shutout win. COCL needed a goal in the final minute to eventually win a 4th tie-breaker (goals for).

Thank you to all the players for creating memories and good luck in U15 next season.

NOTE - this team might be looking for a new goalie for indoor.

COCL needs more coaches. Email soccer@cocl.org for more information about helping with the upcoming indoor soccer season which will run from October 2024 through early February 2025.

Indoor 2024/2025 registration opens August 1, 2024 and closes September 3, 2024. More information on age groups, dates, fees can be found at <https://emsanorth.com/play/register/>

You must complete registration and payment by Sept 3 to have any community, coach or player requests considered.



Emergency Medical Services



## Back to school safety

Alberta Health Services EMS would like to remind parents and students of safety tips as the school year begins again this fall. Pedestrians and motorists both have a key role to play – road safety is a shared responsibility.

### Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

### Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all vehicles have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

# ELEVATE

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Cumberland Oxford  
Community League



# volunteers NEEDED

Movie in the Park - Sept. 21  
Haunted Forest - Oct. 31

For updates on dates and times  
or to volunteer:

Website

[www.cocl.org/](http://www.cocl.org/)

Facebook

[www.facebook.com/COCLEdmonton](http://www.facebook.com/COCLEdmonton)

Email

[info@cocl.org](mailto:info@cocl.org)



Community League Day  
SEPT. 21, 2024

**You Are Invited!**

Family Friendly Event

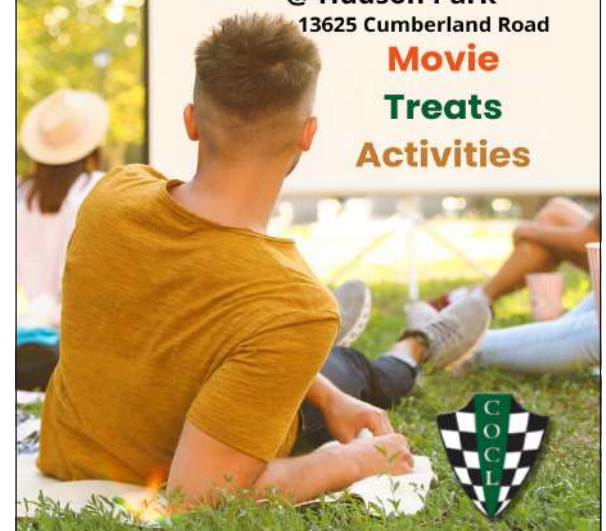
@ Hudson Park

13625 Cumberland Road

**Movie**

**Treats**

**Activities**



CUMBERLAND OXFORD  
COMMUNITY LEAGUE

SPONSORED BY: CREATE FUTURE

# COCL All Stars

2024 U13 GIRLS T4  
PROVINCIAL CHAMPS!



# Fall Indoor Soccer REGISTRATION

2024/2025 registration opens August 1,  
2024 and closes September 3, 2024.

For more information:  
<https://emsanorth.com/play/register/>

Coaches are needed!

For more information please email:  
[soccer@cocl.org](mailto:soccer@cocl.org)



 [www.cocl.org](http://www.cocl.org)  
 [info@cocl.org](mailto:info@cocl.org)  
 COCL

**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 the YMCA!

For more details see:

[www.cocl.org/community-league-  
membership](http://www.cocl.org/community-league-membership)

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# DUNLUCE Community League News



**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

**DUNLUCE COMMUNITY LEAGUE  
2024 HALL RENTAL RATES**  
For information call: (780) 457-4342 or e-mail:

[hallrental@dunlucecl.ca](mailto: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.**



## 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**

## 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 over-



see 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](mailto:president@dunlucecl.ca)

## 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:  
**September 6th, October 2nd & November 19th 2024**  
All Bingos are at Kensington Bingo Hall unless otherwise stated

# DUNLUCE PRESCHOOL

REGISTRATION IS NOW OPEN

2024  
2025

DUNLUCEPRESCHOOL@GMAIL.COM  
WWW.DUNLUCEPRESCHOOL.COM

# Paint Night



Bring your friends as we are guided step-by-step through the painting process. Everyone leaves with their own masterpiece. Licensed Concession Must be 18+

**All Supplies Included**  
\$40 For Members  
\$45 For Non-Members

**Saturday, September 28th**  
7 pm to 9 pm

Sign Up at Online  
[dunlucecl.ca/paint-night](http://dunlucecl.ca/paint-night)



## 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](mailto:DunluceSpirit@dunlucecl.ca) or Phone: 780 456-3978



## Green Shack Programs

Children are invited to get active and join City Green Shack Leaders this summer for games, sports, crafts, music, drama and special events! The free drop-in program catered to children ages 6 to 12; however children of all ages are welcome to stop by. Children under 6 years of age can participate if they have a parent or guardian with them.

