

CASTLE NEWS

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

& Dunluce

October/November 2024



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

Cumberland Oxford
Community League



volunteers NEEDED

Haunted Forest - Oct. 31

We would love you help for any of the
shifts below:

Before - October 29th from 6-9pm

Day of - October 31st:

Set-Up: noon - 5pm

During: 5 to 9 pm

Takedown: 9 pm

Day after - November 1st: 6-9pm

Please reach out via email:

info@cocl.org

Looking forward to working
alongside you to pull off this
amazing event.



DUNLUCE COMMUNITY LEAGUE

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

NOMINATE

&

CELEBRATE

DUNLUCE COMMUNITY SPIRIT

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

Open to residents or businesses
within Dunluce.

No age limits!

Nominations can be for, but not limited to:

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

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

Nominate someone today!

Email: DunluceSpirit@dunlucecl.ca or Phone: 780 456-3978



Fall Yard Waste Collection Information

Fall yard waste collection days are around the corner. Between September 30 and November 25, every resident with curbside collection will receive two yard waste collection days. Edmontonians can find their specific collection dates by downloading the WasteWise app or visiting edmonton.ca/WasteWise.

Residents are asked to set out yard waste in see-through plastic or double-ply paper bags on their seasonal yard waste collection days in spring and fall. It is recommended to keep bags light enough to lift with one arm. Please use

additional bags, as needed.

Yard waste can also be dropped off at Eco Stations and the Edmonton Waste Management Centre for free. Material must be loose or in paper bags. Plastic bags need to be emptied on-site. Learn how you can use grass, branches and leaves to improve your yard and soil at edmonton.ca/Compost.

Dutch Elm Disease

Dutch elm disease has recently been detected in Edmonton for the first time, and it presents a significant risk to Edmonton's urban forest and the benefits

it provides. Cut elm wood should not be mixed with yard waste, or placed in carts. If infected wood is stored outside or left in the cart until collection day, there is a risk the beetles that carry the fungus could spread it to nearby trees. Citizens with elms on their property are reminded the annual elm pruning ban remains in effect until October 1.

Cut elm wood should be disposed of immediately by burning it or taking it to the Edmonton Waste Management Centre (EWMC) at 250 Aurum Road for free, safe disposal. Upon arrival, tell the scale op-

erator that you have elm wood so it can be handled appropriately.

Elm wood is not accepted at Eco Stations. Edmontonians drop off yard waste at Eco Stations, which is processed into high-quality compost used for a variety of purposes, and introducing elm wood into the same area could contaminate the compost and risk further spreading the disease.

If you suspect elm wood stored at a property, please report it to Pest Management through 311 for investigation.

For more information on Dutch elm disease, please visit edmonton.ca/DutchElm.



Community League Board Contacts

Positions are filled on a voluntary basis.
If you are interested in board positions or would like to get involved, please contact the Board President at president@baturyn.ca to inquire about vacancies and opportunities.

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

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

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

Membership Fees:

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

Membership Benefits:

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

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

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

Nicole Goehring

MLA FOR EDMONTON-CASTLE DOWNS

Shadow Minister for Tourism and Sport
His Majesty's Loyal Opposition Liaison to the
Canadian Armed Forces and Veteran Affairs

780-414-0705 12120-161 Avenue NW
Edmonton.Castledowns@assembly.ab.ca





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

Hall Rental Information

Refundable damage deposit required at time of booking	\$500	\$50
Monday - Thursday Hourly (minimum of 3 hours) Daily	\$50/hr \$300	\$25/hr \$100
Friday Evening 10am - 3am	\$400	\$100
Saturday 10am - 3am	\$500	\$100
Sunday 12 (noon) - 11pm	\$350	\$100
Friday & Saturday 10am Friday - 3am Sunday	\$700	\$150
Saturday & Sunday 10am Saturday - 11pm Sunday	\$700	\$150
All Weekend - Friday through Sunday 10am Friday - 11pm Sunday	\$900	\$250
BBQ Rental	N/A	N/A
Popcorn Machine	\$50	\$50
Dishes	\$150	\$150

If you are looking for a site to host your next big event, give the Caernarvon Community Hall a try!

