

# CASTLE NEWS

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

April 2018



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## CASTLEDOWNS VARIETY SHOW "An Evening of Adult Comedy"

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

Box 31075 Nmao Center, Edmonton AB T5Z 3P3

Phone (780) 406-9070

### CASTLE DOWNS VARIETY SHOW WRITERS AND DIRECTORS NEEDED

It's that time of year already. We are looking for interested writers and directors for the 2018 Castle Downs Variety Show. The Castle Downs Variety Show is an Evening of Adult Comedy comprised mostly of skits, stand-up comedy & dance numbers.

### Your submission should include all of the following:

The Show Name,  
Three sample skits  
Black Light Number  
A running order for the whole show

Please submit package, including compensation expectations to:

Variety Show Chairperson c/o Castle Downs Variety Show  
P.O. Box 31075 Nmao RPO, Edmonton T5Z 3P3  
Or by email to [varietyshow@castledowns.ca](mailto:varietyshow@castledowns.ca)

**Submissions must be received no later than May 14<sup>th</sup> 2018.**

The Variety Show Committee will then review the submissions and set up interviews with the candidates.

Please check the website for more info: [www.castledowns.ca](http://www.castledowns.ca) and look under the Variety show tab, you can email any questions to: [varietyshow@castledowns.ca](mailto:varietyshow@castledowns.ca)



## Variety Show Hall Tender

Following a very successful year of the Castle Downs Variety Show for 2017 it is time to start the planning for the 2018 Show. Hall tenders are now being accepted for the 2018 Castle Downs Variety Show brought to you by the Castle Downs Recreation Society.

Please submit your tender to the Variety Show Committee by email ([varietyshow@castledowns.ca](mailto:varietyshow@castledowns.ca)) by May 14, 2018. Prior to the committee's decision we would kindly request an opportunity to view the space and ask any pertinent questions. Please email the Variety Show chairperson to set up a viewing time for the committee to come in and look at the space.

The decision will be based on the following criteria:

Availability of the Hall for all required dates (see below)

Capacity of the Hall and configuration of seating (Chair and tables for up to 200)

#### Cost

Appropriate stage area and prep area for cast, band area, lighting and sound areas

Bar and kitchen facilities- oven, coolers and freezer space

Storage space available for costumes, change rooms, props

Appropriate committee work area and liquor storage (locked room)

#### Available parking

Suitable coat check area

Building security complete with alarm system.

#### Janitorial services provided

Possibility of looking at a 2 year contract

Thank you for your interest in hosting the



2018 Variety Show. We look forward to hearing from you. To help with your planning, listed below are the dates the hall would need to be available.

Sunday and Wednesday evenings August 29, 2018 - October 10, 2018 for rehearsals and/or box office. Sunday evenings until the end of show (Nov. 10, 2018) for box office sales only.

Friday and Saturday evenings October 12, 2018 - November 10, 2018.

Other important dates: Saturday September 22, 2018 for move-in, November 11, 2018 for move-out, Dress Rehearsal Thanksgiving weekend (Oct 6-8, 2018)

The hall needs to be booked EXCLUSIVELY for the Variety Show during this time frame (Sept 22, 2018 – Nov. 11, 2018) (other than Community League Executive meetings). No other rental or access for programs can be permitted to ensure safety of VS equipment/costumes and to allow tables to be left set up with chairs on the tables to allow for floor cleaning. NEGOTIABLE

**Windup Party for the Variety Show – Nov. 17, 2018 – Saturday**

**Thank you 2018 Castle Downs Variety Show Committee**

**SAVE THE DATE !**

**3-PITCH**

ADULT SLO-PITCH TOURNAMENT

May 11 and 12, 2018

Caernarvon Baseball Fields  
and Community Hall

Co-Ed Teams 5 men / 5 women

\$200 Team Entry Fee





# Baturyn News



## Community League Board Contacts

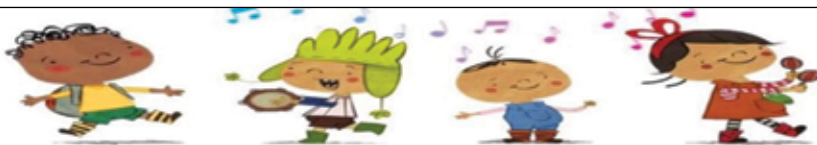
Positions are filled on a voluntary basis.

If you are interested in board positions or would like to get involved, please contact the Board President at [president@baturyn.ca](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	Wayne Raymond	<a href="mailto:vicepresident@baturyn.ca">vicepresident@baturyn.ca</a>
Secretary	Laura Bots	<a href="mailto:secretary@baturyn.ca">secretary@baturyn.ca</a>
Treasurer	Paul Petersen	<a href="mailto:treasurer@baturyn.ca">treasurer@baturyn.ca</a>
Facilities Director	Earl Archer	<a href="mailto:facilities@baturyn.ca">facilities@baturyn.ca</a>
Hall Rental Rep	Colleen H.	<a href="mailto:rentals@baturyn.ca">rentals@baturyn.ca</a>
Volunteer Director	Sephia Tidder	<a href="mailto:volunteers@baturyn.ca">volunteers@baturyn.ca</a>
Ways & Means Director	Leticia Pearson	<a href="mailto:finance@baturyn.ca">finance@baturyn.ca</a>
Casino Chair	Sandi Jones	<a href="mailto:casino@baturyn.ca">casino@baturyn.ca</a>
Communications Director	Intentionally left blank	<a href="mailto:communications@baturyn.ca">communications@baturyn.ca</a>
Communications Assistant	Angela Ferguson	<a href="mailto:communications@baturyn.ca">communications@baturyn.ca</a>
Program Director	Angela Ferguson	<a href="mailto:programs@baturyn.ca">programs@baturyn.ca</a>
Past President	Courtney Barnes	<a href="mailto:pastpresident@baturyn.ca">pastpresident@baturyn.ca</a>
Soccer Director	Candice Bevan	<a href="mailto:soccer@baturyn.ca">soccer@baturyn.ca</a>
Social Director	Violet Hejnar	<a href="mailto:social@baturyn.ca">social@baturyn.ca</a>
Softball Director	VACANT	<a href="mailto:softball@baturyn.ca">softball@baturyn.ca</a>
Membership Rep	Samantha McRae	<a href="mailto:membership@baturyn.ca">membership@baturyn.ca</a>
Bingo Chairperson	Nicole Yankee	<a href="mailto:bingo@baturyn.ca">bingo@baturyn.ca</a>
CDRS Rep	Claudia Gonzalez	<a href="mailto:cdrs1@baturyn.ca">cdrs1@baturyn.ca</a>
CDRS Rep	Wayne Raymond	<a href="mailto:cdrs2@baturyn.ca">cdrs2@baturyn.ca</a>
Variety Show Rep	Shyehana Goonewardena	<a href="mailto:varietyshow@baturyn.ca">varietyshow@baturyn.ca</a>
Variety Show Rep	Holly Twerdochlib	<a href="mailto:varietyshow@baturyn.ca">varietyshow@baturyn.ca</a>
Playschool Chair	Kelly Young	<a href="mailto:bcps.chair@gmail.com">bcps.chair@gmail.com</a>

