

Lendrum Living

Winter

February, 2009



Lendrum
Community League,
11335 - 57 Avenue, Edmonton
T6H 0Z7

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What's New:

- Heart & Stroke Month
- Edm Rush Tickets
- Safe Edmonton
- New LRT Vehicles
- CIS Volleyball Championships—U of A
- Energy Footprint
- Jeff Alen Gallery
- www.lendrumliving.com

Winter Festival !

Don't miss Lendrum's annual
winter fun for the
whole Lendrum community!



**Sunday
March 1st
1:00-4:00 p.m.**



Hay Rides! Skating! Music! Hockey! Snowshoes!
Please bring your own mugs & a plate of
"sweets or savories" to share.
Hot chocolate and coffee provided.
For more information, or to volunteer your assistance with this
event, please call Tom (432-0910).



Building for the future!!! Lendrum Lamp Post Upgrades

Sign the letter of interest at the Winter Fest!
See pages 8 & 9 for details

Lendrum Community Programs



Ladies' Coffee Time: First Monday each month, 10-11:15 am at Sunterra Market. For more info, please call Dorothy (434-3732) or Flo (436-8399).



Sparks, Brownies, Guides and Pathfinders

For girls ages 5-18
Call 435-5068 or
email rainbowvalley.guides@hotmail.com for more info
Join anytime - always accepting new girls in all levels!



Bright friendly environment with creative, caring teachers.
Parent co-operative playschool for 3 and 4 year olds. Located in Malmo School 4716-115 Street. For more information or to register please visit us online at www.malmopreschool.com.



Lendrum Badminton:

Adult drop-in,
Tuesdays 8pm,
Avalon School.

Please contact Lynn Wong (438-0517) for more info.



Blue Chair Tai Chi Mondays, 7- 8:30, Malmo Hall

Thursdays, 7- 8:30, Lendrum Hall. Sorry, we do not offer beginner classes. If you know the 108 move set, please join us in practicing at an intermediate level. Call Kathy, 435-0738.



Line Dancing every Thursday from 10:00 - 11:30 am at Lendrum Community Hall. Experienced instruction supplied by Jim & Shirley New... For Info contact Don or Rita at 434-5885



The 22nd St. John's

Scouts: Beavers meet Mondays, Cubs meet Thursdays at St.

John's Anglican Church located at 11111-57 Avenue. Call Tom Schroepfer: 432-0910

Please contact Programs c/o Tom Havlas, with any ideas for possible new programs - see back page or website for contact information.



Lendrum Pottery Group:

Please call Joy Schaut (434-1997) for info.

Lendrum Skating Rink:

Take advantage of our rink and enjoy the great outdoors! Skating is free for community league members. Please note that skate tags are required. Rink hours are dependant on weather, with the general schedule being as follows. Please check the change room door for schedule changes and private bookings.



Rink Hours:

Mon-Fri	4:30 - 9:30 p.m.
Sat-Sun	10:00 - 9:30 p.m.
Family Skating: (no sticks/pucks)	
Mon - Fri	5:30 - 6:30 p.m.
Sat - Sun	12:00 - 1:00 p.m.

OUTDOOR & INDOOR SKATING

In Edmonton, we have no shortage of public outdoor ice skating surfaces. The City's Parkland Services maintains both ground and pond ice rinks in the major parks. It is recommended that children or inexperienced skaters use an approved helmet while on the ice to prevent injuries. You can also skate on storm water lakes when conditions allow. Drainage Services oversees all use of these lakes, and certain restrictions and conditions are in place to ensure that health and ecological issues are properly addressed. **For Public Skating and Shinny Hockey Schedules and information check out The City of Edmonton Website at www.edmonton.ca/arenas or call 780-496-4999**

CASINO VOLUNTEERS

Volunteers are still needed for the Lendrum Community League casino to be held on May 19 & 20, 2009. Please email Gordon.Okamura@gov.ab.ca, call Gordon at 435-2973. Or check www.lendrumliving.com

EDMONTON RUSH LACROSSE CLUB DISCOUNTED TICKETS FOR COMMUNITY LEAGUE MEMBERS!!

Edmonton Rush Lacrosse Club has now partnered with EFCL to present a unique opportunity for Community League Members to attend Rexall Place for a fabulous game against Toronto on March 28th. This evening out has something to offer young ones, tweens, teens, and grown up kids. A big night out at the coliseum is not only affordable at \$10 per person (regularly \$34.50), and they are spectacular lower bowl seats. Check online and or call the EFCL 780 437-2913 or gw.efcl.org



PUBLIC SERVICE ANNOUNCEMENT

Every 7 minutes, a Canadian dies from heart disease or stroke. Be a part of the solution -- support **February Is Heart Month**.