Caernarvon Hall is wheelchair accessible. The Hall includes a coat room, raised stage with sound system, full kitchen with brand-new Commercial gas stove and two ovens, wet bar, glass door refrigerators, plenty of kitchen

prep space, choice of round and rectangular tables.

Seating Capacity – Main Hall - 220 guests

Seating Capacity – Board. – up to 25 guests

Please call or text our Hall Rental Agent Matt at 780 456-3435 if you have questions or would like an appointment to view the facilities.

CASTLEDOWNS Dental Centre

Dr. Tarek Tarchichi

www.castledownsdentalcentre.com

780-456-2990

11816-145 Ave

***New Patients Welcome.
Emergency & Walkins.
Apointments Available
Gentle Dentistry for
the whole family.***

Dental Centre Hours

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

We are closed on Sunday & Public Holidays

At Castledowns Dental Centre, We are more than glad to offer you the following services:

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

We Accept:

Find the ten differences

Answer:

CARLISLE Community League News



Carlisle Hall Rental

Members - \$300
Non-Members - \$350

***Due to renovations,
we are not renting out at this time***

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	carlissesoccerdirector@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
Website	Tim Shupe	780-722-8724

Carlisle Memberships

Download our Free App CommuniBee on your smart device to purchase our membership electronically or call or text Sacha (780) 237-4506 to purchase a membership card.

Membership benefits include - Reduced rates to City of Edmonton recreational facilities, free community swims at Castledowns YMCA pool, Grand Trunk

& Londonderry Leisure Center pools during community league swim times, free skating at any outdoor community league ice rink or the YMCA skating oval.

Discounts at Cloverdale Paint, House of Wheels, Orbis Sports, University of Alberta Technology Training Centre & Bookstore, Please see efcl.org for more information about discounts available.

Carlisle Programs

New To Carlisle & North Edmonton - Carlisle Men's Shed

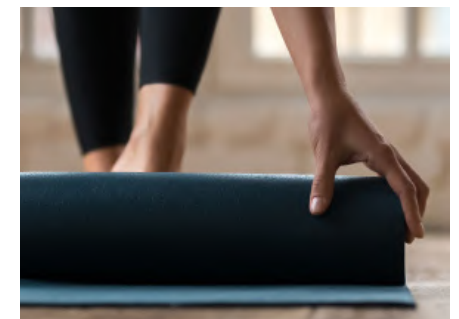
Carlisle Men's Shed is a place where men over 18 can network, share ideas & discuss mens' issues. Feel free to come check it out & meet the guys. The Men's Shed meet Thursdays 7-9 pm downstairs in our rink shack. For more information visit Men's Sheds Edmonton (mensshedsyeg.ca).

Dance

Carlisle has 2 new kids dance classes starting Sat Oct 19th until Dec 21st. 5-8 year olds 10-11am, and 9-12 year olds 11:30-12:30pm. 10 classes for \$50. Registration will be done at the hall prior to the class at 9am, or you can contact our programs director Inza (780) 977-8305.

Yoga

Our Yoga program is for anyone who wants to stretch and learn basic yoga postures ending in relaxation, Yoga is upstairs in the main hall on Wednesdays 6:30-7:30pm starting Oct 2nd for 10 weeks \$50 or feel free to drop in to try out a class for a \$10 drop in fee.



Zumba

Join us for a Latin inspired, easy to follow, calorie burning, fitness party class. Zumba is upstairs in the main hall on Tuesdays 6:30-7:30pm starting Oct 1st for 10 weeks \$50 or feel free to drop in to try out a class for a \$10 drop in fee.

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? Do you have any program ideas you want to see running in Carlisle? Please contact Inza (780) 977-8305 our programs director with your ideas.

