CASTLE IVS Serving the community leagues of Castledowns Recreation Society (Baturyn, Caernarvon, Carlisle, Cumberland/Oxford) & Dunluce Aug/Sept 2025

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A message from Castle Downs Recreation Society

Summer is ending and its back to school and regular schedules for many! We hope you a relaxing a safe summer!!

The community has been brightened up with the addition of murals, care of the yards and folks enjoying the parks!

Cumberland Oxford has a bright new mural on its "Shed" along Cumberland Road and 137 St. Within the depiction of the neighbourhood are two black and white photos. One reminding us of the Twin Theatres that were north of 137 Ave. on 142 St. The other photo is of the Edmonton International Speedway formerly located west of 127 St and north of 140 Ave.

The Edmonton Arts Council sponsored the new mural on the Washroom Facility in the Castle Downs Park. Coda Girvan has been chosen as the artist. He has been chatting with folks to learn more about our community so he could incorporate its uniqueness into his art.

Green Shacks, located in many Leagues and hosted by City of Edmonton Leaders, were available to entertain our youth.

Some were very busy, and we encourage you to have your children join these programs!!!

Neighbourhood Renewal continues in our neighbourhoods...Baturyn is almost complete, and Dunluce is in the beginning stages. Detours are the new normal!

We are growing!! The Transit Oriented Development on the Southwest corner of Griesbach is growing out and up. Planned construction in the Northeast corner of that community is on the horizon! Blessed Carlo Acutis H.S. is well under way and families are looking forward to the start of the Public High School next year!

We hope you were able to enjoy the Castle Downs Farmers Market! Support our local vendors!

Our next Municipal election is October 20, 2025. This is your opportunity to have a say in our democracy! Mayor, Councillor, as well as Public and Catholic School Trustee positions will be on the ballot.

FAMILY MURAL, MUSIC & MOVIE NIGHT SATURDAY SEPTEMBER 20 KIM GATES MUSIC 6 PM LILO & STITCH SUNDOWN HUDSON PARK 13625 CUMBERLAND ROAD Treats Activities Take you picture with our new mural! Remember your blanket & lawn chair cocl.org

Community League Day - September 20th

A neighbourhood might be the place you live, but a community is a place where you belong. Whether it's walking down your street and seeing familiar faces, stepping into a park to relax and play with your neighbours, or just finding a place where people know your name and you know your presence matters, community is about the things that make us feel connected, that make us feel at home. This September 20, Edmonton's annual Community League Day returns with a message for everyone, old or new: you're welcome here.

From pancake breakfasts and outdoor movie nights to block parties and barbecues, every year on Community League Day, Leagues across Edmonton host a variety of events that highlight the energy and diversity of their neighbourhoods. No two Community League Day events are ex-

actly the same, but they all share the same goal: making sure every Edmontonian knows they have a place to belong.

"For over 100 years, Edmontonians have known the best way to get to know your neighbours, the best way to explore what the city has to offer, the way to get the most out of your neighbourhood, is to be a part of their Community League," said Laura Cunningham-Shpeley, Executive Director of the Edmonton Federation of Community Leagues (EFCL). "We really want everyone to have that experience. We want to tell them that, no matter what you're here for—whether you want to sit on the board or just share a cold drink with your community—we're here, and you're welcome to join us."

Founded in 1921, the EFCL supports Edmonton's 163 Community Leagues —

the volunteer-run organizations that help make Edmonton's neighbourhoods such vibrant, connected, inclusive places. This vear, the EFCL is hoping to underscore the importance of reaching out to Edmontonians who may not yet know about the League in their area, and encouraging them to become card-carrying members of their Community League. Edmonton has welcomed hundreds of thousands of new residents in the past few years, and whether they've come from outside the country, the province or just outside of city limits, they might not be familiar with Community Leagues — which are a oneof-a-kind, made-in-Edmonton institution for fostering community.