Volunteers across Canada will visit their neighbours to raise awareness of heart disease while collecting donations for the Heart and Stroke Foundation. One of your neighbours may be at your Community News Editor door this February, and we hope you will show your support.

For more information or to donate online, please visit heartandstroke.ca

With your help, we can secure a healthier future!



HEART &
STROKE
FOUNDATION
OF ALBERTA,
NWT & NUNAVUT

Finding answers. For life.

2009 Outdoor SOCCER Registration is here!

Registration Dates*:

- [Sunday February 22, 2009 @ 3-5 pm at the Community Hall](#)
- [Check website for late registration info](#)
- [Call soccer co-ordinators if you missed the registration dates](#)

Please bring completed form found at www.lendrumliving.com

- ⇒ **Late registrants** cannot be guaranteed a place on Lendrum teams
- ⇒ Players must **register in the community in which they reside.**

Silent Auction Fundraiser for Green Circle Preschool

A Silent Auction to help raise funds for the Green Circle Preschool (located in Parkallen Elementary School), will be held on April 4th, starting at 5:30pm until 8:00pm, at the Westwood Unitarian Church (11135-65 avenue). All are welcome, including children of all ages, as there will be many items for them to bid on. Dessert and refreshments will be served throughout the auction. Admission rates are \$5.00 per person, or \$10.00 per family. We have many excellent items up for bid, we hope to see you there!

Neighborhood Watch Notice ...

Please call Neighborhood Watch number if you have any information that needs to be reported to our network. We then can alert people to be more watchful & to increase security measures (The police do not call us).



Zone Leader - 437-2212, Alternate - 434-1294
Lendrum Areas: N.E. 435-3076, S.E. - 434-4648, S.W. - 436-0735
Report a Drug House 426 - 8229

If there is an emergency situation happening please call 9-1-1.

If you need a patrol car to come out to the community or your home please call the police at 423-4567.

Any reports of suspicious or criminal activity should be reported to neighborhood watch zone leaders, so that they can place it in the newsletter under **Alert**. Reports must be filled out at the Fairway Police Station at 119th street and Fairway Drive, the phone number is 496-8550.

Tips In your community

- Be assertive when walking. Attackers see victims who appear intimidated or vulnerable.
- Plan your route ahead of time before going for a walk and let others know where you are going.
- Walk with a companion if you feel that being alone may put you at risk. Observe your surroundings. If you are hesitant about rounding a corner or walking down a certain street, follow your instincts.
- Stay on busier, well-lit streets. Avoid dark or concealed areas and never assume parked cars are empty.
- Do not overload yourself with parcels. These may block your view or reduce your mobility.
- If you are followed, quickly assess your options. Can you run or change directions? Are there people nearby, a house or an open business to run to? is there a well-lit area to move towards?
- Never hitchhike

safedmonton wants you to nominate your

GOOD NEIGHBOUR!

Don't delay, nominate a neighbour today by logging onto www.edmonton.ca/safedmonton and click on 'Good Neighbours'.

Good Neighbours are present throughout the seasons and make a positive impact on us every day, whether it's at home, the corner store, the library, school or work. Winners will be chosen at random from all entries received. Winners will be invited to join other great Edmontonians for a celebration in May, during Crime Prevention Week. Hard copy nomination forms can be picked up at any City of Edmonton Libraries.

Deadline is March 31, 2009.

It's often the small daily gestures and actions we sometimes take for granted that enhance the fabric of our lives.

safedmonton
Looking Out for Each Other

City of Edmonton

REALTORS' Association of Edmonton
Real estate professionals

Schools...

LENDRUM SCHOOL NEWS

Lendrum School, the designated elementary school for the communities of Lendrum and Pleasantview, is now accepting registrations for the 2009-10 school year. Our school is vibrant and welcoming - and it shows in the success of our students. Our academics are enriched with art, music, and drama, as well as clubs, field trips and visits from authors and other artists, to engage and inspire our students. We are extremely fortunate to have excellent teachers and administrators, including Mrs. Ostawsky, a semi-finalist in Alberta's 2008 Excellence in Teaching Awards!