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 at (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



Haunted Forest

As Halloween is quickly approaching, the Cumberland Oxford Community League is making preparations for their annual Haunted Forest. It promises to be a fun-filled night for families of all ages!

We're excited to share the details for our upcoming event! COCL Haunted Forest 2024 will take place on Thursday, October 31, 2024 from 5 pm to 9pm. It occurs at the Cum-

berland Forest at approximately 150 Ave and 136 St.

This event has occurred yearly for over 20 years and always draws a large number of families from our COCL community and beyond. The success of this event requires many hands before, during and after the event. There are numerous ways that you can get involved to make this a fun evening for all. We are looking for volunteers to fill

the following shifts:

Shifts Available:

October 29th: 6 PM - 9 PM

October 31st: 11:30 AM - 5 PM
(with takedown starting at 9 PM)

November 1st: 6 PM - 9 PM

This event will be a fantastic opportunity to support our community as we partner with KidSport Edmonton and Edmonton's Food Bank. Your help will make a real difference!

Corporate Sponsors

A big thank you to our generous corporate sponsors:

- Canadian Western Bank
- Carol Cimino, Relationship Manager, Prestige Banking
- Seer Innovations Inc.
- Tim Hortons
- Save on Foods
- Dominos
- Norwood Dental

We're also seeking additional corporate sponsors! If you know any businesses that might be interested in supporting this event, please reach out to info@cocl.org. Thank you for your continued support and dedication. Let's make this event a success together!



 www.cocl.org
 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:

cocl.communibee.ca/memberships

Thank You
FOR YOUR SUPPORT

Thank you to everyone who came out to the Cumberland Oxford Community League Movie in the Park on Saturday, September 21, 2024.

Events such as these do not happen without the efforts of volunteers and other community supporters.

Special Thanks to:

Shayenne Twele (RE/MAX Excellence)
recipeforsold.ca

YMCA Castledowns
ymcanab.ca/locations/castle-downs-family-ymca

CreateFuture Palisades
createfuture.ca





**DUNLUCE EXECUTIVE P.O. Box 71554
Oxford Park RPO Edmonton AB T6V0E3
Dunluce Hall: 11620-162 Ave.
780-456-3978 www.dunlucecl.ca**

PRESIDENT	Keoma McMurren	780-457-9101
VICE PRESIDENT	Murray Fletcher	780-699-8842
TREASURER	Loretta Wonitoy	780-457-9101
SECRETARY	Lorna Melnyk	780-456-4596
PAST PRESIDENT	Vacant	
COMMUNITY SPIRIT DIRECTOR	Denyse Ward	587-983-9401
CIVICS	Stephanie Chorney	780-935-9114
VARIETY SHOW	Denyse Ward	587-983-9401
CASINO	Maureen Ewart Mark Gross	780-457-0708 780-456-5700
MEMBERSHIP	Christina Fletcher	780-699-8759
PUBLICITY	Bev Gross	780-456-5700
SOCIAL	Lorna Melnyk	780-456-4596
BINGO DIRECTOR	Amanda Wentzell	780-977-7923
SOCCER	Dana Trendall	780-456-3978
SOFTBALL	Loretta Wonitoy	780-457-9101
PROGRAMS	Vacant	
WAYS & MEANS	Lisa Love	
SOCCER EQUIP.	Arlene Pettifer	780-456-3978
BUILDING & ASSETS	Al Chapman	780-456-9292
PLAYSCHOOL	Registrar	dunlucepreschool@gmail.com
COMMUNITY SERVICES	Melanie Gizowski	
HALL RENTALS	Al Chapman	780-457-4342

Upcoming Dunluce Bingos



If you have an upcoming Bingo, please see dates below. You will also be receiving a call as a reminder. If you have any questions or you have not received a registration bingo date, call:

Amanda: 780-977-7923

Dates are as follows:

November 19th, December 8th, & January 2nd 2025

All Bingos are at Kensington Bingo Hall unless otherwise stated

DUNLUCE COMMUNITY LEAGUE 2024 HALL RENTAL RATES

For information call: (780) 457-4342 or e-mail:
hallrental@dunlucecl.ca

HALL IS NEWLY RENOVATED * SEATING CAPACITY 120 *

WEEKEND RATES:

Dunluce Community League Members:

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

Non – Dunluce Community League Members:

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

DAILY RATES (WEEKENDS ONLY)

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

Dunluce Community League Members: \$250.00

Non – Dunluce Community League Members: \$350.00

Hourly Rate: \$50.00 per hour. (3 hour minimum)

Hourly rate is only available Monday to Thursday.