"Community League Day is our chance to say: 'This is for you,' our chance to show them who their neighbours are, what their neighbourhood is like, and how amazing this city can be when we all get together," says Cunningham-Shpeley. "I think one of the really amazing things about Community Leagues is that you shape them as you participate in them: they're all a reflection of their communities, which means all you need to do is show up, and you're a part of it."

Because as Edmonton continues to grow and change, Community Leagues and Community League Day offer a chance to strengthen the roots that hold it together: neighbourliness, participation, and the simple joy of feeling welcome.

You can find more information, including a map of Community League Day events and how to find your local League, at CLDay.ca.

Edmonton Federation of Community Leagues (EFCL)

CARLISLE Community League News





Carlisle Memberships

To purchase Carlisle memberships electronically please visit our website: carlislecl.com or efcl.org. You can also contact Tanis (780-446-5018) to purchase a membership card in person.

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, freeskating 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 Community Executive List

Position	Filled By	Contact	
President	Krista Hennigar	780-951-7627	
Vice-President	Sharla Sagert	780-717-3689	
Treasurer/Grants	Myer Valeriano	780-907-1198	
Membership	Tanis Chentek	780-446-5018	
Secretary	Tara Pohl-Gobeil	780-218-3399	
Buildings & Grounds	Jerry Neiman	780-270-8656	
Volunteer Coordinator	Krista Hennigar Sharla Sagert	780-951-7627 780-717-3689	
Casino Director	Brittaney Pregizer	780-554-4916	
Soccer Director	Rob Lewis	780-486-2893	
Program Director	Inza Bazzarelli	780-472-8373	
CDRS Representatives	Kerri-Lynn Parker Vacant	780-554-7037	
Social Director	Kara Henebury	780-995-2444	
Newsletter/Facebook	Moira Hennigar	780-616-3898	
Website/App	Tim Shupe	780-722-8724	

Are you interested in making positive change in your community? Would you like to volunteer and make new friends in your community? Do you have young children and want to create community events for them to attend? Are you a senior with a talent or time on your hands? Carlisle is looking for new people to volunteer on our board. Positions like membership sales, organizing new programs and planning community social events as well as our New Mens Shed are just some of the things that you could help with.

Come to a board meeting, meet our board and find out more information. We meet the 2nd Wednesday of every month at 7pm at our

community hall.

If you are unable to help donating your time, we do take monetary donations as well. Please visit our website at carlislect.com on our main page to donate today.



Join Us at Carlisle Programs!

Looking for fun, fitness, and community this fall? Carlisle Programs has something for everyone — whether you're looking to relax, get moving, or let the kids shine!

Check out our exciting lineup and be part of the fun:

Yoga - Stretch Your Mind, Body & Soul

Unwind and recharge with our relaxing evening yoga sessions! This program is intended for adults (18+).

Join us every Wednesday from October 1 to December 17, 2025, for a 12-week journey designed to restore balance and inner calm.

- Time: Wednesdays, 6:30 PM 7:30 PM
- Cost: \$75 for the full 12-week session
- Location: Carlisle Community League, 14240 117 Street NW, Edmonton, AB Register online at www.carlislecl.com or in person on September 20, 2025, at the Carlisle Hall.

Please note: We will no longer accept registrations on the first day of class. Spots fill up fast – don't miss out!

Zumba - Dance Your Way to Fitness!

Get your heart pumping and your body moving with our high-energy Zumba classes – where fitness meets fun! Join us every Monday from September 29 to December 15, 2025, for a 12-week session filled with great music, easy-to-follow moves, and good vibes. This program is intended for adults (18+).

- Time: Mondays, 6:00 PM 7:00 PM
- Cost: \$75 for the full 12-week session
- Location: Carlisle Community League, 14240 117 Street NW, Edmonton, AB

Register online at www.carlislecl.com or in person on September 20, 2025, at the Carlisle Hall.

No registrations will be accepted on the first day of class.

Let's dance it out – all levels welcome!