The 2024 Green Shacks program runs July 2 to August 22. Every weekday, program leaders host games, challenges and activities that are sure to get kids active and having fun. A list of activities and special events will be posted on the side of the physical Green Shack each week.

Green Shack locations operate half-days and can be open in the morning from 10:30 a.m. to 1:30 p.m. or afternoon from 2:30 to 5:30 p.m.; full-day hours are available at some sites. Check out the new Green Shack locations map for hours and the current status. Programming is



available rain or shine, but may be cancelled during severe weather conditions. Program leaders can be identified by blue shirts and may be assisted by volunteer leaders.

Edmonton is building a city with diverse opportunities for people to build social connections and invest in physical and mental health. City recreation facilities are key to ensuring all Edmontonians have access to health and wellness opportunities, no matter where they live.



Dunluce Community League

# FAMILY HALLOWEEN DINNER & DANCE

For more information visit [www.dunlucecl.ca](http://www.dunlucecl.ca)

**Saturday, Oct 26th | Dinner 6:00pm**

Early Bird Tickets \$10 Until Oct 15th\_780-289-4596

**Dancing 7.00 PM**

Dunluce Hall 11620 162 Avenue

## Coming Soon to Your Neighbourhood

- Narrow Streets
- Less Parking
- Additional Tax\$

### Concerned about The Dunluce Neighbourhood Renewal Project?

Not sure what will be happening out your

front or back door next year?

For more information or to get involved please visit our website:

[www.stopthedestructionofdunluce.ca](http://www.stopthedestructionofdunluce.ca)

or Facebook page:

[StopTheDestructionOfDunluce](https://www.facebook.com/StopTheDestructionOfDunluce)

## Dunluce Softball 2024

In the entire North West Zone, there were only 6 softball teams – and THREE of them were in Dunluce this season! A huge Shout-Out and Thank You to our coaches Alex Roddelt – U7, Brad White – U7 and Andrew Hayes - U9. Also a big Thank you to Ashleigh Fizer who coached the U7 team for Wellington. Dunluce strong!

It's at this grass roots level that we need to get children interested and excited about the sport and our coaches are doing a great job in fostering the love of the game of softball, fair play and friendship. I hope that many of this year's players are back for a fun time next year. A special Thank You to the parents for their unwavering support and to the board of Dunluce Community League for their continued support of the only softball program in Castle Downs.



See you next year!  
Loretta Wonitoy, Softball Director,  
Dunluce Community League

[www.communityleagueneews.com](http://www.communityleagueneews.com)

COMMUNITY SOCCER  
**2024/25 INDOOR SEASON U9-U19**  
Tentative Season Start Date: October 19  
Refund Deadline: September 26

**Equipment Required**

- Indoor soccer shoes
- Shin Pads
- Socks that cover shin pads
- Shorts
- Water Bottle
- Ball (preferred not required)\*  
U9-U11 - Size 4 ball  
U13+ - Size 5 ball

**EFCL MEMBERSHIP**

All families are required to provide proof of a community membership from the Edmonton Federation of Community Leagues. Please visit [www.efcl.org](http://www.efcl.org) for more information.

**VOLUNTEER DEPOSIT/COMMITMENT**

All players are required to provide a \$250 volunteer deposit via cheque or credit card pre-authorization form.

Families are required to complete ONE volunteer shift per child they have registered. Failure to complete will result in the loss of the \$250 Volunteer Deposit.