This fall, our students worked with Theodora Hardsymiw, our 2008 Artist-in-Residence, to create a new, fantastic mural in our front entrance. And our school hosted CityTV's Breakfast Television for a Halloween party our students won't soon forget! These events, combined with our Welcome barbeque in September, Read-in-Pajama night in October, Christmas concerts at school and local seniors residences, and skiing at Snow Valley in January, have made for an exciting and inspiring learning environment. We can't wait to see what the rest of 2009 brings!

Come and check us out at our Open House on Thursday, March 12 from 6:30 - 8:00 (11330 - 54 Ave, enter via main doors on 113A St). Everyone is welcome, whether you are looking for a school for your child or you're just curious!

Lendrum School - where a great K - 6 education is just the beginning!

Mary Butlin - Principal
École Avalon School Lendrum School
Junior High Campus Elementary Campus
ph 434-8402 ph- 434-3588
fx 435-7623 fx-438 -0628

Lendrum School

11330 - 54 Avenue Phone 434-3588

OPEN HOUSE

Thursday, March 12, 2009

6:30 - 8:00 pm

11330 - 54 Ave

(Enter via main doors on 113A St)



Lendrum Neighbourhood Renewal Details.... Late breaking news !!!

After long and hard lobby of our City Alderman on various aspects of community redevelopment it appears that we may found some support. Our Civics Representatives are working hard in an attempt to get a lower net price for home owners & have a larger say in the plan. For the latest details on Community Renewal (Streets & Traffic, Sidewalks, Lamp Posts, Dry Pond, LRT, South Campuss) check our website at www.lendrumliving.com

New LRT Vehicles...

New LRT vehicles sleek, modern, and loaded with conveniences!

The first three new SD160 Light Rail Transit (LRT) vehicles started carrying passengers in regular service on January 27, 2009.

The three cars are connected to form one train that is scheduled in with the other trains currently providing service on the line. The new SD160 cars and existing U2 light rail cars operate as separate train units because the electrical couplers are different and the cars have slightly different performance characteristics.

A total of 37 new SD160 cars, costing \$3.8 million each, are being delivered to Edmonton to provide service on the South LRT Extension to Century Park and increase capacity on the existing Clareview to Health Sciences line. The cars are undergoing extensive certification testing to ensure they meet operating requirements and specifications.

More new cars will be scheduled into service as they complete their certification tests. The 37 existing U2 LRT vehicles in Edmonton Transit's fleet have been carrying passengers safely for more than 30 years. New LRT vehicles were last purchased in 1983.

The old U2 LRT vehicles will be retrofitted over the next 5 years, including changes to the exterior, interior, electrical panels and controls and key mechanical components.



Funding for the vehicles is provided by the:

- Government of Canada's Gas Tax Fund;
- Government of Alberta's Municipal Infrastructure Program and City Transportation funds; and
- City of Edmonton, through local taxes and borrowing (the federal gas tax fund is used to help repay the borrowing).

LRT Testing

For local area residents and businesses, construction zone safety has been an everyday consideration since construction began.

However, beginning February 27, test trains will begin to run and regular LRT service. Testing of the LRT line south of Health Sciences to McKernan/Belgravia and South Campus stations will run throughout March in preparation for the start of regular services on April 26. Use caution around LRT crossings and LRT sites and be aware that LRT test vehicles may be travelling along the lines at various times during the testing period.

Staying safe around LRT - *TraXSafe*

ETS is offering the *TraXSafe* LRT safety orientation program to local area schools, organizations and community residents this spring. *TraXSafe* promotes pedestrian and traffic safety around LRT rail crossings and LRT in general and will also address pedestrian, traffic and LRT line interaction sites that are unique to the new McKernan/Belgravia to South Campus portion of the LRT line. *TraXSafe* presentations are appropriate for a range of audiences including students, adults and motorists.

TraXSafe Tips for pedestrians and transit users:

1. Always obey signs and signals
 2. Always cross at designated safe crossings
 3. Always look both ways before crossing
 4. Never stop on the tracks
 5. Don't play on or near the tracks
 6. Don't put anything on the tracks
 7. Be careful when crossing the tracks
 8. Never try to race a train
 9. Stand back from the edge of the platform
 10. Listen for station or train announcements
- Presentations and materials can be obtained by through email requests at traxsafe@edmonton.ca, or by calling 780-496-5788. *TraXSafe* information is also available on the ETS website www.takeETS.com.



LRT Update...



111 Street Underpass - Expect single lane closures during off-peak hours to continue throughout winter as contractors work in area.