**Board Meetings are held on the 1st Monday of the Month at 7pm**

July & August: No Scheduled Meetings



**zumbini**  
CREATED BY ZUMBA

**AT BATURYN HALL  
10505-172 Ave**

**Tuesday afternoons  
April 10 to June 10  
12:40-1:15pm**

Baturyn is offering Zumbini classes with Mariela, a class for children 0-4 and a parent or guardian. Zumbini is a 10 week course from April 10-June 10, 2018. Registration fees are \$200 non-members, \$185 for members (no refunds for missed classes due to illness, vacation, etc). This fee includes a set of materials for each family to take home.

The class size is limited to 12 children.

**To register go to our new Event Registration tab at [www.baturyn.ca](http://www.baturyn.ca)**

Please note:

If a family registers more than one child the class fee will be \$165 per additional child. If less than 7 children register the class will be cancelled and registrations refunded.

Join us for

# EARTH Day

**Sunday, April 22**

Join us for a nature walk starting at 2pm  
at **CASTLEWOOD LAKE (115St and 171Ave)**

Collect items along our walk to create a fabric sun print upon our return to Castlewood Lake for 3pm.

There will also be materials on hand to make a pinecone bird feeder for your feathered friends.

This is a FREE event hosted by Baturyn Community League



### Planning a big party or hosting a big event?

Baturyn Community Hall may be the place for you; located between St. Charles Elementary School and Baturyn Elementary School, Baturyn Community Hall features a full commercial kitchen, bar, coat room, covered back patio with large BBQ, Fire Pit, & 2 boarded sports fields. For events involving children there is also a community playground located in front of the hall and basketball court located beside the hall.



10505 172 Avenue  
[rentals@baturyn.ca](mailto:rentals@baturyn.ca)

#### Hall Features:

- Seating Capacity: 275
- Hall Size: 55ft x 65ft
- Tables: 43 rectangular tables (seats 8)
- Chairs: 275
- Wheel Chair Accessible
- Plenty of Parking
- Industrial Kitchen Appliances – Gas Stove, Walk In Fridge, Microwave, Freezer, Dishwasher
- Large Kitchen Preparation Space
- Separate Bar with 2 door fridge & freezer
- Large Dance Floor
- Air Conditioning

#### Hall Rental Information:

Standard Rates	
Rental Period	Rates
Weekday Evenings	\$35/hr
Saturday 10:00 am – Sunday 10:00 am	\$425
Sunday 11:00 am – 5:00 pm	\$150
Sunday (Long Weekend)	\$250
Package Rates	
Rental Period	Rates
Friday 6:00 pm – Sunday 10:00 am	\$500
Saturday 10:00 am – Sunday 5:00 pm	\$550
Friday 6:00 pm – Sunday 5:00 pm	\$600

#### Notes & Exceptions:

1. All rentals require a signed contract
2. Damage deposit is equal to the rental rate and will be refunded upon inspection of the hall after the event; final rental payment is due 30 days prior to the event.
3. Parking is constrained in the area and the parking lot is not available until after 5:00 pm during the school year.

To inquire about renting the hall, please email [rentals@baturyn.ca](mailto:rentals@baturyn.ca).



Want to know what is going on in your community?  
To find out community announcements and events  
Find us at [www.facebook.com/  
BaturynCommunityLeague](http://www.facebook.com/BaturynCommunityLeague)  


## Lobster Dinner Resurrection?

No, we’re not talking about bringing the lobsters back to life! Baturyn Community League used to host a very popular lobster dinner and still has the equipment to do so. What we don’t have is anyone experienced in running such an event or connections to cheap lobster! If you are interested in helping bring back this fun social event, please contact [social@baturyn.ca](mailto:social@baturyn.ca)

## Baturyn Ice Rinks

Nearer the beginning of winter, Baturyn Community League was asked if or when our rinks would be open. Unfortunately, as in the past several years, BCL had not been able to find any volunteers willing to make and maintain the ice. We did hear from many in the community who feel that ice rinks are important to our community and would like to work towards ice rinks for the 2018/19 season. Our Vice President is actively looking for volunteers to join a Committee to ensure there is a plan in place for coming years. There will be much to discuss, and a business plan must be created. Not only do we need someone to spearhead the project (it would require a dedicated team of people, not just one or two), but there are also financial considerations. Anyone interested in joining this sub committee, please email [vicepresident@baturyn.ca](mailto:vicepresident@baturyn.ca) and a meeting will be organized.

## Homeowners as Communications Partners

Do you have a home that is along one of the main roads of our community? Or does your back fence face onto a main road? We are looking for homeowners who might be willing to help us communicate with the rest of the community by allowing advertising to be placed on their property for special events throughout the year. For further information, please contact [communications@baturyn.ca](mailto:communications@baturyn.ca) to see how we might be able to work together to build our community.

## Boot Camp coming soon!

Stay tuned for boot camp classes coming to Baturyn Hall on Monday evenings starting in May. For more information keep an eye on our website and Facebook page.



# 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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Gentle Dentistry for  
the whole family.**



**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

**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:









# ALL KIDS MEALS

# \$6.99

Comes with an activity pack and a create-your-own sundae.