PROGRAM	YEAR OF BIRTH	DIVISION	REGISTRATION FEE Aug. 1 - Sept. 3	LATE REGISTRATION FEE After Sept. 3	TENTATIVE TRAIN/PLAY DATES*	PLAY LOCATIONS
U9	2017/2016	BOYS/GIRLS	\$430	\$455	SATURDAY	EDMONTON + AREA
U11	2015/2014	BOYS/GIRLS	\$430	\$455	SATURDAY	EDMONTON + AREA
U13	2013/2012	BOYS/GIRLS	\$450	\$475	SATURDAY and/or SUNDAY	EDMONTON + AREA
U15	2011/2010	BOYS/GIRLS	\$450	\$475	SUNDAY	EDMONTON + AREA
U17	2009/2008	BOYS/GIRLS	\$455	\$480	SUNDAY	EDMONTON + AREA
U19	2007/2006	BOYS/GIRLS	\$455	\$480	SUNDAY	EDMONTON + AREA

Any additional practice dates will be allocated to teams once they are formed

Spectator admission fees are in effect at the Edmonton Soccer Centers. **Between August 26 - September 15, ESAF is offering Early Bird pricing on admission passes - 1 pass = \$47 and 2 passes = \$67.** Both passes must be purchased at the same time as they will not offer the discount if the second pass is purchased later. Please visit [esaf.ca](http://esaf.ca) for more information.

Volunteer coaches are needed, please contact Dana at [Dtrendall@dunlucecl.ca](mailto:Dtrendall@dunlucecl.ca) if you are able to help.  
To register for indoor soccer go to: [emsanorth.com](http://emsanorth.com)

Skill Building!  
For Fun!

EMSA North Community Soccer  
**Timbits Kickers**  
2024/25 INDOOR SEASON U5/U7  
Tentative Season Start Date: October 19  
Refund Deadline: September 26

**Equipment Required**

- Indoor soccer shoes
- Shin Pads
- Water Bottle

Jersey, socks, shorts, and balls are provided by Timbits Soccer!

**EFCL MEMBERSHIP**

All families are required to provide proof of a community membership from the Edmonton Federation of Community Leagues. Please visit [www.efcl.org](http://www.efcl.org) for more information.

**VOLUNTEER DEPOSIT/COMMITMENT**

All players are required to provide a \$250 volunteer deposit via cheque or credit card pre-authorization form.

Families are required to complete ONE volunteer shift per child they have registered. Failure to complete will result in the loss of the \$250 Volunteer Deposit.

PROGRAM	YEAR OF BIRTH	DIVISION	REGISTRATION FEE Aug. 1 - Sept. 3	LATE REGISTRATION FEE After Sept. 3	TENTATIVE TRAIN/PLAY DATES*	PLAY LOCATIONS
U5	2021/2020	MIXED	\$240	\$265	SATURDAY MORNINGS	EAST SOCCER CENTRE
U7	2019/2018	BOYS/GIRLS	\$280	\$305	SATURDAY MORNINGS	EAST SOCCER CENTRE

First session includes parent information session and jersey handout

Register through TeamSnap ONLY (no EMSA Soccer Portal registration required!)

**PARENT FACILITATORS**  
2 Parent Facilitators per group  
**NOTE: A Police Information Check is required and provided at no cost**

- Attendance at all events is required
- Additional training is optional
- Volunteer commitment will be waived!

**FORMAT**

- Expertly qualified technical trainers to lead every third session, providing guidance, refinement and training to players and parent facilitators.
- Weekly professional lesson plans provided to parent facilitators who will carry out sessions with oversight by the technical assistant.
- 55 min sessions that follow a skills and drills station rotation model then a mini game.
- Goal is to foster general movement, coordination of soccer technique and building a foundational love of the game.

Visit [emsanorth.com](http://emsanorth.com) for registration information.

## FOLLOW US! LIKE US!

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





Dunluce Community League

# EVENT SCHEDULE

➔ DUNLUCE COMMUNITY LEAGUE HALL

- AUG 14 & 28** Craft Night 6:30pm-8:30pm
- AUG 15-16** Clothing Swap Drop Off 6pm-8pm
- AUG 17** Clothing Swap 10am-3pm
- AUG 27 & SEPT 24** Grief Support Group 7pm-8pm
- SEPT 3 & OCT 1** Card Making with Pat 2pm-4pm
- SEPT 5** Meet Your Neighbour 6:30pm-7:30pm
- SEPT 21** Community League Day 12pm-3pm
- SEPT 28** Elephant Paint Night 7pm-9pm
- OCT 26** Halloween Family Dinner & Dance  
Early Bird Tickets on Sale

VISIT [WWW.DUNLUCECL.CA](http://WWW.DUNLUCECL.CA)  
FOR MORE INFO

# DUNLUCE COMMUNITY LEAGUE DAY

Saturday, 21 September 2024  
12pm - 3pm



BBQ &  
Bouncy Castle



Petting Zoo &  
Carnival Games



Face Painting &  
Balloon Animals

Please bring a non-perishable food item for the  
Little Free Pantry at Good Shepherd Anglican Church

Event May Be Cancelled Due to Inclement Weather

Dunluce Community League ~ 11620 162 Avenue  
[www.dunlucecl.ca](http://www.dunlucecl.ca) for more info

## It's your time to shine



GeriActors is an intergenerational theatre company seeking to challenge stereotypes and foster authentic views of aging. ACT NOW by signing up for a class, workshop, or by booking a performance.