Work in the underpass will continue through winter with tenting and heating.

Electrical work continues in the underpass.

Backfill of the underpass structure continues.

South approach to concrete slab construction continues. Construction of retaining walls for the south portal access continues.

The City drainage project to construct a shaft for storm water storage tunnel north of 60 Avenue and west of 114 Street continues. This storm tunnel will provide storage capacity to prevent flooding in the LRT underpass. This work will continue through winter.

111 Street from 61 Avenue to Whitemud Drive - Expect single lane closures during off-peak hours to continue throughout winter as contractors work in area.

General Information for 61 Avenue to Whitemud Drive Roadworks:

Temporary winter medians, pork chops, and pedestrian crossings are in place.

Off-peak lanes closures between 57 and 51 Avenue will occur for installation of concrete bases for neighbourhood entry monuments.

City of Edmonton Drainage Branch continues construction of an outlet control structure at the south end of the dry pond north of Whitemud Drive. This work will continue into February.

Southgate LRT Station - West Entrance

Curtain wall installation completed; capping continues. Parapet work and roofing continues. Pedway roofing completed. Electrical rough-in continues. Elevator installation has begun.

East Entrance

Relocation of the temporary heated shelter from Pleasantview completed.

Painting is ongoing. Interior drywall/taping and ductwork is ongoing.

Metal panel installation continues. Installation of window glazing nears completion. Mechanical and electrical rough-in continues. Escalator installation complete, finishing work is ongoing. Elevator installation continues.

LRT Station

Mechanical and electrical (M&E) work is ongoing. Escalator/elevator installation continues. Installation of metal decking continues.

Masonry work is ongoing. Parapet work continues. Anchor bolts for CAT pile to be installed. Construction of south ramp completed. Steel stud exterior work is complete. Interior stud work ongoing.

Concrete pour for north stairs is complete. Curtain wall installation is ongoing.

Relocation of the temporary heated shelter from Pleasantview completed.

Painting is ongoing. Interior drywall/taping and ductwork is ongoing.

Metal panel installation continues. Installation of window glazing nears completion. Mechanical and electrical rough-in continues. Escalator installation complete, finishing work is ongoing. Elevator installation continues.

54 Avenue Traction Power Sub-station

Electrical equipment is being installed. Exterior site works continue. Apron work on signal room will begin in spring. Painting on the interior face of the building continues. Roofing canopies to be installed following completion of LRT roof.

If you'd like more information, or to receive updates and notifications, please email lrtprojects@edmonton.ca or leave your address at 780.496.4874 to receive updates by regular mail.

IMPORTANT INFORMATION FOR HOME OWNERS OF LENDRUM...

Dear Neighbour:

You would have received a notice in the mail from the City of Edmonton informing you that starting in the spring of this year our roads, curbs, sidewalks and street lights will be rehabilitated. This is a very positive development that will enhance our community and keep Lendrum an attractive place to live.

All the street lights in the community will be replaced as part of the project. In order to keep costs down, the City uses a very ordinary one-piece street light (called a "davit") made of galvanized steel and left unpainted.

The Community League Board is concerned that these street lights will not be attractive on our newly rehabilitated streets and won't be in keeping with the character and unique charm of Lendrum. The Community League executive and Civics committee has worked with the City and EPCOR to find an alternative that is more decorative than the basic davit but still within a reasonable cost to homeowners.

We are pleased that Lendrum homeowners have the opportunity to "upgrade" the street lights to something that is much nicer than the basic davit and will certainly help preserve the character and attractiveness of Lendrum. Pictures of both the basic davit and the proposed upgraded street light are shown at the end of this letter – more detailed colour pictures will be available on the community league website: www.lendrumliving.com.

Crestwood community recently opted for this upgrade. We encourage you to visit Crestwood to experience how this upgraded lighting can dramatically improve the character of a community with forethought and vision. Crestwood is located east of 149 Street, from 95 Avenue, north to Summit Drive.

However, because this is an upgrade over the basic street light, residents in the community will have to pay the cost for the portion that is considered the upgrade to the nicer lights. The upgrade cost will be charged to individual homeowners through their property taxes. Each homeowner's cost will be based on the assessable number of metres of sidewalk (a 50-foot sidewalk is about 15m). Homeowners will have a choice of paying a one-time charge or having it amortized and paid through property taxes over 15 years. Based on current projections, the costs for the upgraded street lights will be approximately \$37.12 per metre if paid as a one time cash cost (which would be about \$565.75 for a typical 15 metre wide lot) or about \$73.60 per metre for 15 years (which would be about \$73.60 per year for a typical 15 metre wide lot). Prices charged to homeowners will be based on the actual costs incurred but will not exceed these preliminary projections.