Children's Dance - Move, Groove & Shine! (Ages 5-12)

Let your little ones explore the joy of movement through music and dance! This fun and creative class is designed to build confidence, coordination, and rhythm in a playful environment

Join us every Sunday from September 28 to December 14, 2025, for a 12-week session your child will love!

- Time: Sundays, 11:00 AM 12:00 PM
- Cost: \$75 for the full 12-week session
- Location: Carlisle Community League, 14240 117 Street NW, Edmonton, AB

Register online at www.carlislecl.com or in person on September 20, 2025, at the Carlisle Hall.

No registrations accepted on the first day of class.

Spots are limited – sign up early and let the dancing begin!

Register Online

Visit www.carlislecl.com to register for any of our fall programs.

Questions?

If you need further information about any program, please contact the Programs Director: Inza Bazzarelli at **780-472-8373**.

We can't wait to see you this fall at Carlisle — where community, wellness, and fun come together!



Visit our website
www.albertamenssheds.ca
Call a chairman for more info
Tim Shupe: 780-722-8724
Brandon Pregizer: 587-783-1067
Email: carlislemenshed@gmail.com

Come Out & Join Us!

SOMETHING TO DO, SOMEWHERE TO GO, SOMEONE TO TALK TO!

Thursday's Game Night Shed

Why do men go to the Men's Shed?

- · Too much free time on their hands.
- · Lost social network when they retired.
- · Want to meet new friends.
- Lost their partner and are lonely.
- · New to Edmonton.
- Want to learn new skills or share theirs.
- · Just want a day with the guys.
- · Need to get out of the house.
- Want to be a part of something and give back to the community

What's a Men's Shed?

Internationally, Men's Sheds are a safe place to gather, drink coffee, play cards, tinker, work on community projects & make new friends.

It's a place to be a part of something.

A place to do that thing you've always wanted to do... or do nothing at all. Forget itineraries & agendas.

A Men's Shed is whatever the members want it to be.

IT'S SOMETHING TO DO, SOMEWHERE TO GO. SOMEONE TO TALK TO!

History of Men's Sheds

Originating in Australia, the Men's Shed movement has since grown to over 3000 worldwide, and the numbers keep growing!

While each local Shed is different, Men's Sheds all share the same aim of improving men's health and well-being by providing a space for social interaction, skill-sharing, and community engagement. It's an inclusive space that shares positive connections.

All men are welcome.

Connection. Camaraderie. Community.

On Thursdays the Men's Shed meeting is held at Carlisle Community League Rink Shack (downstairs)

14240 - 117 street NW Edmonton, AB T5X 4N6 We meet from 7:00 p.m. until 9:00 p.m. to drink coffee and chat about anything you can think of, while some of the guys play cards or dice games.

Occasionally we'll have speakers come out to talk about things of interest to men.

Carlisle Community League Day, BBQ, Family Fun Day & Fall Programs Registration

Sat Sept 20th 1-4pm

Come out, meet your neighbours, have some fun and register for our fall programs.

Hope to see you there!



Cumberland/Oxford Community League News







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



Movie in the Park

On Saturday, September 20, 2025, Cumberland Oxford Community League will be hosting a family friendly Movie in the Park event at Hudson Park located at 13625 Cumberland Road. It will start at 6:00 PM with live music by Kim Gates. Following his performance there will be a viewing of the live action movie. Lilo & Stitch at sun-

down. Treats and outdoor activities will be available. Please remember to bring a lawn chair, blanket, additional snacks and family friendly beverages to enjoy.

You can plan to arrive early as we will begin setup at 5:30 PM. This will also give you an opportunity to view and take pictures with our new addition to the park - a

community mural. This has been a multiyear project for COCL that was first envisioned during the planning stages of the storage shed. It came to fruition this summer with the talent of local artist, Jeanine McIntosh from Envy Custom Art.