**Boston Pizza - Namao 16521 97 St 780-456-5554**

## Spring Green Shack

Beginning March 31st until April 27th, Baturyn Playground (10505-172 Ave) will be host to a spring City of Edmonton Green Shack. The Green Shack will be open from 3:30-6pm on Tuesdays and Wednesdays, and from 1-5pm on Saturdays. Stop by for some fun!

## Tween Dance

Music, dancing, concession, and FUN for children aged 6-12 years old! 191 Baturyn Scout Group will be hosting a Tween dance on Friday, April 13 from 7-9pm. Held at the Baturyn Community Hall, the cost is \$5.00 per child and all children must be signed in and out at the door.

## Summer Porta Potties

Baturyn Board has voted to fund Porta Potties at the Baturyn, Chambery/ Elsinore and Canossa green shack locations this summer. If you see any issues with these facilities, please contact [president@baturyn.ca](mailto:president@baturyn.ca)



**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

## Become a 2017/2018 Member

The new membership year started September 1<sup>st</sup>. Get your membership and enjoy the special perks of being a member.

Annual Memberships are valid from September 1<sup>st</sup> to August 31<sup>st</sup>.

### 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
- Access to all Community League ice rinks (with skate tags)
- Community League sports programs
- Free access to community swim times at the YMCA, Grand Trunk Fitness & Leisure Centre, or O'Leary Fitness & Leisure Centre
- Free access to all Community League outdoor rinks
- 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)
- **NEW** - 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.**

*A Mother's love is the grandest thing,  
with all the love and compassion it brings.*

## Mother's Day Tea, Cookies, and a "Green Thumb" Activity!

Sunday, May 14th

1-3pm

Baturyn Community Hall  
10505 172 Avenue

Moms can enjoy tea and cookies with the family  
and can then assemble a garden-themed item  
(details TBA) to enjoy all year long!

## Baturyn Community Playschool

### Registration now open for the 2018-2019 year!

We offer a fun, play-based program that builds your child's social and academic skills. Students are introduced to the joys of learning by participating in in-school and out-of-school field trips, taking part in pre-reading, science and math projects, crafts, games, songs and music, kinder-cooking and daily physical activity.

**LOCATION:** Baturyn Community Hall, 10505 172 Avenue

**COST TO REGISTER:** \$45 non-refundable registration fee. Other payments (monthly fees etc.) will be handed in at the August final registration meeting.

Registration is available on a first come, first served basis.



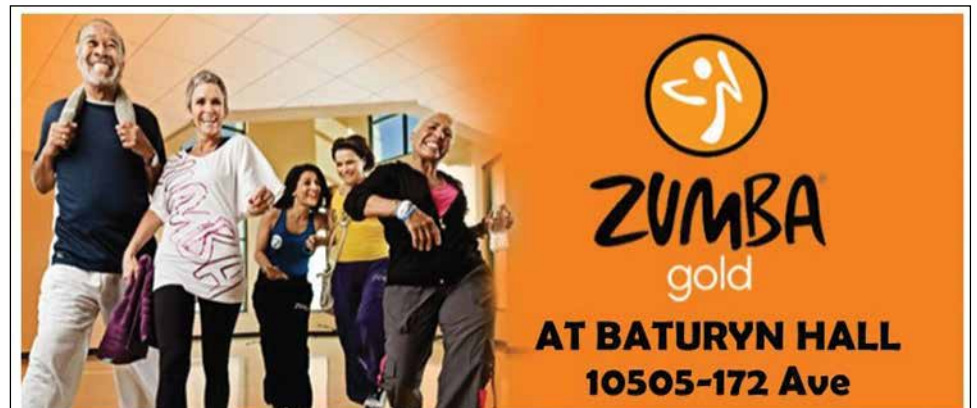
**For 3 year olds:** Tuesdays and Thursdays  
AM Class – 9:00am to 11:30am

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

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

Find us on Facebook by typing [www.facebook.com/BaturynCommunityPlayschool](https://www.facebook.com/BaturynCommunityPlayschool)

**For more information, please visit our website at  
[baturynplayschooledmonton.weebly.com](http://baturynplayschooledmonton.weebly.com) or  
email our co-chair at [bcps.cochair@gmail.com](mailto:bcps.cochair@gmail.com)  
for more information on how to register.**



If you want to get dancing and have some fun, join us for a class! Zumba-Gold® with Mariela involves dance and aerobic movements performed to energetic music, but at a slower pace. This is great for beginners or anyone who wants to try Zumba® at a slower pace.

Join us for a 10 week session starting April 10, 2018.

If you have any questions, please call Angela at 780-989-4899.

**Tuesdays, from April 10 to June 10  
1:30-2:30**

Drop in: \$12

5 pass: \$50 10 pass: \$90

10% Discount for Community League Members

(Sorry, no refunds on unused pass cards)

To register contact: [programs@baturyn.ca](mailto:programs@baturyn.ca)



# Caernarvon News

## Caernarvon Community League Executive

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

[president@caernarvon.ca](mailto:president@caernarvon.ca)  
[treasurer.ccl@shaw.ca](mailto:treasurer.ccl@shaw.ca)

President	Evan Hellyer
Vice President	Jennifer Schell
Treasurer	Teena Burrell
Bingo	Lynne Hellyer
Casino	Amanda Evans
CDRS	Danny Burrell
	Jennifer Schell
	D'Arcy Sommer
Equipment	Giovanni Borrelli
	Sandy Reda
Hall Maintenance	Ahmet Kaplan
	Danny Burrell
Hall Rental	Jennifer Schell
	Dawn Vargas
Membership	Adam Evans
Newsletter	Dawn Nebeker
Programs	Carolina Ibarra
Secretary	Dawn Nebeker
Signs	Christina Burynuik
Soccer	Wil Fraser
Social	Kati Hutt
Variety Show	Petar Jankovic
Baseball	VACANT
Casino (2)	VACANT
Member At Large	VACANT
Variety Show (2)	VACANT

## Easter Egg Hunt



Thank you to all who attended!  
The Easter Bunny had a great time hiding all those eggs for you to find, we hope to see you next year!