Damage Deposit equal to rental cost.

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

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)



Marrazzo Law Office



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

**Call today
780-756-5500**

5003 DeWolf Road (Griesbach)

DUNLUCE COMMUNITY LEAGUE PRESENTS

Make your own Centre Piece

SATURDAY, DECEMBER 7TH
EVENING - TIME TBD

SIGN UP AT WWW.DUNLUCECL.CA

ALL SUPPLIES INCLUDED

\$60 - EFCL MEMBERS
\$65 - NON-MEMBERS

18+

Make your own Gnome Planter

SATURDAY, DECEMBER 7TH
AFTERNOON TIME TBD

SIGN UP AT WWW.DUNLUCECL.CA

ALL SUPPLIES INCLUDED

\$50 - EFCL MEMBERS
\$55 - NON-MEMBERS

DUNLUCE COMMUNITY LEAGUE PRESENTS

Coming Soon To Your Neighbourhood

Narrow Streets • Less Parking • Additional Taxes

This is what will happen if The Dunluce Neighbourhood Renewal Project goes ahead



Our Community deserves better. Let's show City Hall our voices matter

Our volunteers will be going door to door to get signatures for a petition so keep an eye out for us!

Have your say - Sign the petition

For more information please visit

www.stopthedestructionofdunluce.ca

or
Give us a call : 780 652 1504

We will meet you at your convenience to sign the petition

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!

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.

It's at this grass roots level that we need to get children interested and excited about the sport and

See you next year!

Loretta Wonitoy, Softball Director, Dunluce Community League



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

Dunluce Community League Volunteer Program Director

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

Programs may include (but are not limited to) Zumba, Aerobics, Babysitting course, Card Night, Arts/Crafts, etc.

The Program director would be respon-

sible to book time with our hall manager, advertise and hire instructors, and oversee all activities in our hall.

If you are interested in finding ways to get people out for a good time, please send your resume to

president@dunlucecl.ca

Dunluce Community Spirit Award

With a passion for teaching, Ms. Jenny came to Dunluce Preschool in 2010. Since leaving University she has been teaching for 45 years at various levels including preschool and grades 1, 2, and 3. Her passion of becoming a teacher started at a young age on her first day of grade 1. She recalls telling her mom she wanted to be a teacher when she grew up even teaching Sunday school at just 13 years old.

Ms. Jenny is always looking for new activities and crafts to incorporate into the classroom and has a love for teaching with a learn through play philosophy. She incorporates real life experiences for example a unit on "Things that Move" where she sets up a pretend road with traffic lights and signs. She also uses her real-life experiences to teach the children about her home country of South Africa where she takes her students on a in class

Safari and teaches them about the animals of South Africa.

Ms. Jenny is always encouraging all students to be themselves and loves learning what they are interested in. A previous student of hers says his favourite memory of preschool is playing on the wooden car in the playground where he would pretend he was taking Ms. Jenny on an adventure. Wherever his imagination took him, Ms. Jenny went along with him. Another student says his favourite part of preschool is show and tell with Ms. Jenny because he likes when she tries to guess what he brought.

Students and parents are all fond of Ms. Jenny as she fosters a real community feeling where friends are made for a lifetime. Our community is very lucky to have Ms. Jenny and Dunluce Preschool in our midst.

Congratulations Ms. Jenny.