Jeanine took our vision of representing our current community, while at the same time recognizing the history of the past. It pays homage to Speedway Park, which held various racing events from the 1960s to the 1980s. In addition, the nearby Twin Drive-In Theatre that closed in the 1990s is represented in photo-esque form. We hope that this mural sparks conversations about our past and helps us envision the future.

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Summer word search KSANDALSFMUKTQ XUTITXHOTLKWRN VNCCAMPFIREIAS PGPEMPNEZPCKV RLRCBQPSKHATEH NAJRMESCMUBRLA ASYEANLSHELLKJ **PSPAWLICAJFCSK** OEIMACAMPINGUF OSCBDUROJYXONH LFNJLXNBDMFBOK YLIAATVACATION NMCZKBEACHTDNE GYLRDISBMPKASG (* ++ + + = TRAVEL SUN **CAMPING** HOT POOL PICNIC SANDALS **SUNGLASSES** HAT BALL PARK ICE CREAM **BEACH** VACATION CAMPFIRE SHELL

BATURYN

Community League News



Baturyn Community League

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

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.



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

CAERNARVON Community League News



Caernarvon Community League Executive 14830 - 118 Street NW, Edmonton AB Phone or Text (780) 456-3435

1 Holle of Text (700) 430 3433			
President	Jennifer Schell	president@caernarvon.ca	
Vice President	Matthew Charrois		
Treasurer	Teena Burrell	treasurer@caernarvon.ca	
Secretary	Kati Hutt		
Casino	D'Arcy Sommer	casino@caernarvon.ca	
CDRS	Danny Burrell		
Communications	Jennifer Boulding		
Equipment	D'Arcy Sommer		
Hall Maintenance	Alain Rouleau		
Soccer	Justin MacKenzie	soccer@caernarvon.ca	
Social	Kati Hutt	social@caernarvon.ca	
Programs	Lynne Hellyer	programs@caernarvon.ca	
Signs	Matthew Charrois		
Hall Rental Director	Danny Burrell	rentals@caernarvon.ca	
Membership at Large	Preet Dhami		
Membership at Large	Jennifer Malay		
Membership	Vacant	membership@caernarvon.ca	

Check out our Website for Free Recreational Opportunities

Did you know that your Community League membership gives you access to free swimming at Grand Trunk Recreation Centre and the Castle Downs YMCA? Check out our website https://www.caernarvon.ca/membership for more details!

Keep in touch with us on 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." You can also join Caernarvon Connect to keep up with news and happenings from across the community.

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5003 DeWolf Road (Griesbach)

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	\$500	\$100
Saturday 10am - 3am	\$500	\$100
Sunday 12 (noon) - 11pm	\$350	\$100
Friday & Saturday 10am Friday - 3am Sunday	\$800	\$150
Saturday & Sunday 10am Saturday - 11pm Sunday	\$800	\$150
All Weekend - Friday through Sunday 10am Friday - 11pm Sunday	\$1100	\$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 a new commercial gas stove and two ovens, wet bar with fridge, large kitchen refrigerator and freezer, plenty of kitchen

prep space, choice of round and rectangular tables.

Seating Capacity

- Main Hall: 220 guests
- Boardroom: up to 25 guests

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



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	Denyse Ward	587-983-9401	
TREASURER	Loretta Wonitoy	780-457-9101	
SECRETARY	Lorna Melnyk	780-456-4596	
PAST PRESIDENT	Vacant		
COMMUNITY SPIRIT	Denyse Ward	587-983-9401	
DIRECTOR			
CiIVICS	Stephanie Chorney	780-935-9114	
CASINO	Maureen Ewart	780-457-0708	
CASINO	Mark Gross	780-456-5700	
MEMBERSHIP	Christina Fletcher	780-699-8759	
PUBLICITY	Bev Gross	780-456-5700	
SOCIAL	Lorna Melnyk	780-456-4596	
BINGO DIRECTOR	Amanda Wentzell	780-977-7923	
SOCCER	Dana Trendall	780-456-3978	
SOFTBALL	Loretta Wonitoy	nitoy 780-457-9101	
PROGRAMS	Amanda & Denyse		
SOCCER EQUIP.	Arlene Pettifer	780-456-3978	
BUILDING & ASSETS	Al Chapman	780-456-9292	
PLAYSCHOOL	Registrar	dunlucepreschool@	
	-	gmail.com	
COMMUNITY SERVICES	Melanie Gizowski	700 457 4242	
HALL RENTALS	Al Chapman	780-457-4342	