## Sign Up for Adult Co-Ed 3-Pitch Slow Pitch Tournament!

We're hosting an Adult Co-Ed 3-Pitch Slow Pitch Tournament on Friday, May 11, and Saturday, May 12, 2018, at the Baseball Fields behind Caernarvon Community Hall. The fun begins Friday evening and continues all day Saturday.

All you need is a team of 5 women and 5 men (Aged 18+) and a \$200 entry fee. Cash prize for the winner and your success will be immortalized on a prestigious trophy that will be displayed in Caernarvon Community Hall's foyer!

Please contact Chris at 780-884-9672 even if you do not have a full team and we will see what we can do!

More details will be available on our Facebook page as we approach May.

## Casino and Bingo Opportunities

We have a Casino coming up and need volunteers to help raise funds for our community! Our dates are May 25 and 26, 2017. If you're interested please contact us by phone or text to 780-456-3435!

We are looking for volunteers to work upcoming Bingo nights. Bingos bring money into the Community League and supplement activities we offer as well as pay the utilities for the Hall. We offer Caerny Bucks towards registered activities in Edmonton. Call Lynne at 780-641-4996 for more details or check out our Facebook page.



Congratulations to our Caernarvon Boys, Indoor Soccer, City Champions!! Great teamwork led our boys to Gold Medals in the City Championship on February 25, 2018!

## Membership



Community League membership is accompanied by these perks: access to community hosted events, Community League sports programs, free swim times at the YMCA, Grand Trunk Fitness & Leisure Centre, and O'Leary Fitness & Leisure Centre, free access to all Community League outdoor rinks, 20% discount on City of Edmonton Recreation Facilities annual passes or continuous monthly passes. 15% off Multi-Pass purchases. Visit <http://efcl.org/membership> to purchase or attend one of our events!

## Caerny Bucks

Caerny Bucks are worth \$40 and are given to people who work extra bingos when they cannot be filled with sports registration commitments. These valuable credits can be put towards registered programs such as soccer registration, YMCA memberships, or City of Edmonton registered programs.

If you would like to be included on the Caerny Buck list to work Bingos please contact our Bingo Director Lynne Hellyer through our Facebook page or 780-456-3435.

## 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".

## Denture Specialist - Over 35 Years Experience

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\*Some conditions and restrictions apply.

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



Hall Rentals

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

The Hall includes a coat room, raised stage, full kitchen with brand-new Commercial gas stove with 2 ovens, wet bar, glass door refrigerators, plenty of kitchen prep space, tables (round and rectangular), and chairs. Also available for an additional fee or deposit are dishes, cutlery, commercial BBQ, Theatre Popcorn Machine and Sound System with Wireless Microphone.

**Seating Capacity**  
250 guests - Theatre-style seating facing stage  
220 guests - Dining, Beverages, without a Dance Floor  
185 guests - Dining, Beverages, and Dance Floor

Please call or text 780 456-3435 if you have questions or would like an appointment to view the facilities.

**Hall Rental Rates**  
Hourly (Monday - Thursday) with a minimum of 2-hour rental  
Boardroom: \$20  
Hall: \$35

**Daily**  
(Sunday - Thursday 8am to 3am)  
Hall: \$300



Friday (8am to Saturday 3am)  
Hall: \$400

Saturday (8am to Sunday 3am)  
Hall: \$450

**Weekend Rates**  
Friday and Saturday (5pm Friday until 3am Sunday) OR  
Saturday and Sunday (8am Saturday to 5pm Sunday)  
Hall: \$550

**Add-Ons**  
Large BBQ \$50  
Theatre Popcorn Machine \$50  
Dishes Rental \$50  
(plates, cutlery, glassware, some small wares)

**Damage Deposits**  
Daily Hall Rental: \$1000  
Hourly Hall Rental: \$250  
Sound System Deposit: \$500

If you don't see your arrangements of dates or times, please call or text 780 456-3435 for a quote from our rental directors.

Elves Special Needs Society



At Elves, School means Community for Parents of Children with Special Needs  
Elves Special Needs Society offers a school tailored to support children with exceptional needs, from speech or language delays to complex medical needs. At Elves, children access teachers, occupational and physical therapists, speech and language pathologists, registered nurses, and social workers.

For parents, Elves offers a caring and understanding community. Parent, Tina Hartum, describes her experience prior to her daughter attending Elves School Program. "Sara was taken care of, but it didn't give me many means of finding information or meeting different people, or becoming part of a group of parents," says Hartum.

Parents set goals for their children and participate in workshops critical to success. To learn more about Elves, call 780-454-5310, or visit [www.elves-society.org](http://www.elves-society.org).  
Possible Caption: Children learn through play and explore their abilities through specialized services and equipment at Elves Special Needs Society.

# Join me at my Spring Open House

Thursday, April 19, 6-8pm  
Edmonton Castle Downs  
Constituency Office  
12120 161 Ave

Snacks and Beverages  
will be provided

Please follow me  
on Social Media for updates



## Nicole Goehring

MLA, Edmonton - Castle Downs  
Government of Alberta's Liaison to the Canadian Armed Forces

780-414-0705  
edmonton.castledowns@assembly.ab.ca  
12120 - 161 Avenue, Edmonton, Alberta T5X 5M8







## Barefoot Harmony

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P 780.850.1576

**Brandi Van Den Bruel**  
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Registered





Congratulations to the Carlisle U10 Girls for winning Silver at City Finals!!!



Congratulations to the Carlisle U10 Boys for winning Bronze at City Finals!!!



**SEE A  
PLAYGROUND,  
SLOW TO 30.**  
7:30 am to 9:00 pm  
**EVERYDAY**



**edmonton.ca/why30?**



**Ward 3 City Councillor  
Jon Dziadyk  
jon.dziadyk@edmonton.ca  
780-496-8128**

## Hall Rental



Members \$300 and  
Non-Members - \$350  
Rental Inquiries Contact  
Hall Rental Director  
John Paul Potestio  
@ 780-993-3503  
Now Accept VISA & Mastercard





# SERVING THE PEOPLE OF EDMONTON MANNING

If I can be of assistance to you on any federal matter, please do not hesitate to contact my office.