In order for the City to proceed to the next step in their process they require evidence that the homeowners of the Community support the upgrade. This is done by having a majority of the homeowners sign an Expression of Interest. **Community volunteers will be available at Community League building during the Winter Festival event on March 1 to answer questions and provide you with the opportunity to sign the Expression of Interest.** If you are unable to attend the Winter Festival, members of the Civics Committee and other community volunteers will be calling on all the homes in the community between late February and mid-March to give residents the chance to endorse the upgrade by signing the Expression of Interest.

The Community League hopes you will support this upgrade to the street lights in our community when a volunteer comes to your door. **The rehabilitation project is considered to have at least a 50-year life so this is truly a once in a lifetime opportunity to add to the value of the road and sidewalk rehabilitation and further enhance the character and appeal of Lendrum as a desirable community to live in.**

If you have any questions or comments feel free to call any of the members of the Civics Committee:

Gail Faurshou	(780) 436-4361
Gary Yaskowich	(780) 432-1029
Mike Kuntzhead	(780) 438-4818

Character counts now & especially in our future...



New Unpainted Galvanized style shown above....New upgraded styles shown below



New Multi Use trail lamps being used by City



Local Sports...

Griffins Spring Break Basketball Camp

Mar 27 / 6 - 9pm
 Mar 28 / 9am - 4pm
 Mar 29 / 9am - 12pm
 36710 / 11 - 14 years / \$99.00
 36711 / 15 & 16 years / \$103.95

For information on Sport Camps please call (780) 497-5694 or visit our website, www.MacEwan.ca/SportCamps



Griffins at MCSW

The MacEwan Centre for Sport and Wellness is also the home of the Grant



MacEwan College Griffins athletic teams. The Griffins participate in the Alberta Colleges Athletic Conference in Men and Women's basketball, volleyball, hockey, soccer, cross country running and curling.

The MCSW gymnasium is home court for the basketball and volleyball teams and they are in the stretch drive for playoff positioning. MacEwan Centre members get half price admission to Griffins regular season home games.

Griffins Women and Men's Basketball will be hosting NAIT this Friday, February 6th for the last head to head series of the Annual 109 St Challenge Cup. Women play at 6:00 p.m. and the men play at 8:00 p.m. Games take place at MacEwan Centre for Sports & Wellness.

Admission is free to all and there are many great prizes to be won including a Sony 40" LCD TV!! The Challenge Cup is based on points for fan attendance, an in-game fan contest and game win. Support your Griffins this weekend and help MacEwan win the Cup!

To find out Griffins results, schedules and standings visit www.MacEwanAthletics.ca.



PRE-REGISTRATION IS REQUIRED FOR EACH EVENT

Saturday Feb 7th

5-8yrs-4:30pm-5:30pm
 9-12yrs- 5:45pm-6:45pm

Location: ACT Aquatic and Recreation Centre in Rundle Park 2909 113 Ave

Saturday Feb 28th

5-8yrs-1pm-2pm 9-12yrs- 2:15pm-3:15pm
Location: JCC Recreation Facility 7200 - 156 St

Saturday March 21st

5-8yrs-9:30am-10:15am
 9-12yrs-10:30am-11:30am
 13-15yrs-11:45am-12:45pm

Location: JCC Recreation Facility 7200 - 156 St

Saturday April 4th

5-8yrs-1pm-2pm 9-12yrs 2:15pm-3:15pm
 13-15yrs-3:30pm-4:45pm

Location: Saville Sports Centre- University of Alberta, 6501-115 Street



What you need to bring

- Your parent/guardian for the entire event
- Shin pads & a Mouth Guard
- Your Enthusiasm

Don't forget about

- The fun activities and refreshments after each session
- Information on 2009 spring programs will be available at each event

Contact one of the following to Pre-Register

(780)760-2180 stef@fieldhockey.ab.ca

www.fieldhockey.ab.ca



Sports And Interests...