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

Dunluce Community Spirit Award

Dunluce Community League is pleased to announce Janina Syrnyk as the recipient of their Community Spirit Award.

Janina has been a long time Dunluce resident (30+) years, who was nominated for her volunteering to be the Chair of the Stop of Destruction Committee. When the Neighborhood Re-

newal project arose in Dunluce, it quickly became apparent that the City was NOT listening to its residents. Janina volunteered to Chair the Committee on behalf of all Dunluce residents, in an effort to have all voices be heard. During the past two years, she has spent countless hours chairing meetings, writing emails to city council and the province to speak out for



Dunluce Community residents. She has attended City Council meetings and attended meetings with councilors and the MLA. She also spearheaded the Stop the Destruction petition, which involved months of going door-to-door to get signatures on the Petition to City Council to revamp the project so our neigh-

borhood does not get destroyed by the over-engineered and unwanted changes to our community. She spent hours hand delivering flyers to Dunluce mailboxes to help get the message to uninformed residents. Janina is a Dunluce resident who is generous with her time and wants our voices to be heard.

Congratulations Janina!





FOLLOW US! LIKE US!

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







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Community Safety Data Portal

The Edmonton Police Service invites you to explore the Community Safety Data Portal! This interactive platform provides access to data including crime statistics and trends occurring in Edmonton. It offers increased transparency into policing activities and encourages public engagement so that we may build stronger and



safer communities together. EPS hopes the Community Safety Data Portal will enable the public to take an active role in community safety and crime prevention.

Visit https://communitysafetydataportal.edmontonpolice.ca

Leisure Access Program

The Leisure Access Program (LAP) allows eligible Edmontonians access to the City of Edmonton recreation facilities and attractions at a free or reduced cost. All applicants will also automatically be considered for the Ride Transit Program. The LAP programs are now offered in 1-Year, 2-Year, and 5-Year terms depending on documentation submitted with your application. Income thresholds and the application form are available at https://www.edmonton.ca/programs_services/leisure-access-program



DUNLUCE TREESTAND DAY SUNDAY AUGUST 17 1 - 3 pm. 15807-121 St.





- · Take a nature break in the heart of Dunluce!
- · Explore the largest upland forest in Edmonton!
- Learn about the plants & animals that call the forest home.
- The Edmonton Native Plant Society will lead guided walks, and have handouts on native plants and ways to protect the forest.

Everyone Welcome!





Spending time in the sun

A sunburn is skin damage from the sun's ultraviolet A and ultraviolet B (UVA and UVB) rays. Most sunburns cause mild pain and redness but affect only the outer layer of skin (first-degree burn). The red skin might hurt when you touch it. These sunburns are mild. They can usually be treated at home.

Skin that is red and painful and that swells up and blisters may mean that deep skin layers and nerve endings have been damaged (second-degree burn). This type of sunburn is usually more painful and takes longer to heal.

Other problems that can occur along with sunburn include:

Heatstroke or other heat-related illnesses from too much sun exposure.

Allergic reactions to sun exposure, sunscreen products, or medicines, such as antibiotics, some acne medicines,

and some diabetes medicines.

Vision problems, such as burning pain, decreased vision, or partial or complete vision loss.

Long-term problems include:

An increased chance of having skin cancer.

Having more cold sores.

More risk of problems related to a health condition, such as lupus.

Cataracts from not protecting your eyes from direct or indirect sunlight over many years. Cataracts are one of the leading causes of blindness.