- Canada Pension Plan/Old Age Security
- Guaranteed Income Supplement
- Citizenship Inquiries
- Immigration Matters
- Canadian Passport/Consular Affairs
- Business Opportunities/Grants & Funding
- Student Loans
- Taxation Issues





**ABOULTAIF MP**  
EDMONTON MANNING

SUITE 204A 8119 - 160 AVE.  
 EDMONTON, AB T5Z 0G3  
 ZIAD.ABOULTAIF.C1@PARL.GC.CA  
 780-822-1540  
 WWW.ZIADABOULTAIF.CA





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FOR THE  
2018/2019  
School Year




For children 2.9 to 6 years of age who qualify for Program Unit Funding (PUF), or mild/moderate funding.




780-454-5310 ext 232  
www.elves-society.org



*Happy*  
**EASTER**



**MICHAEL COOPER MP**  
ST. ALBERT-EDMONTON

SUITE 220 20 PERRON STREET  
ST ALBERT, AB T8N 1E4

MICHAEL.COOPER@PARL.GC.CA  
MICHAELCOOPERMP.CA  
780-459-0809

## Edmonton North Animal Hospital

**15387 Castle Downs Rd.**

Across from Sobeys &  
Edmonton Public Library

**780-476-3444**



**New Clients & Walk-ins Welcome**



- Vaccinations
- Spay/Neuter
- Dental cleaning
- Radiograph
- Soft tissue surgery
- Dog bite wound repair
- Abscess repair
- Laceration repair
- Bladder stone surgery
- Blocked cat procedure
- Blood work
- Porcupine quill removal
- Allergy testing
- Hill's & Medi Cal prescription food

Hours: Mon - Fri 8:00 am to 6:00 pm Sat 9:00 am to 2:00 pm

**As Seen on CTV**

**JAEDYNS TRIBUTE  
EXTRAVAGANZA**  
**MAY 11, 2018**

Eva O. Howard Theatre  
Victoria School of the Arts  
10210-108 Avenue, Edm.


Doors: 6:30 pm  
Show: 7:00-9:00 pm

Premium: \$15  
General: \$10

For tickets call (780) 406-9979  
or email [pilon@shaw.ca](mailto:pilon@shaw.ca)

**FEATURING:**  
**THE FLASHBACK BAND**

Johnny Cash  
Elvis  
Buddy Holly



# Castledowns Dental

## General Dentistry

*Dr. Matthew G. Ploboda D.D.S.*

**Family Dentistry Just Minutes Away**

**New Patients Always Welcome**  
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**780-456-4441**



# Cumberland/Oxford News



**Cumberland Oxford Community League**  
Website: [cocl.org](http://cocl.org)  
Facebook: <https://www.facebook.com/COCLEdmonton>

## Executive Board

Position	Name	Email
President	Justin Yerichuk	<a href="mailto:President@cocl.org">President@cocl.org</a>
Vice President	Todd Boyer	<a href="mailto:VicePresident@cocl.org">VicePresident@cocl.org</a>
Treasurer	Helena Zheng	<a href="mailto:Treasurer@cocl.org">Treasurer@cocl.org</a>
Secretary	Christine Crowe	<a href="mailto:Secretary@cocl.org">Secretary@cocl.org</a>
Baseball Director	Michelle Innes	<a href="mailto:baseball@cocl.org">baseball@cocl.org</a>
Bingo Director	Denine Pelley	<a href="mailto:bingo@cocl.org">bingo@cocl.org</a>
Bingo Director, Assistant #1	<b>Vacant</b>	
Bingo Director, Assistant #2	<b>Vacant</b>	
CDRS Representative	Vini Buecken	
CDRS Representative	Lynnette Thompson	
Communications Director	Christa Gagnon	
Director at Large	Vanessa Forester	
Director at Large	Rosemary Sibanda	
Director at Large	Brittany Yerichuk	
Fundraising Director	<b>Vacant</b>	<a href="mailto:fundraising@cocl.org">fundraising@cocl.org</a>
Membership Director	Jackie Nicholls	<a href="mailto:membership@cocl.org">membership@cocl.org</a>
Neighborhood Watch Director	<b>Vacant</b>	
Past President	Calvin Cazes	
Past Treasurer	Chris Cebula	
Registration Director	Wendy Sellgren	
Registration Director	Joanne Thorlakson	
Soccer Director	Peter Balaban	<a href="mailto:soccer@cocl.org">soccer@cocl.org</a>
Soccer Director, Assistant	Tim Atlee	<a href="mailto:boys.soccer@cocl.org">boys.soccer@cocl.org</a>
Soccer Director, Assistant	Carol Cimino	
Social Director	Kismat Othman	
Social Media/Website	Cameron Tse	
Variety Show Director	Vanessa Latos	
Variety Show Director #2	<b>Vacant</b>	
Volunteer Director	Pam Ushkowski	<a href="mailto:volunteer@cocl.org">volunteer@cocl.org</a>
Volunteer Director	Salam Yousef	

COCL Board 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@cocl.org](mailto:president@cocl.org) to inquire about vacancies and opportunities.

## COCL Community Garden Project



The Cumberland Oxford Community League is putting a call out for 9-12 people who are interested in, and committed to, starting a community garden. We are looking for individuals who are good organizers and enjoy being involved in their communities. The committee will take a 1.5 hour "Starting a Community Garden Workshop" with a Community Garden Facilitator (CGF) from sustainable living to help with the whole process.

If you would like to join the committee or would like more information please contact the COCL president via email @ [president@cocl.org](mailto:president@cocl.org).

## Bingo Director and Assistants Needed

COCL is in urgent need of filling the positions related to the bingo fundraisers. Bingo is our bread and butter fundraising event. Much of what the community league is able to do for the community – from programs to playgrounds – is a result of the money that Bingo provides. Without the bingo fundraisers we would have to significantly reduce the amount of programming and projects as well as significantly raise the fees for programs like soccer or softball. One advantage to community sports is the affordability. The loss of the bingo fundraiser seriously puts that in jeopardy.

We are asking for community minded individuals to join our board and fill these positions. We run 12 bingo a year – usually one a month and the bingo chairperson (director or assistant) will be responsible for organizing the volunteers for that event by assigning positions, counting money and floats, and ensuring the event is as smooth as possible. They will need to be at the hall for 4:30 pm until the paperwork is balanced at the end of the event, usually a little after midnight.