Dunluce Community League

FAMILY HALLOWEEN DINNER & DANCE

For more information visit www.dunlucecl.ca

Saturday, Oct 26th | Dinner 6:00pm

Early Bird Tickets \$10 Until Oct 15th 780-289-4596



November is Housing Month
(housingmonth.ca) 

find your unwanted furnishings a new home.

Help Edmontonians transitioning out of homelessness by bringing your gently used furniture and household goods to FIND (5120 122 St.) 10am-6pm Mon.-Sat. or 12pm-5pm Sun., or call for a pick up of furniture at 780-988-1717.

Every donation makes it HOME!



find.
finedmonton.com





Dunluce Community League

EVENT SCHEDULE

→ DUNLUCE COMMUNITY LEAGUE HALL

MONDAYS UNTIL
DEC 9

Zumba - Drop-In \$15 7pm-8pm

OCT 9 & 23

Craft Night 6:30pm-8:30pm

OCT 12

Senior Saturday Open Mic 1pm-3pm

OCT 26

Halloween Family Dinner & Dance
Tickets Still Available

OCT 29 &
NOV 26

Grief Support Group 7pm-8pm

NOV 5 &
DEC 3

Card Making with Pat 2pm-4pm

NOV 6 & 20

Craft Night 6:30pm-8:30pm

NOV 23

Craft Your Own Door Mat 1pm

DEC 7

Make Your Own Gnome or Centre-Piece

VISIT WWW.DUNLUCECL.CA
FOR MORE INFO

DUNLUCE COMMUNITY LEAGUE DAY

Thank You

Once again, the weather cooperated and the residents of Dunluce came out in droves to celebrate our Community. Over 350 people attended



To those that came out, to those that donated, to those who volunteered, and to everyone who had fun, we want to thank you for your support.

See you in 2025

A very special thank you to Elsafadi Mediterranean Supermarket, Powerplay Sports, Nicole Goehring, MLA, Erin Rutherford, Councillor, United Cycle, ReMax

Dunluce Community League ~ 11620 162 Avenue

www.dunlucecl.ca



Dunluce Community League

Craft a Coir Door Mat

\$25 For Members
\$30 For Non-Members

FOUR
DESIGNS

NOV | 23rd | 1 PM

Registration Closes November 10th

11620 162nd Avenue, Edmonton

Sign Up at www.dunlucecl.ca

18+
Licensed
Concession



Proud to
serve as your
City Councillor

ERIN
RUTHERFORD
WARD ANIRNIQ COUNCILLOR

ERINRUTHERFORD.ca
✉ Erin.Rutherford@edmonton.ca
☎ 780-496-8136



DUNLUCE
PRESCHOOL Programs for 3
and 4 year olds!

**REGISTRATION
OPEN**

Contact us @
(587)873-9870
dunlucepreschool.com

Welcoming a Year of Growth and Community in Catholic Education

The Edmonton Catholic School Board of Trustees welcomes students, families, and staff to a year of growth and faith-based learning.

The new school year is in full swing, bringing excitement and renewed energy from our students, teachers, and Catholic school community. The Board of Trustees of Edmonton Catholic Schools extends a warm welcome to all students, families, staff, and community members. Together, our mission is to provide a high-quality Catholic education that fosters each student's spiritual, intellectual, and emotional development. This year, we remain committed to upholding the values of our Catholic identity while focusing on enhancing the learning experience for every student.

As Catholic Trustees, we are committed to ensuring that our schools continue to foster learning environments where students can grow spiritually, academically, and emotionally. Our dedicated administrators, teachers, and support staff work tirelessly to make this possible. Their unwavering commitment to nurturing student success in a safe and supportive setting is key to the strength of our schools.

Over the past few years, our schools have experienced consistent growth in

student enrollment, reflecting the trust families place in Edmonton Catholic Schools. This year, we expect our enrollment to be close to 50,000 students, as more families choose us for the well-rounded Catholic education we provide. In September, we opened a new school in honour of Father Michael McCaffery to meet the needs of our growing community. Over the next two years, we are excited to open two more schools—an elementary/junior high and a much-needed high school on the north side. We are incredibly grateful for these new spaces, as currently, 50% of ECSD schools are at or over capacity, with every available space being used for teaching, leaving few options for maintaining smaller class sizes.