Skin changes, such as premature wrinkling or brown spots.

People with white or freckled skin, blond or red hair, and blue eyes usually sunburn easily.

People with darker skin don't sunburn as easily. But they can still get skin can-

cer. It is important to use sun protection, no matter what your skin colour is.

Your age also affects how your skin reacts to the sun. Children's skin is more sensitive to sunlight.

You may get a more severe sunburn depending on:

The time of day. You are more likely to get a sunburn between 11 a.m. in the morning and 3 p.m., when the sun's rays are the strongest.

You might think the chance of getting a sunburn on cloudy days is less, but the sun's damaging UV light can pass through clouds.

Whether you are near reflective surfaces, such as water, white sand, concrete, snow, or ice. All of these reflect the sun's rays and can increase your risk of getting a sunburn.

The season. The position of the sun

on summer days can cause a more severe sunburn.

Altitude. It's easy to get sunburned at higher altitudes. That's because there's less of the earth's atmosphere to block the sunlight. UV exposure increases in elevation.

How close you are to the equator (latitude). The closer you are to the equator, the more direct sunlight passes through the atmosphere.

The UV index of the day, which shows the risk of getting a sunburn that day.

Preventive measures and home treatment are usually all that's needed to prevent or treat a sunburn.

Protect your skin from the sun.

Don't stay in the sun too long.

Use sunscreen and wear clothing that covers your skin.











2025/26 INDOOR SEASON

Tentative Season Start Date: October 11th

Returna Dedatine: September 10, 2025						
PROGRAM	YEAR OF BIRTH	DIVISION	REGISTRATION FEE Aug. 1 - Sept. 8	REGISTRATION FEE After Sept. 8	TENTATIVE TRAIN/PLAY DATES*	PLAY LOCATIONS
U5	2022/2021	MIXED	\$245	\$270	SATURDAY	EAST SOCCER CENTRE
U7	2020/2019	BOYS/GIRLS	\$285	\$325	SATURDAY	EAST SOCCER CENTRE
U9	2018/2017	BOYS/GIRLS	\$435	\$475	SATURDAY	EDMONTON + AREA
U11	2016/2015	BOYS/GIRLS	\$435	\$475	SATURDAY	EDMONTON + AREA
U13	2014/2013	BOYS/GIRLS	\$455	\$495	SATURDAY and/or SUNDAY	EDMONTON + AREA
U15	2012/2011	BOYS/GIRLS	\$455	\$495	SUNDAY	EDMONTON + AREA
U17	2010/2009	BOYS/GIRLS	\$460	\$500	SUNDAY	EDMONTON + AREA
U19	2008/2007	BOYS/GIRLS	\$460	\$500	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. Please visit esaf.ca for



EQUIPMENT REQUIRED

- · Ball (preferred not required)
- · Shin Pads
- · Shorts
- · Socks that cover shin pads
- · Water Bottle

°U5/U7 - balls provided U9-U11 - Size 4 ball U13+ - Size 5 ball

EFCL MEMBERSHIP

All families are required to provide proof of a valid community mbership from the Edmonton deration of Community Leagues isit <u>www.efcl.org</u> for n

All players must submit a \$250 Volunteer Deposit by cheque of credit card pre-auth form

Families must complete one volunteer shift for each registered child. If a shift isn't completed, the S250 deposit will be cashed.

LEVEL: BEGINNER

All participants will receive a crochet hook. a ball of yarn and a dishcloth pattern.

CONTACT US: programs@dunlucecl.ca. 780-406-9070



Dunluce

Community League





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

Call today 780-756-5500

5003 DeWolf Road (Griesbach)





Dunluce Community League

Clothing Swap!

Drop Off: September 25 & 26, 6-8

Shop: September 27, 10-2

Spruce up your wardrobe and get new clothes for back to school all while getting rid of those clothes you've been meaning to donate!

Bring in your clothes (all ages, all sizes) on Thursday or Friday night and come back Saturday to get new clothes!