We would like three people to share in this role so that the work is spread evenly. Only one director/assistant is needed per event.

As well, Sports Registration fees will be covered for these positions.

If you or someone you know can fulfill this role please contact us as your involvement can make a massive difference to our community. Please contact [president@cocl.org](mailto:president@cocl.org) for more information.

Edmonton Transit Service | City of Edmonton

## Let's talk about Edmonton's changing bus routes.

From April 12 until June 14, help us refine your future bus network, online or at a community workshop. New bus routes will be shaped by Edmonton's Transit Strategy and your insights.

Find out more at [edmonton.ca/newbusroutes](http://edmonton.ca/newbusroutes) or call 311

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# Dunluce News

## DUNLUCE EXECUTIVE

Hall: 11620-162 Ave 456-3978

PO Box 36050; Castledowns RPO

Edmonton, AB T5X 5V9

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

PRESIDENT	Nadine Meads	780-982-6260
VICE PRESIDENT	Sabrina Boutilier	780-232-1925
TREASURER	Loretta Wonitoy	780-457-9101
SECRETARY	Lorna Melnyk	780-456-4596
PAST PRESIDENT	Keoma McMurren	780-457-9101
CDRS REP	Ryan Korpesio Jerry Bernard	780 444-9212 780-885-5333
VARIETY SHOW	Denyse Ward Sabrina Boutilier	587-983-9401 780-232-1925
CASINO	Maureen Ewart Mark Gross	780-457-0708 780-456-5700
MEMBERSHIP	Christina Fletcher	780-484-3051
PUBLICITY	Bev Gross	780-456-5700
SOCIAL	Lorna Melnyk	780-456-4596
BINGO DIRECTOR	Angela Paris	780-920-8999
SOCCER	Ryan Korpesio	780-444-9212
SOFTBALL	Loretta Wonitoy	780-457-9101
PROGRAMS	Registrar	780-914-1775
WAYS & MEANS	Myah Westergreen	780-289-7706
SOCCER EQUIP.	Arlene Pettifer	780-456-3978
BUILDING & ASSETS	Al Chapman	780-456-9292
PLAYSCHOOL	Registrar	780-499-0232
COMMUNITY SERVICES		
HALL RENTALS	Al Chapman	780-457-4342

## 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,

\$300.00 plus \$350.00 damage deposit.

Non – Dunluce Community League Members:

6:00 PM Friday evening until 5:00 PM

Sunday evening,

\$350.00 plus \$350.00 damage deposit.

### DAILY RATES (WEEKENDS ONLY)

Saturday 9:00 AM until Sunday 9:00 AM

(24 Hr. Rental)

\$350.00 damage deposit

Dunluce Community League Members:

\$200.00

Non – Dunluce Community League

Members: \$275.00

Hourly Rate: \$30.00 per hour.

(3 hour minimum)

Hourly rate is only available

Monday to Thursday.

## Dunluce Preschool



- a qualified, experienced, energetic and creative Early Childhood Educator

- a great facility- well equipped with lots of room to play

- movement to music, drama, exercise, sports, singing and finger plays

- monthly themes and hands-on activities... everything from stargazing to baking

- Learning through play-educational learning centres that ignite your child's passion for learning

- Exciting fieldtrips - onsite and offsite

- A program dedicated to meeting your child's individual needs

- Preparation for Kindergarten

- Cooperative/Community-based play-school: a great way to meet new families and get involved in your community

Accepting students for our 3 and 4 year old class, starting September 2018. For more information please contact our registrar at 780-499-0232, by email at [dunlucepreschool@hotmail.com](mailto:dunlucepreschool@hotmail.com), or check us out on Facebook!

We look forward to seeing you and your little ones. [www.dunlucepreschool.com](http://www.dunlucepreschool.com)

PROGRAM	AGE	TIME	FEE	DAY	LOCATION	NOTE
Gymnastics	5-12	TBA	\$50	Wednesday	TBA	Body suit & bare feet
Dance Classes	3 yrs	TBA	\$100	Tuesday	Dunluce Hall	Pink tights, Black body suit
Ballet & Tap	4+5 yrs	TBA	\$120	Tuesday	Dunluce Hall	Ballet shoes, Tap shoes

**Dunluce Community Programs - Spring 2018. For more information or registration please phone, (780) 914-1775, or e-mail [zuzana.bado@gmail.com](mailto:zuzana.bado@gmail.com)**

## FITNESS CLASSES

**Dunluce Community League has  
Fat burning and stomach flattening  
WORKOUT**

**At Dunluce Community Hall 11620 – 162 ave.**

**Tuesdays & Thursdays from 8:00 to 9:00 PM**

**A prepaid registration is only \$80 for 20 classes  
or drop in for \$10**

For more information please call Zuzana at: (780) 914-1775  
AFLCA certified



### PLAY BALL! DUNLUCE SOFTBALL 2018

LEVEL	COST
U6 (T-Ball)	\$45.00
U8 (Coach Pitch)	\$45.00
U10 (Mite)	\$60.00
U12 (Squirt)	\$60.00
U14 (Peewee)	\$60.00
U16 (Bantam)	\$60.00
U18 (Midget)	\$60.00



YEAR OF BIRTH
Born 2012 and earlier
2010-2011
2008-2009
2006-2007
2004-2005
2002-2003
1999-2000-2001

Check out our website at <http://www.dunlucecl.ca> for further information or send an email to [softball@dunlucecl.ca](mailto:softball@dunlucecl.ca)

## BINGO DATES



### Upcoming Bingos

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

Pam: 780-299-6777

Dates are as follows:

April 9th & May 23rd, 2018

All Bingos are at Kensington Bingo Hall unless otherwise stated.

### FOLLOW US! LIKE US!

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





# Lorelei Beaumaris News

## 2017-2018 Lorelei-Beaumaris Board of Directors

Lorelei Beaumaris Community League would like to thank our old Board and welcome members of our new Board! We are extremely lucky to have a great set of volunteers!