More information at [geriactors.ca](http://geriactors.ca)



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**FREE PRESCRIPTION DELIVERY  
RAPID STREP TESTING AVAILABLE**



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[www.thedrugstorecastledowns.ca](http://www.thedrugstorecastledowns.ca)

780-456-0110

11824 - 145 ave

## Taking charge of proper lithium ion battery and electronic (e-waste) disposal



No matter how small, lithium ion batteries and e-waste present a growing safety risk when not disposed of properly.

The City urges residents to take charge and properly dispose of batteries and electronic waste, including vape pens, tablets or computers, power tools, toys and anything else that can be recharged or has an internal lithium ion battery. These items can be taken to an Eco Station or dropped off at a number of local retailers across the City for free.

Lithium ion batteries, on their own or as internal components in e-waste, can expand, ignite and explode during waste processing. As electronic devices have become more common, there is an increase in e-waste and battery-related fires at City waste facilities, which put staff and facilities at significant risk.

E-waste goes well beyond the classic AA and AAA batteries used in remotes, electronics and toys. If it makes noise, lights up, connects to the Internet or it is plugged in to charge, it contains an internal battery and needs to be disposed of with caution.

Some other common

items that have internal batteries are:

Vaporizers, vape pens and e-cigarettes

E-scooters, E-bikes or any battery operated mobility device

Wireless headphones, earbuds or portable speakers

Handheld kitchen appliances (mixers, inversion blenders, frothers)

Smartwatches and fitness trackers

Digital cameras and camcorders

Remote controls

Portable gaming devices

Smart home devices (thermostats, doorbells, security cameras)

Electronic toys

Laptops, tablets, cell-phones and chargers

If residents are unable to properly dispose of used batteries right away, place tape over both ends while you store them. The tape prevents the battery from connecting and reacting with other batteries while you collect them for proper disposal.

Find the nearest Eco Station, or learn more about how to properly dispose of any item through the WasteWise website or app.

For more information:  
[edmonton.ca/batteries](http://edmonton.ca/batteries)



**REGISTER TODAY!**

We offer:

**KINDERGARTEN**  
**GRADE 1-6 PROGRAMMING**  
**ON-SITE CHILD CARE**

[sttimothy.ecsd.net](http://sttimothy.ecsd.net)

780-456-7375

14330 117 Street NW



**EXPLORE**  
Gymnastics  
**THIS FALL**

FALL PROGRAMS START THE WEEK OF SEPTEMBER 9th

- Gymnastics Rec Classes**  
Parented & Preschooler  
Youth/Teen & Adult  
Demo Team  
Adaptive  
Ninja  
Dance & Gym
- Special Events & More**  
Drop-ins  
Kids Night Out  
Camps  
School/Group Field Trips  
Holiday Activities  
and much more....
- Birthday Parties**  
Saturday & Sunday times

**SCAN ME**

**780-458-3153**  
110-175 Carleton Drive, St. Albert

Denture Specialist - Over 35 Years Experience

***Londonderry Denture Clinic***



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R. Lucyshyn DD

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- Repairs in 30 minutes
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Ask how you  
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**AT NO COST  
TO YOU\***

\*Some conditions and restrictions apply.

[www.londonderrydentureclinic.com](http://www.londonderrydentureclinic.com) 13594 Fort Rd. Northeast Edmonton

**LCDS**

**Preschool & Kindergarten**

**Now Accepting Registration for 2024-2025. Spots fill quickly.**  
Please contact the LCDS Office or visit our website [www.lcdskids.com](http://www.lcdskids.com)

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

- Small Class Sizes
- Certificated Teacher (Bachelor Ed. Degree)
- Trained Teaching Assistants
- A Fun, Friendly, Safe Environment

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