2009 CIS Men's Volleyball Championship

February 27 - March 1, 2009

University of Alberta, Edmonton, AB



TOURNAMENT PACKAGE

Access to all 11 Matches
(including Gold Medal Match)

ADULT	\$55.00
U OF A STUDENT	\$35.00
YOUTH (under 18)	\$35.00

EVENING PACKAGE

Includes both Quarter Final 3 & 4
Championship Semi 1 & 2 as well
as Championship Sunday (5th Place,
Bronze Medal & Gold Medal Matches)

ADULT	\$40.00
U OF A STUDENT	\$25.00
YOUTH (under 18)	\$25.00

*NOTE: All Ticket packages are available
until 5:00 pm, Wednesday, February 25th.

INDIVIDUAL TICKETS

	ADULT	U OF A STUDENT & YOUTH under 18
Main Gym		
Quarter Final 1 & 2	\$15.00	\$10.00
Quarter Final 3 & 4	\$15.00	\$10.00
Consolation Semi Final 1 & 2	\$15.00	\$10.00
Championship Semi Final 1 & 2	\$15.00	\$10.00
Championship Sunday	\$22.00	\$15.00

(Includes 5th Place, Bronze Medal & Gold Medal Matches.)

kids in the crowd special

Groups of 12 or more kids and 2 adults will receive
50% off the regular ticket price. Additional adult
tickets can be purchased at regular price.

Kids in the Crowd Special Group Rate available for
the Friday and Saturday afternoon games only.

Tickets must be purchased by 5:00 pm,
Wednesday, February 25, 2009. Subject to availability.

Available only at the Activity Registration
Zone Sales Office.

To Order Tickets:

Fax: 780-492-7190

Mail: Men's CIS Volleyball National Championship

C/O: W-79 Van Vliet Centre

University of Alberta, Edmonton, AB, T6G 2H9

Phone: 780-492-BEAR (2327) or 780-451-8000

Internet: www.bears.ualberta.ca or www.ticketmaster.ca

EDMONTON

SNOW ANGELS



**Earn Your Wings...
Be an angel this winter!**

No one likes shovelling snow, but we do it to keep our sidewalks clear and safe for our neighbours. But for some seniors in your neighbourhood, it's an impossible feat. Be an angel this winter and help someone in your neighbourhood shovel their walk.

**Do you know an angel?
Help them get their wings!**

If someone has helped you shovel your walk this winter, the city wants to know about it. Call 780-496-8200 or go online to www.edmonton.ca/snowangels and nominate your snow angel so they can earn their wings and be entered to win a prize.

SNOW ANGELS is proudly sponsored by:



EDMONTON
SENIORS
COORDINATING
COUNCIL

Edmonton

EcoVision...

You can
**reduce your
 environmental
 footprint** at
 home and in
 our city through
 a **few simple
 steps.**

See reverse side for details.



Find out how at:

www.edmonton.ca/ecovision

...and then take **action**
 to reduce it!



Go Green!
 It's Our Nature.

Edmonton

You can **reduce your
 environmental footprint**
 through these few
simple steps.



1 Travel Smart

- Be idle-free.
- Walk, bicycle, carpool or use transit whenever possible.
- Use a vehicle that has good fuel efficiency.



2 Be Yard Smart

- Mow higher, to about 6 cm (2 1/2 inches), to crowd out weeds.
- Use weed and feed-type products that do not contain pesticides.
- Try hand-pulling weeds or spot spraying instead of treating the whole lawn.
- Aerate to open your lawn to water, air and nutrients.



3 Save Energy

- Change your light bulbs to compact fluorescents.
- Use caulking and weatherstripping to seal air leaks around windows and doors.
- Install a programmable thermostat.
- Change or clean your furnace filter every month during heating season.
- Replace your furnace, hot water tank and/or appliances with Energy Star rated ones.
- Buy local products, where possible.



4 Save Water

- Replace your existing toilet with a low-flush toilet.
- Replace your faucets and showerheads with low-flow ones.
- Water your lawn 25 mm (1 inch) not more than every 7-10 days, during dry weather periods.



5 Reduce Waste

- Try grasscycling.
- Take your own shopping bags with you.
- Recycle more, i.e. recycle all your beverage containers.
- Start backyard composting.
- If you smoke, please carry a portable ashtray.

Go Green...

EcoVision

Go Green! It's Our Nature

As Edmontonians, it is our responsibility to take care of the environment. Reducing Edmonton's environmental footprint takes teamwork between residents, businesses and the City.

The City of Edmonton is an environmental leader in many areas and individual Edmontonians are doing their part. We've done well, but we can do much more. That's why Mayor Stephen Mandel is inviting you to do more to reduce your environmental footprint.