President	Sonya	presidentlbcl@gmail.com
Vice President	Ghaida	vicepresidentlbcl@gmail.com
Secretary	Muna	secylbcl@gmail.com
Treasurer	Oksana	treasurerlbcl@gmail.com
Ways and Means	Lila	waysmeans@gmail.com
Past President	Cody	pastpresidentlbcl@gmail.com
Gaming Directors	Chris/Sonya	bingolbcl@gmail.com & casinolbcl@gmail.com
CDRS Representatives	Julia & Melyssa	cdrslbcl@gmail.com
Sports Director	Ghaida	sportslbcl@gmail.com
Social Directors	Shanesha	sociallbcl@gmail.com
Variety Show	Jessica & Jen D	varietyshowlbcl@gmail.com
Memberships	Silvija	memberships lbcl@gmail.com
Communications	Jen A.	comm lbcl@gmail.com
Community Safety Directors	Jennifer O.	communitysafetylbcl@gmail.com
Website	Jen A.	comm lbcl@gmail.com
Playschool Information	Ashley	loreleibeauamarisplayschool@gmail.com www.loreleibeauamarisplayschool.com
General Manager	Maria	hallrentalslbcl@gmail.com 780-686-4415
City of Edmonton Community Recreation Coordinator	Rochelle Diederichs	Rochelle.Diederichs@edmonton.ca

**LBCL Website:** [www.lbcl.ca](http://www.lbcl.ca)  
**Facebook:** <https://www.facebook.com/loreleibeauamaris>  
**Twitter:** <https://twitter.com/LBCommLeague>

**NOTE:** If you are having issues contacting someone please contact our Hall Manager who will pass on your message. **If you are interested in filling any open positions or would like to get involved please send an email to our president at presidentlbcl@gmail.com.**

## Lorelei-Beaumaris Indoor Soccer was a COMPLETE SUCCESS



We would like to congratulate all of our soccer teams and THANK all of our coaches and our soccer director GHAIDA DAHER for another amazing season!

U10 girls team won GOLD in CITY FINALS

Coach: Luis Delgado



Assistant coach: Oksana Delgado  
 U12 boys team won GOLD in CITY FINALS and GOLD in INTER-CITIES

Coach: Luis Delgado  
 Assistant coach: Jose Delgado

You go Tigers!!!! Looking forward to an amazing outdoor season!!!!

## !!!!SEEKING SOCCER PLAYERS!!!!

Lorelei Beaumaris still have room in a few of our teams:

- U13 boys (2005-2006 birth years)
- U9 girls (2009-2010 birth years)

We have amazing, dedicated, very experienced coaches and great players! Come join us! For all inquiries contact our soccer director ASAP Ghaida [soccerlbcl@gmail.com](mailto:soccerlbcl@gmail.com)

**STAY ACTIVE! PLAY SOCCER!**



Have you been holding on to those kids toys for too long? Do you have a closet full of household items that you no longer use? Are you looking for a deal on some gently used items? Are you environmentally friendly by shopping for used items?

Lorelei Beaumaris Community INDOOR Garage Sale is back!

Saturday, May 12 10am-6pm

Sunday, May 13 11am-4pm

(Community Hall 16220-103 street)

Table Set Up: Friday, May 11 from 5pm-8pm.

Table rental: 10\$ per table

We have 40 tables to sell. 3 tables maximum per person.

To reserve your spot contact Tina @ 780-257-3777 or [comm lbcl@gmail.com](mailto:comm lbcl@gmail.com)

First come, first serve, so book now!

Tables must be paid for to guarantee your reservation.

We will be advertising for the garage sale on our outdoor signs, Castlenews, Kijiji, Facebook, website. We will also have a concession running during the sale.

## LORELEI BEAUMARIS HALL RENTALS

### 16220 – 103rd Street

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

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

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

Air conditioned, pot lighting, coatroom, wheelchair accessible washrooms

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

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

Black lecturn (podium)

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

Full, commercial kitchen with natural gas stove & ovens

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

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

Multi media system available for powerpoint, slideshows, videos, etc...

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

### NEW HALL RENTAL RATES:

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

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

\$400 - Friday

\$600 - Saturday

\$350 - Sunday

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

Sound System INCLUDED into all rentals

\$35 – music (if recorded music of any sort



is played - Socan & Resound tariff)

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

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

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

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

### All Rates include GST

\*\* Please note that all contracts signed for hall rentals will be required to purchase Renters Insurance for their event date at Lorelei Hall. We will give them the link to FPB Insurance to do this online. \*\*

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

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

For more photos of our hall please visit our website at [www.lbcl.ca](http://www.lbcl.ca) or our Facebook page at <https://www.facebook.com/loreleibeauamaris>



## Lorelei-Beaumaris Outdoor Soccer



We had phenomenal success with summer soccer registration this year! We are expecting to have 13 soccer teams!!!!

We are also very excited that all of our indoor coaches are coming back for the summer season and new experienced and dedicated coaches are joining our community.

Soccer is scheduled to start the first week of May but it will depend on whether the fields are ready for use. You should hear from your coach by the last week of April.

We truly appreciate everyone who stepped forward to coach and assistant coach this year!

If you have any soccer inquiries please contact our amazing Soccer Director

**Ghaida at soccerlbcl@gmail.com**

A few soccer reminders:

U5 and U7 are not allowed to wear cleats, they should wear runners only.

cleats become optional at U9.

all soccer players must wear shin pads at all levels of play.

## Lorelei-Beaumaris Community Playschool



### Classes Offered (9:00am-11:15am)

3/4 year olds	Tues & Thurs	\$90.00
4 year olds	Mon/Wed/Fri	\$135.00

To register, please contact our registrar  
loreleibeumarisplayschool@gmail.com  
or 780 340-1328

For more information or to see what we have been up to please visit the playschool website <http://www.loreleibeumarisplayschool.com>



## Skate Party a Success

Thank you everyone for joining us Feb 24th for an amazing Skate Party hosted by the Edmonton Federation of Community League! We had a great turnout to celebrate Duncan and Gracie for all their hard work preparing and caring for our rink getting our community out on the ice first with some of the best ice in the city. Nicole Goehring was there as well to present the league with a cheque for upgrades to the Hall and Outdoor Rink!