Trustees are committed to providing modern, well-equipped learning spaces for our students, but the construction of new schools has not kept pace with Edmonton's population growth. We are grateful for the province's commitment to building new schools and adding modular classrooms to help accommodate our growing student body. Our



From left to right: Trustee Laura Thibert, Trustee Alene Mutala, Board Chair Sandra Palazzo, Vice-chair Lisa Turchansky, Trustee Debbie Engel, Trustee Terry Harris

Board and Division work closely with the Government of Alberta and the City of Edmonton to advocate for our Division's needs. We have built strong relationships with provincial ministries to secure the best outcomes for Edmonton Catholic Schools.

Building new schools and adding modulars in growing communities is essential to ensuring families have access to high-quality Catholic education. While we are grateful for the province's ongoing support, advocacy for more funding and timely approvals will remain a key focus this year as we work to address overcrowding and expand educational

opportunities for all students.

Alongside these efforts, we are also committed to celebrating and reinforcing the values that define our community. From October 19-25, 2024, Edmonton Catholic Schools will observe Catholic Education Week—a time to highlight the role of Catholic education in shaping our students' faith, values, and academic success. Throughout the week, schools across the Division will participate in activities that demonstrate our shared commitment to faith-based learning and community service. We encourage everyone to join us in celebrating this special week as we continue to honor our mission of providing exceptional education rooted in Catholic faith and tradition.

We are grateful for the continued trust and partnership of our families and look forward to staying connected with you throughout the year. As we embrace another year of growth, learning, and community, we appreciate your ongoing support in helping us meet the needs of our students and families. Should you have any questions, please contact us at: boardoffice@ecsd.net.

Paid by Edmonton Catholic School Division

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Making lifestyle changes after a health scare



If you have recently had a health scare, your doctor has likely indicated that lifestyle changes are necessary for your new way of life. Whether it's getting active, eating better, or prioritizing your health, goal setting can help you take the steps you need to keep you on the right path.

If you are ready to make a change, it can help to start with one or two goals and break them down into smaller steps. Change can be hard, especially if we try to make too many changes at once. You are more likely to reach smaller goals.

You can use the Setting goals for lifestyle change worksheet to set a goal that's important to you and that you can reach. You are the expert in your life and the best judge of what will work for you.

The goal-setting worksheet guides you through the following steps:

1. Choose a goal that is important to you.
2. Break your goal into smaller goals.
3. Make your goal SMART.
4. Finish your plan by thinking about
 - things that might get in the way of your goal;
 - people who can help you;
 - ways to track your progress

Three-day food and activity journal

Use this journal as a tool to help you meet your eating goals. When you review your journal, you can see the progress you've made, or you may decide to make new goals.

How to fill in the journal

- Print or save the 3-Day Food and Activity Journal.

- Write down everything you eat and drink. You may want to record one weekday (or workday) and one Saturday or Sunday (or day off).

- Include:

- o How much food you ate. See the suggestions below to estimate portion sizes. If the food comes in a package, just write down the package size. Example: 175 mL container of yogurt.

- o How the food is cooked (for example: fried, baked, boiled, barbecued)

- o Anything you add to food, during or after cooking. Example: cream, sugar, oil, butter, jam, syrup, ketchup or other sauces, dressings or condiments.

- o Details about restaurant foods, fast foods, or packaged foods (for example: McDonald's Big Mac® or KFC® chicken).

- Measure the food you eat for a day or two to help you understand how much you eat and drink. Use measuring cups and spoons.

- Write down all your activities for the day. Include planned activities (going for a walk or swim) and activities of daily life (housework or grocery shopping). Comments may include where you ate, your mood, or stress level.

- Print more copies of the journal if you need more space to write.

- Read over your journals to see what is working well and what you may want to change.

- Keep on tracking. Use this tool to help you meet your goals, or to make new goals.

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