Register your commitment to take at least two new actions that are good for the environment by June 2009 and be eligible for some great monthly prizes and the grand prize of a hybrid car lease for a year! *(Note: Must be a resident of Edmonton. City of Edmonton employees are not eligible.)*

Check out Zerofootprint Edmonton (<http://edmonton.zerofootprint.net/>) and make your pledge. Invite your family, friends and neighbours to participate.

EcoVision Edmonton is Council's vision for an environmentally sustainable city. Go Green! It's Our Nature is the theme of a new campaign to encourage citizens to take more environmentally friendly actions by June 2009. This coincides with the arrival in Edmonton of 2009 ICLEI World Congress delegates.



EcoVision EDMONTON

Energy from the ground up.

\$3500 RETROFIT REBATE
ECOENERGY

Retrofit your Home with a Geothermal System.

geothermal™ Utilities

NextEnergy™
GEOTHERMAL FOR YOUR HOME

780.413.1723 • info@geoutilities.ca
www.geoutilities.ca • 12504 - 123 St., Edmonton

Classifieds & Events

PIZZERIA PREGO

NOW IN ITS 4TH YEAR!
780-439-7734

WE WANT TO BE YOUR NEIGHBOUR-
HOOD PIZZA PLACE!!!

LOCATED IN LENDRUM MALL 57 AVE & 111 ST

- ⇒ FREE DELIVERY
- ⇒ GLUTEN FREE PIZZA (REVERSE)
- ⇒ HOMEMADE DESSERTS
- ⇒ DAILY WRAPS & SANDWICHES

ASK ABOUT OUR SPECIALS...CALL NOW, IT'S
TIME FOR PIZZERIA PREGO PIZZA



Love Children? Then come join our team!!!

Child Care Worker positions are available.

Part-time shifts: 7-10am, 2/3 pm- 6pm

Non-profit high quality Child Care.

Greenfield School Age Day Care Assoc.

4716-115 St./ 11330-54 Ave.

780-435-4532/ gsad@telus.net



Angie LaBerge

Registered Psychologist

MIND BODY WELLNESS

780.863.5991
alaberge@telus.net

9406 - 91 St.
Edmonton, AB
T6C 3P4

Foster and Ungstad

Jeff Allen Gallery
Strathcona Place Senior Centre
10831 University Ave.

March 3, 2009 – April 2, 2009
Reception March 11, 2009 6:30 – 8:30 PM

Two well known talented artists have come together to produce this exceptional exhibit. Millard Foster's artistic talents shine using papier tole and 3D decoupage, while Master Potter, Magdalene "Mag" Ungstad, uses her appreciation and subtle relationship with clay for artistic expression. Everyone is welcome to view the exhibit and meet the artists at their reception.

Best viewing hours 11:30 AM – 1:00 PM and 3:00 – 4:00 PM

Centre is open Monday through Friday, 9:00 AM – 4:00 PM
Call 780-433-5807

Need To Care for Yourself?

I offer therapy for individuals, couples, and families.

Therapy is an active process, like a journey
of self exploration.

There are many reasons people try therapy:
stress management, help for anxiety attacks and
depression, addictions, personal
and spiritual growth.

Jackson Mooney and Associates

Location: Belgravia

Call Jackson Mooney (780) 242-6064

Confidential Voicemail
Flexible Rates and Times
Enquiries Welcome

Classifieds & Help Wanted

HELP NEEDED !!!

I'm the Home Ec teacher at Avalon Jr. High (in the Lendrum community).

I'm searching for some volunteers for my classroom in the late spring (May and June) to help with a knitting project I work on with my students.

Please call 780-407-8428 for more information and available days/times.

NEED AN

ELECTRICIAN?

Call Rob @ 780-433-3837 for all your electrical needs.

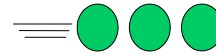


Going away for a winter vacation?

The Two Sisters can help. We will feed your pets and get your mail and water indoor plants.

Megan is a certified babysitter with full level 2 Red Cross first aid training. Please contact Megan or

IN THE SOUTHWEST!!



"Tasty meals in no time"

What do we do? We help simplify your life, while you enjoy socializing with others and being productive at the same time.

How? By helping you assemble 8, 12 or more delicious and healthy entrees (each entrée feeds 4-6 people) in 2 hours or less! We do the planning, shopping, chopping, dicing, and cleaning up for you. There is no cooking involved at the session. You move from station to station until you have assembled your 8, 12 or more different entrees ready to go home and freeze.