- Free Admission with a donation of 10+ items!
- \$5 for ages 16+ without a clothing donation

Please no adult undergarments or swimwear Please only clothes in good condition (no rips, stains, etc.)

Eco Stations celebrate 30 years of service

Event May Be Cancelled Due to Inclement Weather

Dunluce Community League ~ 11620 162 Avenue

www.dunlucecl.ca for more info

Edmonton's first Eco Station opened 30 years ago today in 1995. The Strathcona location served as the City's first year-round household hazardous waste disposal depot. In their 30-year history, the City has opened four Eco Stations, served 6.2 million resident visits and expanded on-site services to support Edmonton's changing waste system.

Eco Stations are a great place to drop off excess yard waste, garbage and recycling, and items that are not safe to dispose of in a black bin, cart or blue bag. City staff then ensure all items are disposed of properly. On an average day, City staff make waste disposal simple for more than 1,200 residents across all Eco Stations.

"If you've ever visited an Eco Station, you're part of this success story," said Chris Fowler, acting Branch Manager of Waste Services. "Every year we see



more and more Edmontonians adopt Eco Stations as a part of their regular waste habits. Our staff get a lot of joy helping residents, and it shows in the way Eco Stations continue to add services and find ways to meet the growing demand." Residents can visit edmonton.ca/ EcoStations or use the WasteWise app to find their nearest Eco Station and view the items accepted, most of which are free to drop off.

Here's what was dropped off at Eco

Stations in over 473,000 visits in 2024:

Over 355,000 feet of fluorescent tubes were recycled. That's over 100 kilometres, or about as far as it would take to drive from Edmonton to Ponoka.

Nearly two million kilograms of electronics were recycled and more than four million kilograms of yard waste were turned into compost.

Around 75,000 kilograms of household batteries were dropped off, helping reduce the risk of fires in our waste collection trucks and processing facilities.

Eco Stations are an essential part of the City's 25-year Waste Strategy and Zero Waste Framework, enabling residents to recycle items that need special disposal while keeping unsafe materials out of the landfill.

For more information: edmonton.ca/EcoStations

Dunluce Softball - Spring 2025





What a fantastic season for Softball in Dunluce! We had over 50 players on 6 teams and the results are in. EVERYONE had a fantastic time. A very special thank you to all of our coaches:

U7 Coaches: Alex Roddelt, Dana Trendall, Jeremy Buhr, Patrick Scherger

U9 Coach: Brad White (Coach of the Year 2024)

U11 Coach: Brandon Munroe

There has been a steady decline of softball teams in the North West Zone and this year, the ONLY community leagues in the Zone that offered softball were High Park and Dunluce. High Park had a U13 girls team, and Dunluce had the rest. We will continue to support the sport as long as there are children that want to play so be sure to watch for registration details for next spring, or get on our notification list by contacting softball@dunlucecl.ca

Thank you to all of the parents that supported their teams, cheered in the rain, drove across the city for games, and helped out in any way. See you all next year!

Loretta Wonitoy Softball Director



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11824 - 145 ave

#202, 15961 - 97th Street NW

780-456-0110

780-456-4441

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 10th, October 17th, & November 4th 2025

<u>All Bingos are at Kensington Bingo Hall</u>

unless otherwise stated

DUNLUCE SOCCER DIRECTOR

Dunluce Community League is looking for a Volunteer Soccer Director to oversee our soccer program. You will be provided with all the information and assistance needed to do so from our previous soccer director.

If you are interested in or would like the details of the position, please contact the Dunluce Community League President at: president@dunlucecl.ca

THANK YOU



SAVE YOUR SPOT - REGISTER NOW!

Seats are filling fast for the 2025-26 school year!

Check out our website to learn more about our goldstandard, inclusive online school for grades 1 to 12. Adult learners welcome too!



ignitecentre.ca



DUNLUCE COMMUNITY LEAGUE 2025 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

<u>Dunluce Community League Members:</u> \$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.



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