## Lorelei-Beaumaris Upcoming Bingos

Our bingo dates, held at Kensington Bingo Hall from 4:45pm - 9:45pm

**Wednesday, April 18, 2018**

**Monday, May 21, 2018**

If you are scheduled for a bingo, you will receive a courtesy phone reminder about a week prior (to the number you wrote down at registration time. You also have your parental commitment date on your copy of the registration form).

For bingo inquiries please contact our President Sonya at **presidentlbcl@gmail.com**

Advice when volunteering at Bingo: Wear comfortable shoes, as most jobs require you to walk around the bingo hall for the shift. Please don't plan on texting friends or standing on the sides; we are expected to focus on our job and circulate throughout the room. You will get a 25 minute break which allows you to sit and relax and you can have a meal from the concession stand for free. Do call-backs quickly (calling out the bingo winner's number) which speeds up the games and gets you out earlier. Have fun; visit with your community members as you walk around, and think of all the good you are doing for your community and your body (it is exercise too!).

### Please consider volunteering!

\$50 Tiger bucks will be given for each volunteer spot filled.

Tiger bucks can be used for soccer registration fee or hall rentals.

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## SPRING SESSION REGISTRATION NOW OPEN!!!

**CHECK OUT OUR DYNAMITES PLAYGYM PROGRAM!**

For 3 & 4 yr olds in AM & PM available!  
Runs September to June

**Register online or in person at:**  
**[www.dynamixgymnastics.com](http://www.dynamixgymnastics.com)**

**25 Chisholm Ave, Bay 104, St. Albert**  
Located in the Campbell Park Business area

**780-458-3153**

**BIRTHDAYS • \$159 • SATURDAYS & SUNDAYS**

## Lorelei-Beaumaris Spring Sports

We had a great success with summer soccer registration this year! We are very excited that all of our indoor coaches are coming back for the summer season.

Soccer is scheduled to start the first week of May but it will depend on whether the fields are ready for use. You should hear from your coach by the last week of April.

We truly appreciate everyone who stepped forward to coach and assistant coach this year! If you have any soccer inquiries please contact our Sports Director, Ghaida at **soccerlbcl@gmail.com**

### A few soccer reminders:

U4 and U6 are not allowed to wear cleats, they should wear runners only.



cleats become optional at U8.

all soccer players must wear shin pads at all levels of play.





## LCDS Preschool & Kindergarten

13931-140 St. (By Leon's)

**Now accepting Registrations for the 2018-2019 School Year.**

Openings for Preschool, Junior Kindergarten, and Kindergarten.

Interested in a **trial class** to see if your child is ready, LCDS is now booking appointments (parents must attend). Please contact the office for further information.

Check our website for updated information.

- ✓ Spacious bright environment
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- ✓ Non-denominational



**For More Information or to Register**  
780-473-7216 or [www.lcdskids.com](http://www.lcdskids.com)

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TO REGISTER NOW OR FOR MORE INFORMATION CONTACT US:

Programs for Students  
[www.programsforstudents.com](http://www.programsforstudents.com)  
780-455-1244



F: 780.244.0692

12916- 167th Ave

P: 780.244.2696

[www.albanymedical.ca](http://www.albanymedical.ca) • [info@albanymedical.ca](mailto:info@albanymedical.ca) • Facebook: Albany Medical Clinic



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- Aesthetic Centre

**New Patients Welcome**



We are thrilled to join the growing community of Albany and excited to announce the opening of the **Albany Medical Centre, Health Aid Pharmacy and Albany Laser and Cosmetic Centre.**

This shiny new fully-equipped Medical and Aesthetic Centre is here to stand out from the conventional walk-in clinic. Our state of the art centre is going to show you exactly how the tiniest details in your care matter.

Designed by a dedicated team of Health Professionals with over 20 years of experience in the field.

**Clinic Services:** Routine visits, WCB, Injections & Travel, Gynecology & Urogynecology, Obstetric Care, Referrals & Diagnostic testing, Infertility Investigation and Management, Minor procedure, Notes and Forms, Complete Physicals and Much More!!

**Aesthetic Centre:** High Intensity focus Ultrasound, Lipolysis and Body Contouring, Botox Injections, Filler Injections, Regenerative Growth Hormones, Platelet Rich Plasma and Meso Injections, Hair and Wrinkle Removal, Pigmentation and/or Tattoo Removal, Skin Rejuvenation, Non-Surgical Face and Chin Lift.





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- FERTILIZING

**\* GENERAL CLEAN UP**

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- TRIMMING: TOPPING, HEDGING  
- STUMP REMOVAL

**\* LANDSCAPING:**  
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- PAVING STONE & RETAINING WALL  
- ROUGH GRADING & FINAL GRADING  
- TREES & SHRUBS PLANTING  
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## Paying attention to fatigue

Many of us feel fatigued at one time or another, but fatigue can sometimes mean more is happening with your body.

**Fatigue** can often be the result of overwork, poor sleep, worry, boredom, or a lack of exercise. People who have anxiety or depression may also experience fatigue. It can also be a symptom caused by illness, medication, or medical treatment such as chemotherapy.

**Fatigue** brought on by over work or illnesses such as colds or flus often resolves itself on its own without having to see a doctor. However, if you are experiencing fatigue that lasts longer than two weeks, it may be a symptom of a more serious health problem and a trip to the doctor may be required:

**Anemia** – a decrease in the amount of hemoglobin (oxygen-carrying substance) found in the red blood cells

Heart problems, including coronary artery disease or heart failure, that limit the supply of oxygen-rich blood to the heart or the rest of the body

Metabolic disorders, including diabetes

**Thyroid issues** – both hypothyroidism (low thyroid level) and hyperthyroidism (high thyroid level) can cause fatigue

**Kidney or liver disease**

Check your symptoms to help determine if and when your fatigue may require a visit to your doctor. Learn more about fatigue on MyHealthAlberta.

## Fire Cadet Application Period Now Open!

The Edmonton Fire Cadets program provides a unique opportunity for high school students to build employment skills, learn about Edmonton Fire Rescue Services and develop skills that are essential to becoming a firefighter. Through a balance of classroom and hands-on learning, each Fire Cadet will learn the importance of mental and physical wellness, leadership, community involvement and teamwork.



**Fire Cadet applications are accepted from April 1-30!**  
Learn more at [edmonton.ca/firecadets](http://edmonton.ca/firecadets).



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