Where? Regularly at Community Halls throughout Edmonton and Area. Private parties can also be arranged per request.

How Much? \$245 for 12 or \$175 for 8. Have us assemble the meals for an additional \$25.

And? Our menu changes every month so come back and see us!

Contact: Melissa @ 780-298-9921
Email: edmonton@dashingdishes.com
Website: www.dashingdishes.com



Ladies, are you in need of relaxation?

Give yourself a well deserved hour of nurturing and relaxation.

Mady Mooney is a Registered Massage Therapist and practices in the Belgravia area. Massage Therapy, Cranio-Sacral Therapy, Foot Reflexology and Reiki are offered. Clients with extended health coverage are able to use their health plan.

Art Therapy sessions are also available as part of a supervised practicum.

Call Mady at 242-6065 (Edmonton) or e-mail mamooney@telusplanet.net for your appointment.



Lance Dealy
780.984.1912
ldealy@telus.net
www.housewatchltd.com

HOUSE WATCH LTD.

Edmonton & Area Protection Services



Interior & exterior inspections for vandalism, break ins, water damage, no heat.



Peace of mind. Away from home? On Vacation? Home unattended?



Insurance companies require that ALL properties have to be checked daily if the owner is gone longer then 72 hours to be eligible for most claims.

Optional - Affordable short & long term plans available.

• BONDED

• INSURED

• LICENSED

Community League Membership

Valid through August 31/09
 Complete this form and mail it with your cheque (\$25.00 or \$10.00—Seniors) (payable to Lendrum Community League)

Jacqui Krahn
 11235 58 Ave.
 T6H 1C3

Or Call 780-438-3916

Your membership card and receipt will be mailed or delivered to your home.

Thank you for your support !!!

Name: _____

Address: _____

Postal Code: _____ Phone: _____

Number of Adults in household: _____

Number of children in household: _____

Number of skate tags required: _____

Lendrum Community League

2009 Executive & Contacts

President:	(Vacant)	
Vice-President:	(Vacant)	
Past President:	Brent Shaben	(780) 438 - 8052
Treasurer:	Dale Somerville	(780) 434 - 1032
Secretary:	(Vacant)	
Programs:	Tom Havlas	(780) 432 - 4577
Building Rentals:	Nigel Davidson	(780) 434 - 0135
Casino:	Gord Okamura	(780) 435 - 2973
Civics:	Gail Faurshou	(780) 436—4361
	Gary Yaskowich	(780) 432—1029
	Mike Kuntzhead	(780) 438—4818
	(Vacant)	
Memberships:	Jacqui Krahn	(780) 438 - 3916
Newsletter/Web:	Lauren Guhl	(780) 438 - 8226
Member at Large	Harvey Guhl	(780) 438—8226
	John Porter	
Grounds Maintenance	(Vacant)	
Soccer:	Paul & Amber Shelley	(780) 430 - 8576
Social:	Tom Schroepfer	(780) 432 - 0910
Volleyball:	Lance Adamson	(780) 438 - 9168
Ice Rink:	Gary Goulden	(780) 450 - 0927
Lendrum Sign:	Roger Kramers	(780) 437 - 5299
Neighborhood Watch:	Sharon Kapy	(780) 437 - 2212
	Carol Allen	(780) 434 - 1294
CRC Rep (City of Edm)	Kate Russell	(780) 496 - 5915

Check www.lendrumliving.com for a list of email addresses

A Celebration Place

If you need a location for your family party or office function, consider renting our Community Hall. Available to all league members residing in Lendrum.

Please call Nigel 434-0135

Next Community League Meeting
First Monday of March 7:00—9:00 PM
At the hall

Advertising in the Lendrum Newsletter:

No charge: classified ads from Lendrum residents, ads from non-profit organizations benefiting the Lendrum area. **Paid ads:** all other ads - business card \$10; ¼ page \$20; 1/3 page \$30; ½ page \$40; full page \$80 (sizes are approximate). Most files usable...please allow enough time to verify your file is print ready. Payment to be made to Lendrum Community League—Lendrum Living is delivered to over 700 homes. **Note:** if you ever have a problem with the delivery of an issue of *Lendrum Living*, please contact Catherine, our Distribution Coordinator, at 436-7179. **Note: Deadline for the next issue is the first of that month. Distribution Begins mid month.** Submissions can be sent to newsletter@lendrumliving.com..... Back issues can be found at our web site.

Find us at
www.lendrumliving.com